



Inner Rhythm

Balanced Through Transition

Supporting life's natural shifts

Who It's Designed For:

Inner Rhythm is designed to support adults navigating natural hormonal transitions.

This blend offers grounded, plant-based support for:

- PMS-related emotional shifts
- Perimenopause and menopause transitions
- Hormone-linked mood fluctuations
- Occasional hot flashes
- Feeling internally “out of rhythm”
- Life-stage endocrine changes



Inner Rhythm
(Ages 18+ Years)

Nature's Comfort

This blend combines pure and organic essential oils traditionally valued for supporting emotional steadiness, hormonal transitions, and internal balance during natural life-stage changes.

- Clary Sage oil (*Salvia sclarea*)
- Geranium oil (*Pelargonium graveolens*)
- Cypress oil (*Cupressus sempervirens*)
- Frankincense oil (*Boswellia carterii*)
- Peppermint oil (*Mentha piperita*)
- Lavender oil (*Lavandula angustifolia*)

Jojoba oil (*Simmondsia chinensis*) is selected as a carrier for its excellent skin compatibility and gentle absorption. It supports the skin barrier while allowing the essential oils to be delivered in a balanced, non-greasy way suitable for regular adult use.



Why These Ingredients Are Chosen

Each ingredient is selected for its specific aromatic profile to support endocrine transitions while encouraging emotional balance and mild cooling comfort.

Clary Sage

Traditionally associated with supporting hormonal rhythm during life-stage changes.

Geranium

Helps promote emotional steadiness during cycle-related fluctuations.

Cypress

Often used to support healthy circulation and internal balance.

Frankincense

Grounding and stabilising, helping the body adapt to stress-linked hormonal shifts.

Peppermint

Provides gentle cooling comfort during occasional hot flashes or warmth.

Lavender

Traditionally valued for promoting calm and emotional steadiness during periods of hormonal fluctuation.

01

Targeted Hormonal Transition Support

Designed specifically for PMS, perimenopause, and endocrine changes.

Gentle Cooling Comfort

Includes a mild cooling note for occasional hot flashes..

02

03

Emotional Steadiness

Supports mood balance during hormonal fluctuations.

Grounded, Mature Aroma

Soft and wearable for daily use..

04

05

Created for Life-Stage Changes

Thoughtfully formulated for adults navigating endocrine transitions.

How to Use Inner Rhythm: Adults 18+

Application

Apply 1–2 rolls to the back of the neck, upper chest, wrists, or along the spine.

The lower abdomen may also be used during cycle-related tension.

Frequency

Use up to 2 times daily as needed.

Best Moment

Use during PMS, hormonal transitions, emotional fluctuation, or when experiencing occasional warmth or internal tension.



Safety & Precautions

- Inner Rhythm is intended for adults aged 18 years and older. Always confirm suitability before recommending.
- For external use only. Do not ingest. Avoid contact with the eyes, face, and sensitive areas.
- Apply only to recommended areas such as the back of the neck, wrists, upper chest, along the spine, or lower abdomen.
- Patch testing is recommended before first use, especially for sensitive or reactive skin.
- Discontinue use if any irritation or discomfort occurs.
- Clients who are pregnant, breastfeeding, managing hormone-sensitive conditions, or undergoing hormone therapy should seek professional guidance before use.
- Store in a cool, dry place and keep out of reach of children.