



vibrant
blue oils

Uplift™

— SUPPORTING DEPRESSION —



BENEFITS: Alleviates Depression, promoting feelings of strength, courage, and protection. Uplift also supports energy alignment.

INDICATIONS: Depression can be paralyzing, both mentally and physically. It diminishes our vitality, joy and mental clarity. Depression can also make it challenging to heal and grow as our thoughts are integrally connected with our health and well-being.

Uplift was specifically formulated with oils that assist in building courage, confidence, self-esteem and returning a sense of calm, joy and peace to our lives. It inspires hope in those who have temporarily lost their optimism and helps users to overcome their fear and reclaim their potential.

When we have more courage to take on new things and/or change, we are better able to release old patterns that are not working for us. It can also align the physical, mental and emotional energies of the body when applied to shoulders and/and feet.

AFFIRMATION: *I move beyond other people's fears and limitations. I create my own joyful life.*

Application



HOW TO USE: Apply 2 -3 drops to the vagal nerve (behind earlobe, on mastoid bone) over heart, wrists, temples, forehead and bottom of feet.

WHEN TO USE: To aid with depression and overcoming fear, apply 2- 3 times daily. Rub on the bottom of feet each morning.

INGREDIENTS: Vibrant Blue Oils Emotion Balance Uplift blend contains a proprietary formulation of Ylang Ylang Complete, Palmarosa, Spruce, Frankincense, and Blue Tansy in a base of fractionated coconut oil.

PRODUCT TIPS:

- Apply after a massage or chiropractic adjustments to keep balanced and confident.
- Rub on wrists to ease anxiety and yield confidence.
- Apply to temples or neck to bolster inner strength before a challenging interaction.
- Beneficial in aligning the physical structure of the body and repairing injuries of the spine.



Emotion Balance blends are designed to acknowledge and release underlying emotions that can impede healing.

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