



Solle Essentials™



Balance

The Solle Essential Balance Blend has specific ingredients designed to restore harmony, balance, energy, mood, stress relief and sleep patterns. When used in conjunction with other Balance products like SolleVital™ SolleFlex™ and Adaptable™, they can help you to achieve overall balance – physically, mentally, emotionally and spiritually.

Lavender, *Lavandula angustifolia*

Restores harmony; protects against disharmony
Historically used to stop spread of infection (Bubonic plague)
Distributes/equalizes circulation and lymph
Balances autonomic nervous system – nervous spasms
Restores balance during exhaustion and fatigue
Minimizes inner conflict, aids in meditation, cleanses the spirit
Anti-inflammatory, antispasmodic, carminative, analgesic, antibacterial, antiviral, antifungal

Palmarosa, *Cymbopogon martinii var. motia*

Balances moisture and fluid within body and skin
Balances thyroid, circulatory, immune, urinary
Strengthens, stabilizes and balances emotions
Strengthens adaptability
Promotes love of self
Antibacterial, antiseptic, febrifuge cytophylactic (increases cell activity)

May Chang, *Litsea cubeba*

Uplifting, stimulating to mood and cognitive function
Digestive aid, promotes restful sleep, calms heart and nerves
Balances/regulates temperature and fluids - reduces excessive perspiration,
Calms nerves during times of change
Relieves skin blemishes
Balances excessive perspiration (pouring out of emotion)
Antibacterial, antiviral, anti-inflammatory, antidepressant, antiseptic, carminative, hypotensive, tonic

Geranium, *Pelargonium graveolens*

Besides Stress reducing, hormonal balancing (female issues), adrenal fatigue
Balancing and harmonizing effect on mind and body
Adrenal cortex and neuro-endocrine system support
Digestive and GI support; bone support (strength)
Balances combination skin
Protection when in negative environment
Anti-inflammatory, antidepressant, antifungal, astringent, insecticide

Frankincense, *Boswellia carterii*

Aids in meditation; encourages spiritual connection
Great to calm allergies, digestive imbalances (irritants)
Deep wound healing (physical and emotional)
Anxiety, nervous, fear, nightmares, excessive mental activity
Purifies spirit and soul, encourages acceptance and understanding
Anti-inflammatory, analgesic, anti-tumorous, anti-cancerous, anti-arthritis, digestive support, carminative, expectorant, immune support

The Solle Difference

- 100% pure, unadulterated essential oils (ecocert when possible)
- Sourced from a certified organic laboratory with Eco-Certification and USDA Organic Certified
- Sourced from sustainable, environmentally conscious harvesting practices and reputable suppliers
- Specifically formulated to complement Solle's Balancing Products



Product Use

- For topical use only.
- Add several drops of the Essentials™ Balance blend to a carrier or diffuser.
 - Roll-on (.33oz) – 10-15 total drops in carrier
 - Spray (2oz.) – 15-30 total drops in a carrier
 - Diffuser – 5-15 total drops (depending on size of area)
 - Aromatherapy inhaler – 1-5 total drops
- Keep out of the reach of children.
- Use caution if serious health issues exist or if pregnant.

Complementary Product

Use SE Balance as part of a daily regimen along with Solle Vital™, Solle Flex™ PI and Adaptable™ to restore balance and maintain harmony.



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