



Fearless

THE FOUNDATION

The roller for everything that unnerves you: your first lesson, your first call, the first time you say out loud, "I'm doing this."

- 3 CARDAMOM, for the step back, the view from a little distance.
 - 3 JUNIPER BERRY, in the aroma tradition the oil of facing your fears, and what you look in the eye no longer has to whisper.
 - 2 BLACK PEPPER, the spicy nudge; being afraid can become a habit too, and habits are there to be broken.
 - 1 CINNAMON, the warmth of a hand on your shoulder: you can do this.
 - 5 LEMON, the big clear-out in scent form.
 - 1 ARBORVITAE, the old wood underneath, because someone has to keep it all grounded.
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In a 5 ml roller, top up with fractionated coconut oil. Apply to your wrist and neck.