

Arborvitae Essential Oil Uses and Benefits

Turn Arborvitae oil into a household spray with this easy do-it-yourself. Add a few drops of Arborvitae essential oil into a spray bottle and add water. Use this spray on surfaces or on hands. Arborvitae oil is a powerful cleansing and purifying agent. By incorporating this spray into your home, you can protect yourself and your family against seasonal and environmental threats while keeping your house fresh and clean.

Arborvitae essential oil has the ability to inspire feelings of peace and calm. If you are looking for a great way to unwind after a long day, place a few drops of Arborvitae oil into a diffuser or rub a drop of Arborvitae oil onto your wrists to produce a sense of peace and calm. Additionally, using Arborvitae essential oil during yoga or Pilates can increase the effectivity of your experience by inducing feelings of soothing relaxation. Diffusing Arborvitae essential oil can also help purify the air and provide a grounding aroma.

Bring your furniture back to life with this DIY Wood Polish with essential oils. If you want to keep wood looking fresh and clean, it is important to invest in proper cleaning supplies and a good routine. One of the most effective ways to clean wood is by using a wood polish that is natural and free of any harmful chemicals. Many commercial wood polishes contain chemicals and artificial fragrances that can cause irritation or health problems when not applied with proper safety precautions. Follow the instructions to this homemade solution to create a natural wood polish that is free of harmful toxins.

Wood furniture should only be polished every couple of months, but make sure to maintain the look and quality of your wood furniture by frequently dusting it or wiping it with a damp microfiber cloth. This will help to keep dust and damaging substances away from the wood and will help keep the wood from looking aged.

Create your own musky outdoor cologne with Arborvitae essential oil. Arborvitae oil's aroma is woody and warm and when combined with Cedarwood and Frankincense, provides an invigorating aroma, perfect for a fresh cologne scent. Using these oils together will create a great cologne for any occasion and will also produce a fragrance that uplifts and relaxes the senses.

Sun Stone

For those who need to bask in the warmth, feel light spill across their skin, and who find themselves way more energized in the softer months than the dark winter nights, the Sunstone is here to ensure you keep a piece of endless summer close by. A magical member of the Feldspar family, the Sunstone sometimes goes by other names like Aventurine Feldspar or Goldstone, but we think it wears the name Sunstone best. With its golden orange warmth, sparkling layers, and iridescent style when caught in the light, Sunstone embraces its kinship with the great ball of fire in the sky, echoing its lifegiving properties and glorious feeling that everything is going to be OK.

The Sunstone was uncovered first in the Fjord sweeping lands of Norway, it was said that the Vikings used this shimmering bright stone as a compass to find their way across the cold cobalt blue waters and onto greener pastures. Even beyond the ancient Nordic texts, the Sunstone was also said to be a beautiful healer in Native American culture and is said to have earned its shading from the blood of a great wounded warrior. Sunstone has crept to every corner of myth and legend with even the Ancient Greeks believing that this precious piece of warmth came from the sun god.

Along with healing qualities, granting joy and gifting direction to those who feel unsure of which way to turn, the Sunstone is said to harness the power of the sun. It can lend light where there is darkness, bring warmth where there is cold, gift vitality where there is sluggish energy, and shake you up with joie de vivre and a heady dose of vitamin C for the soul. It is mined across the globe, not just in Norway but also in Greece, Russia, Canada, the USA, and India. To find out more about the sunny kiss of Sunstone keep on reading.

Step into self-empowerment and learn to own lashings of personal power as you say yes to the warming glow of the Sunstone. As one of the best healing stones for seasonal affective disorder, the Sunstone is an instant mood brightener. It's an excellent choice for those who struggle to stick to boundaries. Sunstone shines its light and makes it easy to speak your truth, use your No when you need it, and to cut you off from co-dependent behavior.

Sunstone infuses you with worthiness, it hits all the right notes for ensuring that negative energies melt away and you are left with the radiance of optimism and a positive can-do attitude. While Sunstone is known for its bright sense of optimism that doesn't mean that it coats everything with a rosy hue. This stone knows that for a healthy and balanced mindset, it's important to have a full spectrum of emotions, but it also knows that emotional intelligence comes from feeling rooted in self-worth, confidence, and the knowledge that no matter what happens you will find a spot of light in which to persevere.

Affirmations

I believe in the mystery and the magic of starting new.

I can't change the past, but I have a say in what happens now. My direction matters more than where I've been.

I am becoming a better person every day. I am proud of my decisions and stronger in who I am.

I am enough, just as I am right now. I have everything I need inside of me to be the person I want to be.

I respect my body. I respect my heart. I respect my future.

I am stronger than I ever thought I could be.

To your younger self, "I forgive you. I love you. I believe in who you can be."

"Sorrow is a portal to heightened wisdom. Anger can lead to creative action. Dark nights turn into the dawn of a new chapter." -- Danielle LaPorte

When I make a mistake, I own up to it and do my best to make things right. My comeback is more important than my setback.

I take responsibility for how I respond to the things that happen to me because I value my inner peace.

I am in control of my life. I honor all of my feelings. I stand up for what I believe in. I express myself in healthy ways. I am the author of my story, my story matters, and my story isn't over.

I have the mental strength to resist temptation.

I have so much to live for and I want to be present for it all. I'm determined to live and love every day like it's the most important day of my life.

"I am going to make everything around me more beautiful -- that will be my life." -- Elsie de Wolfe

When I champion other people, I make progress toward my own goals. Helping others helps me. I'm constantly learning how to be a better friend to everyone around me.

I am living proof that change can be a beautiful thing.

I'm investing in my future self.

I want my passion and my presence to be the most beautiful things about me. (get the art print [here](#))

I am willing to love myself a little bit more each day. My self-love is one of the greatest gifts I can give to the people around me. And loving others is one of the best ways to build love inside of me.

My heart is big enough to hold every emotion, every dream and every fear, every sorrow and every joy. I am a patchwork of dark and light. I am mind, body, and spirit. I am resilient and brave enough to keep going.