

Grounding and Centering Blend



A Mindful Companion

This carefully crafted blend is your go-to for anchoring the mind and spirit. Combining the deep, earthy tones of vetiver and sandalwood with the calming essence of lavender and the spiritually uplifting frankincense, this mix invites stillness, presence, and inner peace. Whether you're journaling, meditating, or simply trying to reconnect with yourself, this blend provides the stability and serenity needed to be fully in the moment.

Apply to pulse points or diffuse for 30 minutes before your mindfulness session to create a sacred space of calm and clarity.

Blend!

Perfect for meditation, journaling, or grounding exercises.

- 3 drops Frankincense oil 🌿 - spiritual connection
- 2 drops Vetiver oil 🌿 - grounding and stabilizing
- 2 drops Lavender oil 🌿 - calming and soothing
- 1 drop Sandalwood oil 🌿 - promotes inner peace

Carrier: Dilute in 10ml jojoba oil 🌿 or diffuser with water

Use: Apply to pulse points or diffuse for 30 mins before a mindfulness session.

By Hauwa Bello, Psychotherapist & Aromatherapist

More Information :

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Mindful blend 2

EMPOWERING THE
Hauwa Bello