

# UNITY

essential oil blend

*HB*Naturals  
PRODUCT INFORMATION PAGE



## application

Aromatic • Household • Topical

## safety group #3

## ingredients

*Abies balsamea* (Balsam Fir), *Picea mariana* (Black Spruce), *Cedrus atlantica* (Cedarwood Atlas), *Cupressus sempervirens* (Cypress), *Pinus sylvestris* (Scotch Pine), *Abies sibirica* (Siberian Fir), *Citrus aurantium bergamia* (Bergamot), *Citrus aurantiifolia* (Lime), *Syzygium aromaticum* (Clove Bud), *Cymbopogon martinii* (Palmarosa), *Mentha piperita* (Peppermint), *Cocos nucifera* (Fractionated Coconut Oil)

## responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

## product summary

Unity Essential Oil Blend inspires forgiveness, and self-acceptance. Unity can help us create an environment that is secure, whole, and healing for ourselves and others.\*

In addition to the emotional aspects of this synergistic blend, the pine oils make Unity a great air purifier and energizer, as well as an excellent respiratory blend which may be of great benefit as a decongestant.\*

Unity works well in a mister or diffuser to clear and cleanse stagnant or negative air. It's non-toxic, uplifting, and adds a fresh, clean aroma to the environment.\*

## USES

- Mix 7-10 drops into 2 ounces of distilled water in a glass or PET plastic spray bottle. Shake vigorously and mist into the environment to cleanse your surrounding air.\*
- Can be used on hard surfaces like counter-tops to clean and disinfectant.\*
- Diffuse 5-8 minutes per hour as desired, throughout the day.\*
- Use 2-4 drops on bottoms of big toes on each foot.\*
- Add 5 drops to soap dispensers to prevent the spread of germs. Add 5 drops to water when hand-washing dishes. Add 5 drops to washing machine when doing laundry.\*

## ingredient highlights

- **Balsam Fir** has a powerful psychological influence; it helps release many of the emotional issues behind illness. It helps to open and free the mind and heart. Believed by Dr. Daniel Pénöel to protect the healthcare workers from picking up negative energy released by their clients and patients. Balsam Fir gives exceptional mental clarity, assisting us to let go of old mental patterns that are detrimental.\*
- **Cedarwood Atlas** can help to give us immovable strength in times of crisis. Steadying the conscious mind, it helps us to resist the sudden events and powerful emotions that threaten to undermine our confidence and morale. It can "buck-up" the ego when we feel alienated or destabilized - when we find ourselves, for example, suffering from "culture shock" in a foreign country or in a strange situation.\*
- **Bergamot's** capacity for restoring emotional balance and, in the process, enhancing the efficacy of treatments for depression and anxiety disorders has been verified by research. It is soothing and grounding to those who are anxious or overly stimulated, yet uplifting and stabilizing to individuals suffering from depression.\*