

# TAMAR

calm & uplift

*HB*Naturals  
PRODUCT INFORMATION PAGE



## application

Aromatic • Bath • Topical

## safety group #4

## ingredients

Abies balsamea (Balsam Fir), Laurus nobilis (Bay Laurel), Gautheria fragrantissima (Wintergreen), Picea mariana (Black Spruce), Daucus carota (Carrot Seed), Cupressus sempervirens (Cypress), Boswellia carteri (Frankincense), Pogostemon cablin (Patchouli), Rosmarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Aniba rosaeodora (Rosewood), Salvia officinalis (Sage), Santalum album (Sandalwood), Melissa officinalis (Melissa), 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.

## product summary

Tamar was the daughter-in-law of Judah (twice), as well as the mother of two of his children. She endured much abuse but kept her faith in her destiny, and God provided her a way to fulfill it. That meant risking her life, but she had enough faith to take the chance.

Tamar blend can help to re-establish your sense of connection to God and knowing that you have a destiny waiting to be fulfilled. It will nurture and heal the spiritual self.

Tamar blend is a powerful way to instill the courage and faith needed to move forward and do whatever is necessary to fulfill your destiny. Tamar teaches us to take opportunities and use them to our advantage, always mindful of our destiny. Use Tamar blend whenever you feel the need for strength and personal power.\*

## tamar's history

- Canaanite
- Wife to Er and then to Onan
- Daughter-in-law to Judah
- Mother of Perez and Zerah
- Ancestor to Jesus the Messiah

## scripture readings

- Genesis 37:25-28
- Genesis 38
- Genesis 49:8-12
- Ruth 4:7-22
- Matthew 1:1-6

\*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.

# TAMAR

calm & uplift

## ingredient highlights

- Balsam Fir has an uplifting yet soothing effect, and is widely used for its ability to balance emotions. It's also an excellent oil for tired muscles and joints after a long day or an intense workout.\*
- Bay Laurel is frequently used for uplifting the senses, and its aroma can promote confidence and courage. Good for everyday aches and pains, it is also known to be a natural antiseptic.\*
- Patchouli became popular in USA the 1960's, but has been used for centuries in Asia. Its distinctive aroma can help alleviate nervous tension and worry, particularly when diffused before sleep. Patchouli is also an excellent addition to skin lotions.\*
- Melissa has great value as a therapeutic oil, and has been scientifically confirmed to have powerful antiviral properties. Emotionally it is said to bring acceptance and understanding; to calm anxiety and uplift the mood.\*

## uses

### Aromatic

In Tamar's time, Essential Oils and resins were burnt as incense for prayer and offerings. Today, we can send the oils into the air without the smoke.

- Diffuse 10-15 drops in a cool mist essential oil diffuser.\*
- Mix 6-8 drops in a 2-ounce spray bottle of distilled water. Mist around yourself, front and back, when feeling insecure, fearful, and in need of courage to change your life. Can be used throughout your home or workplace to create a feeling of courage, strength, resilience, and personal power. May also be shared with a friend or family member in need of Tamar's courage and strength. Shake well before each use.\*

### Bath

One of the ways essential oils were most often used in the time of Tamar.

- Add 10 drops of Tamar blend to ½ cup of bath salts, and add to your bath. Soak 10-20 minutes for best results. If you have past or present abuse issues keeping you from your destiny, while soaking, say a prayer or affirmation to overcome those situations. The Tamar bath will detox past abuse imprints, allowing forgiveness to take place. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.\*
- For a foot bath, add 5-8 drops of Tamar blend to ½ cup of bath salts, and soak feet 10-20 minutes.\*

### Topical

Applying to the head and feet was an important way to use essential oils in Tamar's time. Women were also known to apply essential oils to the entire body as a lotion since this was thought to enhance their connection to God and their spiritual life.

- Apply 1-3 drops to the sole of each foot. A powerful way to instill the courage and faith needed to move forward and do whatever is necessary to fulfill your destiny.\*
- Add 8-10 drops to your favorite unscented lotion or a carrier oil and use after your bath to nourish and moisturize the skin.\*
- Apply 1-2 drops neat (undiluted) to pulse points.\*
- Apply 1-2 drops to the groin area, our center of personal survival.\*
- Apply 1-2 drops to the heart area and know you are not insignificant to God; you are loved & cared for.\*
- Apply 1-2 drops to the top of your head, our personal connection point to the divine guidance and protection that we receive from God.\*