



NEAL'S YARD REMEDIES

Meditation tips

Simple tips to help you create your moment of zen.

1. Create a routine

Meditate after regular activities to help your mind create a positive habit.

2. Set the scene

Choose a calm, quiet space and diffuse Organic Frankincense Essential Oil or our Meditation Aromatherapy Blend to enhance feelings of harmony.

3. Get comfortable

You don't have to sit crossed legged but don't get so comfortable you snooze.

4. Let your thoughts flow

Let thoughts float in and out without fixing on them.

5. Start off slowly

Start off meditating for 5 minutes and then build up to longer sessions slowly.

6. Join an online group or virtual class

If you find it hard to motivate yourself find an online tutorial, class or virtual group, you'll also meet some like-minded people.

Expertly blended Meditation Aromatherapy Blend

Expertly blended by Neal's Yard Remedies' Senior Brand Ambassador, Susan Curtis, it creates a wonderfully restful yet uplifting aroma.

"There is a relaxing base of vetiver and ethically sourced sandalwood to calm the active mind, the finest frankincense from Oman to deepen the breath and add focus, and then orange to add a lift. Finally, the addition of a drop of black pepper is like a bit of magic that adds a vibrational zing to the whole blend."

Susan Curtis

Certified Organic Frankincense Essential Oil

This therapeutic *Boswellia sacra* (frankincense) resin oil has a deeply relaxing aroma and is 100% organic. Today, in aromatherapy, this sweet and woody aromatic oil is often used to promote a state of relaxation, helping to encourage slower and deeper breathing when inhaled. Fresh and uplifting, it's ideal to use during meditation and mindfulness practices to enhance your wellbeing.

