



SIGNATURE AROMATHERAPY BLENDS

Each of our signature blends belongs to the Clear, Calm or Connected house.

Each is designed for a particular purpose.

clear: focus, clarity, & gentle energy

calm: settling, softening, and emotional ease

connected: grounding, reassurance, & inner connection

blend	house	oils	purpose
lift	Clear	Sweet Orange, Peppermint	Light, bright support when energy feels low & the day feels heavy.
focus	Clear	Peppermint, Frankincense	For moments that call for concentration, presence & steady attention.
clarity	Clear	Bergamot, Frankincense	Clear-headed calm when thoughts feel busy, tangled or overwhelming.
reset	Clear	Sweet Orange, Bergamot, Peppermint	A fresh start for transitions, mental fatigue & turning the page.
soft	Calm	Lavender, Bergamot	Gentle reassurance when life feels sensitive, overwhelming or emotionally full.
deep	Calm	Lavender, Cedarwood, Frankincense	A grounded exhale for busy minds, tired bodies & overstretched days.
moon	Calm	Lavender, Sweet Orange	Comforting & restful, designed for evening rituals & slower endings.
harmony	Calm	Clary Sage, Geranium, Lavender	Nurturing support during emotional, hormonal & life transitions.
balance	Connected	Cedarwood, Frankincense, Sweet Orange	A steady companion when you want to feel centred, grounded & emotionally balanced.
heart	Connected	Frankincense, Geranium, Sweet Orange	Warm & supportive during reflection, vulnerability & emotional processing.
anchor	Connected	Vetiver, Frankincense, Sweet Orange	Something steady to hold onto when life feels uncertain or overwhelming.
golden	Connected	Sandalwood, Bergamot, Sweet Orange	Gentle uplift, emotional warmth & a reminder that not everything needs to be rushed.

A gentle note: Harmony contains Clary Sage and is not recommended during pregnancy. If you are pregnant, breastfeeding, purchasing for a child, have a medical condition, or are unsure which blend may be most appropriate, please feel free to get in touch before ordering. All blends are intended for aromatic inhalation only and are not designed for direct application to the skin

Each Signature Wellbeing Kit includes:

- ✓ 10ml handcrafted blend
- ✓ 2 cotton inhalation pads
- ✓ Soft eye mask
- ✓ Natural tiger eye stone
- ✓ Posted directly to your door



PROFESSIONAL WELLBEING

gentlepace.co.uk
Therapy in Newcastle Upon Tyne