

7 CHAKRAS RAINBOW AROMATHERAPY



**A unique combination of 100% organic essential oils & minerals designed for each energy centre.
Apply a drop from a meditative state, conscious breathing and internal smile.**

Its topical use is focal in specific points on relates the chakras. I suggest to add an extra use: prepare a solution in a neutral oil (almond or coconut) in a ratio of 1 ml - 1 drop. For example, add 50 drops to a bottle of neutral oil and you will obtain an ideal compound for after showering and generic nourishment of the whole body.

You will find below, where to apply the drops: its central point or its joint related.

You have two purchase options:

15ml: Available single composes or full kit.

9ml: Only available full kit version.

1ST CHAKRA: VITAL ENERGY-EARTH. FOUNDATIONS. Grounding, stability and security.

It strengthens the vital energy, bones, tendons and joints. It detoxifies the body. Transform ideas into action, providing safety and confidence.

Apply a drop in the pubic bone visualizing red colour.

The joint related to this chakra, as another application option, is the inside of your ankles.

Composition: Rosemary, Lemon, Eucalyptus, Tea Tree, Marjoram, Palm rose, Cedar wood, Clove, Sage tree + Red Jasper.

2ND CHAKRA. FLOW CONNECTION- WATER. IMPERMANENCE. Mobilize the emotions.

Moves the blood and the energy, toning the muscles, joints and meridians, helping to eliminate toxins and lose weight. Helps to let go and release blockages and moves frozen energy.

Apply a drop under the navel or back toward the coccyx visualizing orange colour.

The joint related to this chakra, as another application option, is the inner knees.

Composition: Cypress, Mint, Camphor, Rosemary, Eucalyptus, Geranium, Lemon, Lavender, Sage, Clove, Tea tree + Smoky quartz.

3RD CHAKRA. CONSCIOUS JOY- FIRE. TRANSFORMING. Purify and manifest the joy of living

Self-esteem and willpower. Helps in digestion, respiratory and nervous system. It is the fire that transforms, the laboratory of Alchemy (liver).

Apply a drop at the solar plexus or at the inside of your wrist visualizing yellow colour.

The joint related to this chakra, as another application option, is the wrists.

Composition: Lemon, Sweet orange, Tangerine, Lavender, Lavandin, Fennel, Tea tree and Sage + Citrinin quartz.

4TH CHAKRA. Heart coherence and intuition. Balance sexuality connecting to the heart.

The combination of these two compounds is ideal for sensual play with your partner, applying a drop to each other's breasts or wrists, experimenting with the sense of smell.

RAINBOW WOMAN:

Regulates the lunar cycle, the female reproductive system and the menopause. Regenerates the skin. Enhances sexual energy making you feel more sensual and feminine, activating your creative power. Balances the emotions and self-esteem. **Not during pregnancy.**

Apply a drop between the breasts visualizing pink colour.

The joint related to this chakra, as another application option, is the sides of the hips.

Always diluted in oil, this compound is ideal for genital massage for women, including the breast.

Composition: Bulgarian Rose, Geranium, Salvia Sclarea, Ylang Ylang, Cypress, Rose palm, Fennel, Lavender, Lemongrass, Sage and Tea tree + Green Jade.

RAINBOW MAN:

It powers men's vital and sexual energy from a heart connection. Active creative power and balances emotions by increasing confidence and self-esteem.

Apply a drop at the sternum visualizing green colour.

The joint related to this chakra, as another application option, is the sides of the hips.

Always diluted in oil, this compound is ideal for genital massage for men.

Composition: Rosemary, Cedar, Rose palm, Sandalwood, Tea Tree, Cypress, Sage, Cistus and Cumin + Garnet.

5TH CHAKRA. RAINBOW CHILDREN. ETHER. Communication, creativity and calm.

Nervous and Immunologic System. It clears the mind and brings joy and emotional balance. Helps in creativity and communication.

Apply a drop at the throat visualizing blue colour.

The joint related to this chakra, as another application option, is the inner side of your elbows.

Composition: Orange, Lavender, Fennel, Marjoram, Lavandin, Petit Grain, Chamomile, Sage and Tea tree + Chalcedony.

6TH CHAKRA. EMOTIONAL BALANCE. Inner vision, clarity and intuition. Stillness.

It orders biological rhythms balancing the Central Nervous System, emotions and thoughts.

Apply a drop in between the eyebrows visualizing violet colour.

The joint related to this chakra, as another application option, is the shoulder.

Composition: Lavender, Lavandin, Sweet Orange, Lemon, Tangerine, Lavender, Bitter Orange, Rosemary, Thyme, Sage, Tea tree + Amethyst.

7TH CHAKRA. RAINBOW LAND. Universal connection.

Meditation and deep confidence feeling by the sense of cohesion to the unity.

Apply a drop in the top of the crown visualizing white, golden or rainbow colour.

In this chakra there is no related joint where an extra drop can be applied.

If you prefer to apply the drop on the forehead or on the back of the neck, this is also possible.

Composition: Sweet Orange, Lemon, Tangerine, Lavandin, Clove, Myrrh, Bitter Orange, Sage and Tea tree + Herkimer quartz.

www.elenasoundyogaibiza.com

@elenasoundyogaibiza

+34629087535

