



Product Summary

Valor essential oil blend is formulated to empower the mind and increase self-confidence. This uplifting blend combines the balancing properties of spruce, rosewood, blue tansy, and frankincense essential oils to help you visualize and attain self-empowerment. Designed to increase feelings of strength and courage, this popular blend is also available in the convenience of a portable roll-on applicator. Valor can help you reach your fullest potential, whether used as a therapeutic fragrance, in the Raindrop Technique®, or for tension relief. Also try the Valor Essential Oil Roll-On to boost your self-confidence wherever you need it.*

Primary Benefits

- Helps promote feelings of courage, confidence, and self-esteem*
- Has been found to help the body self-correct its balance and alignment*
- Rosewood essential oil creates a soothing and comforting floral scent

Who Should Take Valor Essential Oil Blend?

- Anyone who needs to increase feelings of self-control*
- Anyone seeking a balancing effect on emotions or an emotional uplift during times of despair*
- Individuals who often find themselves in stressful situations or are easily stressed

Suggested Use

- **Topical:** Dilute 1 drop to every 15 drops of V-6 Vegetable Oil Complex for massage; apply generously to feet, wrists, or back of the neck. If using for the Raindrop Technique, apply Valor first and let it work for 5–10 minutes before applying other oils.
- **Aromatic:** Diffuse or directly inhale.

Cautions

- Keep out of reach of children.
- If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.

Did You Know?

- Spruce helps to open and release emotional blocks, bringing about a feeling of balance and grounding.*
- Frankincense essential oil is considered holy anointing oil in the Middle East and has been used in religious ceremonies for thousands of years.

Complementary Products

- Lavender Essential Oil
- Peace & Calming Essential Oil Blend
- RutaVaLa Essential Oil Blend

Key Scientific Studies

- Haze S, Sakai K, Gozu Y, et al. Effects of fragrance inhalation on sympathetic activity in normal adults. *Jpn J Pharmacol*. 2002 Nov;90(3):24–53.
- Lis-Balchin M, Hart S. A preliminary study of the effects of essential oils on skeletal and smooth muscle in vitro. *J Ethnopharmacol*. 1997 Nov;58(3):183–7.
- [http://naturaldatabase.com/\(S\(wigo5k45r5toph45gr5ypzmt\)\)/nd/Search.aspx?cs=&s=ND&pt=9&Product=Rosewood](http://naturaldatabase.com/(S(wigo5k45r5toph45gr5ypzmt))/nd/Search.aspx?cs=&s=ND&pt=9&Product=Rosewood).
- [http://naturaldatabase.com/\(S\(wigo5k45r5toph45gr5ypzmt\)\)/nd/Search.aspx?cs=&s=ND&pt=9&Product=almond+oil](http://naturaldatabase.com/(S(wigo5k45r5toph45gr5ypzmt))/nd/Search.aspx?cs=&s=ND&pt=9&Product=almond+oil).
- [http://naturaldatabase.com/\(S\(wigo5k45r5toph45gr5ypzmt\)\)/nd/Search.aspx?cs=&s=ND&pt=9&Product=Frankincense](http://naturaldatabase.com/(S(wigo5k45r5toph45gr5ypzmt))/nd/Search.aspx?cs=&s=ND&pt=9&Product=Frankincense).

Product Information

Valor Essential Oil Blend—15 ml
Item No. 3429

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