

Instinctual Oil, an energizing therapy blend, contains a blend of organic ginger essential oil to balance the root chakra and energize the mind and body. This massage oil for body, hands, and feet conditions the skin, leaving it soft, smooth, and glowing. It is great for use with the existing Instinctual Organic Bath Salt and Instinctual Organic Moisturizing Lotion. It features 20% organic ingredients.

**Essential Oil Benefits:**

- ❖ Warming qualities ease the mind and promote relaxation.
- ❖ Energizing properties make ginger an aphrodisiac.
- ❖ Helps ease muscular aches or pains, and arthritis.
- ❖ Stimulant aids in poor circulation.
- ❖ Helps ease colds, flu, nausea, motion sickness, and morning sickness.

**Professional Care:**

- ❖ Massage gently into hands, feet, and body.
- ❖ Also effective when used in scalp massage.
- ❖ For added moisture, combine with Instinctual® Moisturizing Lotion or Well-Connected™ Massage Crème.

**At-Home Care:**

- ❖ Massage gently into hands, feet, and body for supple, smooth skin.
- ❖ Great right out of the shower
- ❖ Instinctual Organic Bath Salts and Instinctual Organic Moisturizing Lotion.







**Key Ingredients:**

- ❖ Ginger essential oil and organic jojoba, sesame seed, and sunflower oil.

**Eco-Conscious Aspects:**

- ❖ PEG free, paraben free, biodegradable, and free of synthetic dyes

## Root Chakra

THE ROOT	LOCATION	COLOR	ELEMENT	GEMSTONE	PRIMARY ESSENTIAL OIL
 Muladhara (mul-AH-dar-aa)	 Base of Spine	 Red	 Earth	 Garnet	 Ginger (Indonesia)

### Concerns:

Security and self-preservation, connection to Mother Earth, physical existence, survival, health, home, food

### Positive State:

Strong relationship with Mother Earth, positive attitude about life, good health, vitality, feeling stable, safe and secure

### Imbalanced State:

Cold hands or feet, fatigue, disconnected from body, fearful, disorganized, possessive