



The Intuitive Connection

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Essential Oil Spotlight: Motivate



Now that the new year has arrived, are you one of those folks who makes a New Year's resolution? I did. To help keep me going and to achieve my goals, I'm going to employ all the tools at my disposal, including the essential oil blend Motivate. Also known as the encouraging blend, Motivate is designed to help get you started and keep your inspiration high as you pursue your goals. It can be used aromatically or topically and comes in full strength or diluted in an easy to carry roller bottle. The blends includes: Peppermint, Wild Orange, Clementine, Lemon, Rosemary, Coriander, Basil, Spearmint, Lemongrass, Tonka Bean, Cardamom, Melissa and Vanilla absolute.

Peppermint: Is energizing and stimulating, increasing alertness in brain activity.

Wild Orange, Clementine and Lemon: Are bright and uplifting, providing a sense of cheerfulness, while reducing feelings of anxiety.

Rosemary: Increases attentiveness, alertness, liveliness, and joyfulness, and aid cognitive performance.

Coriander: Helps create a calming yet uplifting feeling, and induces mental clarity.

Basil: Aids in relieving anxiety and mental fatigue.

Spearmint: Energizing and revitalizing, and helps to promote feelings of encouragement and inspiration.

Lemongrass: Is uplifting, relaxing, and helps to calm the mind, reduce agitation, and aid sleep.

Tonka Bean: Promotes relaxation, reduces stress, and improves overall mood.

Cardamom: Aids mental concentration, improves alertness and cognitive function.

Melissa: Provides an emotionally uplifting effect while reducing tension, agitation, and restlessness.

Vanilla Absolute: Aids in reducing stress, lowering blood pressure and promotes better sleep.

Usage Ideas: (For topical or aromatic use)

1. Inhale directly from a drop placed in cupped hands for a blast of positive encouragement.
2. Diffuse 3-4 drops in the morning to help wake you up, or for a pick-me-up during the day.
3. Add 15 drops to 8 oz of water and put in a spray bottle for a refreshing, uplifting atmosphere.
4. Add several drops to dryer balls.
5. Place on the bottoms of feet in the morning before a long workday.
6. Apply Motivate Topically to wrists when working on a project or homework to stay motivated.
7. Apply Motivate Topical to your temples to help set your focus for the day.
8. Apply Motivate Topical to a shirt collar, or neck to instill confidence before giving a speech/presentation.
9. Apply Motivate Topical to pulse points before participating in sporting events or other competitions.
10. During feelings of discouragement and doubt, or before and after difficult conversations or interactions, breathe in the scent of Motivate to help you maintain or restore feelings of belief and focus.

- 11. Apply 2 drops in your palms, rub together, and deeply inhale before making your New Year’s resolutions, business plans, goal setting or workouts.
- 12. Diffuser Blends: 1 Motive, 2 Rosemary, 2 Lemon for extra energy. 2 Motive, 2 Peppermint, 2 Basil for get up and get moving. 2 Motive, 2 Frankincense, 1 Sandalwood to for extra uplifting mood. 3 Motivate, 2 Wintergreen, 2 Spearmint for cooling/calming down.

If you’d like more information about Motivate, please contact me by email at contact@trinityhealingconnection.com. If you’d like to purchase the product, visit the Trinity Healing Connection store. Click this link for [Motive 5ml essential oil](#) or this link for [Motive Touch 10ml roller bottle](#) and simply choose the item from the drop down menu. Supplies are limited, but I always order at the beginning of each month, so restocking a product is easy.



Willow is our first baby alpaca, born 3/28/24, that belongs to the Trinity family.

Alpaca inspired lip balm flavor of the month inspired by:

Willow Mocha Latte

(Infused with the flavors of coffee, chocolate, and cream with a hint of sweetness)

Click this link for a [Single Lip Balm](#) or this link for a [Three Pack of Lip Balms](#) (at a reduced cost).



Trinity Healing

STACEY
FERRELL

Prescott Valley, AZ
Phone: 707-631-0052

E-mail:
contact@trinityhealingconnection.com

Website:
www.trinityhealingconnection.com

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