

# Roots & Wings essential oil blends

## Frequently Asked Questions

**Q. Can the Roots blend or the Wings blend be ingested?**

A. No, the Roots and Wings blends are for topical and aromatic use only.

**Q. What is the aroma of the Roots blend and the Wings blend?**

A. Roots has an earthy, grounding, uplifting aroma. Wings has an exotic, floral, peaceful, inspiring aroma.

**Q. Does the Roots blend or the Wings blend need to be diluted for topical application?**

A. Yes.

For the Roots blend, dilute 1 drop with 1 drop of V-6 Vegetable Oil Complex or olive oil and apply to desired area as needed.

For the Wings blend, dilute 1–2 drops with 4 drops of V-6 Vegetable Oil Complex or olive oil and apply to desired area as needed.

**Q. Is there a UV warning associated with the Roots or Wings blend?**

A. Yes. Both the Roots blend and Wings blend have a UV warning associated. Avoid direct sunlight or UV rays for up to 12 hours after applying product.

**Q. Which essential oil necessitates the UV warning on the label?**

A. In Roots, the presence of Angelica essential oil requires a UV warning. In Wings, the presence of Angelica and Tangerine essential oils requires a UV warning. Avoid direct sunlight or UV rays for up to 12 hours after applying these products.

**Q. What are the usage directions for the Roots and Wings blends?**

A. Roots blend:

Aromatic: Diffuse up to 30 minutes 3 times a day.

Topical: Dilute 1 drop with 1 drop of V-6 Vegetable Oil Complex or olive oil and apply to desired area as needed.

Wings Blend:

Aromatic: Diffuse up to 30 minutes 3 times a day.

Topical: Dilute 1–2 drops with 4 drops of V-6 Vegetable Oil Complex or olive oil and apply to desired area as needed.

**Q. What essential oils are included in the Roots and Wings essential oil blends?**

A. The Roots blend includes Myrrh (*Commiphora myrrha*), Grand Fir (*Abies grandis*), Sacred Frankincense (*Boswellia sacra*), Angelica (*Angelica archangelica*), Balm of Gilead (*Commiphora gileadensis*), and Cistus (*Cistus ladanifer*) essential oils.

The Wings blend includes Geranium (*Pelargonium graveolens*), Lavender (*Lavandula angustifolia*), Sandalwood (*Santalum album*), Ylang Ylang (*Cananga odorata*), Idaho Blue Spruce (*Picea pungens*), Sacred Frankincense (*Boswellia sacra*), German Chamomile (*Chamomilla recutita*), Melissa (*Melissa officinalis*), Orange (*Citrus aurantium dulcis*), Northern Lights Black Spruce (*Picea mariana*), Tangerine (*Citrus reticulata*), Myrrh (*Commiphora myrrha*), Rose (*Rosa damascena*), and Angelica (*Angelica archangelica*) essential oils.

**Q. What are the top constituents of these oil blends?**

A. Some of the top constituents of the Roots blend are Beta Phellandrene, Alpha Pinene, Beta Pinene, and Bornyl Acetate.

Some of the top constituents of the Wings blend are Limonene, Linalool, Alpha pinene, Cis alpha santalol, Citronellol, and Linalyl acetate.

**Q. What are the suggested uses for the Roots blend and the Wings blend?**

A. The Roots blend has the following suggested uses:

- Grounding, rich earth tones of Myrrh, Cistus, and Angelica carry the fresh woody notes of Sacred Frankincense and Grand Fir.
- Diffuse Roots while you work to feel centered and to call on your inner strength.
- Rub Roots on the bottoms of your feet to enjoy the enriching, grounding aroma as part of your wind-down routine.
- Inhale Roots as you envision the roots of a tree and how they hold the tree up, nourish it, and provide strength against the elements.
- Use this blend while you're working on your personal spiritual awareness and building strong foundational roots.

The Wings blend has the following suggested uses:

- Diffuse Wings during your morning routine while you reflect on maintaining a positive outlook and setting a clear path forward.
- Apply Wings to your heart, wrists, and neck so you can breathe in a scent that invites clarity, brightness, and unlimited possibilities.
- Inhale Wings to enjoy its calming, clearing aroma.

**Q. Are the Roots and Wings blends permanent products, or are they only available for a limited time?**

A. The Roots & Wings Set, as well as the individual Roots blend and Wings blend, are permanent products. Each blend may be purchased individually, or at a discount in the Roots & Wings Set.