



# DETERMINATION

## Balancing Blend

*Ingredients: Mugwort oil, Cedarwood oil, Patchouli oil, Frankincense oil, Roman Chamomile oil, German Chamomile oil, Améo Fractionated Coconut oil*

***In a world with ever-increasing demands and pressures, staying grounded and positive can be difficult. To help combat these issues, Améo began researching and blending essential oils that work well together to diminish the effects of chaos. The result is Determination. This exclusive blend promotes a sense of quiet confidence by calming the body and mind.***

### BENEFITS

With oils like Mugwort, Cedarwood, Patchouli, Frankincense, Roman Chamomile, and German Chamomile, Améo's Determination blend relieves tension and stress while increasing intuition and self-assurance. It also helps balance and align many key physiological systems—including the brain and nervous system—to assist in a more balanced life.

### SUGGESTED USES

- Rub 1-2 drops of Determination on wrists 15-20 minutes before your next challenging event to acquire a sense of confidence
- Massage 1-3 drops of Determination onto the feet of children who are experiencing anxiety or worry to calm them and provide self-assurance
- Diffuse Determination in an Améo diffuser during times of doubt to experience an uplifting aroma that will soothe negative thoughts
- Apply 1-3 drops of Determination to bruises to promote faster recovery
- Rub 1-2 drops of Determination into the back after a massage to continue relieving tension
- Rub 1-2 drops of Determination into palms and inhale to relieve tension

- Aromatic 
- Topical 
- Neat 

