



vibrant  
blue oils

# Fascia Release™

— BODY BALANCE —



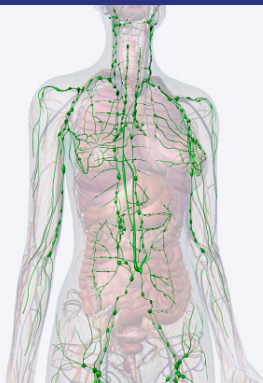
**BENEFITS:** Uniquely formulated to unravel deeply held tensions, constrictions and energetic blockages in your tissues to reduce pain, improve blood and lymphatic circulation and release fear, repressed emotions, and tension held in the body (organs, muscles, tendons, bones and joints) or the mind.

**INDICATIONS:**

Fascia is a system of connective tissue beneath the skin that attaches to, stabilizes, encloses, and separates muscles and other internal organs. Fascia also connects your skin to the tissue that is directly beneath it, helping to keep your body parts together and supporting proper movement and function in your body by reducing friction between structures.

Fascia is our biggest sensory organ. As such, supporting your fascia helps communicate to your nervous system that there is no longer any need for increased tension in that area, which starts to unravel and release tension and pain in other parts of the body along with the mind. From an emotional standpoint, the “issues are in the tissues” which means emotions that we have not released - especially stress and emotions from the past that we haven’t worked through - that emotional energy gets stuck in our joints, tissues, and organs—and stagnates within the body.

## Application:



**HOW TO USE:** Designed for aromatic and topical use. If using topically, we recommend liberally applying around the jaw/neck/face, the shoulders/heart, the diaphragm/lungs, the stomach/gut, low back /hips, the ankles, or anywhere that tension presents.

**WHEN TO USE:** To aid with pain, muscle tension or discomfort, ideally before bed or first thing in the morning. Apply 2-3 times daily.

**INGREDIENTS:**

Vibrant Blue Oils Body Balance Fascia Release™ blend contains a proprietary blend of organic and/or wild crafted essential oils of Frankincense, Angelica Root, Cypress, Black Pepper, Lavender, Litsea Cubeba, Geranium, Elemi Vetiver, Ylang Ylang, Rosemary, Rose, in a base of fractionated coconut oil.

**PRODUCT TIPS:**

- Helps to release emotional traumas and energetic blockages.
- Can be combined with massage of fascia tissue to help restructure the extracellular matrix and remove fascia adhesions and blockages.
- 5ml bottle includes 100 drops, lasts about 30 – 50 days if used 2-3 times daily.



Proprietary Body Balance Blends are formulated to balance key organs and systems of the body so the body can heal.