



## PRODUCT DESCRIPTION

The Steadfast™ essential oil blend is ideal for its effect on our brain's limbic system, and is used for emotional support. Steadfast is regarded as a grounding blend which helps create a feeling of well-being and a sense of calmness.

Using Steadfast™ can ease tension by promoting a sense of well-being and peace. It gives a woody and warm aroma which generates a grounding sense on your central nervous system.

## PRIMARY BENEFITS AND SAMPLE USES

- » Promotes circulation
- » Promotes feelings of tranquility and relaxation
- » Helps with nervousness
- » Soothes sore muscles
- » Add couple drops into hot bath for relaxation and calming of the nerves

## DIRECTIONS

**Steam Inhalation:** Add 2-3 drops to a cup of steaming water and inhale.

**Diffusion:** Diffuse 3-5 drops or more in the Purely diffuser.

**Topical:** Dilute 1-2 drops with a Purely carrier oil according to the dilution table shown. Apply to the soft area on the head, right behind the earlobes and right down to the jaw bone. Be sure to test for sensitivity.

## PRECAUTION

Keep out of reach of children. Avoid contact with sensitive areas such as your eyes. If pregnant, nursing or have a medical condition, consult your physician before use. Store away from light and heat.

## INGREDIENTS

*Cinnamomun camphora* (Ho Wood)  
*Tsuga canadensis* (Spruce)  
*Lavandula angustifolia* (Lavender)  
*Salvia sclarea* (Clary Sage)  
*Boswellia carteri* (Frankincense)  
*Cananga odorata* (Ylang Ylang)



DIFFUSION



TOPICAL



STEAM

### DILUTION TABLES

Drops of EO for 1 tsp. of carrier oil	
1%	1
2%	2
5%	5

SKU# 1053  
 retail: \$29

STEADFAST™

*These statements have not been evaluated by the Food and Drug Administration.  
 This product is not intended to diagnose, treat, cure or prevent diseases.*



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