

COHERENCE GLOW

Heart-Centered Essential Oil Ritual

A nervous-system-regulating aromatic blend designed to support emotional balance, heart coherence, and *embodied calm*.

THE ENERGETIC GIST

How Each Oil Supports Coherence

Geranium – Emotional Equalizer



- Harmonizes emotional highs and lows.
- Supports emotional safety and lows.
- Brings the system back to center.

Ho Wood – Heart Softener



- Gently opens the heart.
- Calms the nervous system.
- Rich in linalool for serene focus.

Rose – Heart Coherence & Emotional Repair



- Opens the heart with compassion.
- Supports emotional healing.

Sandalwood – Nervous System Anchor



- Slows mental chatter
- Grounds awareness into the body.
- Encourages parasympathetic dominance.

Orange Absolute – Joy & Nervous System Lightness



- Eases stress and guardedness.
- Adds warmth and optimism.

Bergamot – Stress Release & Emotional Reset



- Relieves anxious tension.
- Encourages emotional flexibility.

WHY THIS BLEND FEELS SO GOOD

This blend works in layers:

- Sandalwood grounds the body.
- Geranium + Bergamot regulate emotional signaling.
- Ho Wood + Rose support heart coherence.
- Orange Absolute adds warmth and joy.

A nervous system that feels safe, soothed, open, and emotionally nourished.

Simple Use Ritual

- Apply to wrists, heart center, or behind the ears.
- Inhale slowly.
- Exhale longer than you inhale.
- Allow the body to soften and return to center.

Coherence you can smell. Regulation you can feel.