

True to You Essential Oil Blend for the 5th Chakra

5th Chakra –Throat

Colour: Blue or Turquoise

Location: the Throat

Associated with: the neck, shoulders, arms, hands, thyroid and parathyroid glands

The throat Chakra is responsible for our senses of inner and outer listening, speaking our truth, sharing ideas with others, being authentic and true to ourselves and to others. It is also associated with self-expression, healing, trust, integrity, transformation and purification. If the throat chakra is blocked, it can manifest as sore throats, being judgemental, creative blocks, dishonesty, lying to yourself, denial of truth, feeling like you are having to “bite your tongue” or “tippy toe” around people, and general problems in communication regarding your needs.

Ingredients: Love, Black Selenite, Ho Wood, Spruce, Blue Camomile, Lavender, Spearmint, Palo Santo, Sandalwood, Frankincense, Blue Tansy and Grapeseed oil. Not advised for use with children.

Use True to You when you want to encourage honest, clear, truthful communication with others. It is also very useful when meditating and/or practicing manifestation techniques as it supports our authenticity, integrity and truth and connection with our higher self. You can wear it as a perfume, in aromatherapy jewelry or massage in a clockwise motion directly on the throat Chakra.