

Emotional Freedom

Lindsey M. Robinson, LMT, Certified Aromatherapist

Sky Blue Day Studio



Blissful Peace Massage

Balance is such a difficult task to achieve. Most women are aware their emotional scale isn't aligned however tend to ignore and suffer. For years I neglected my emotional state, and in doing so I lost all sense of being or/and feeling happy. There is no greater feeling then to be able to control your emotions! Suffering should NO longer be an option.

Anxiety, depression, stress are a few unwanted, unwarranted feelings that should be removed from our daily lives. Especially because as women we are at high demand being mothers, wives, caretakers, friends, businesswomen, cooks, etc. We need all of our energy to create greatness for all those closely to us. Women are very strong individuals with very weak traits such as not being able to balance our emotions. Don't be afraid to seek help! Emotional stability is the most rewarding feeling one could ever experience.

Most people aren't aware or either refuse to believe that anxiety, depression or stress could actually kill you. More suicidal people are known to suffer from depression for years before taking their lives. Emotional STRESS which is trigger from a combination of anxiety and depression can lead to cardiac death. I use to have server panic attacks. Let me tell you, my heart palpation scared me the most. Trying to clear my windpipe was all I was seeking and praying I would be ok. After each attack I realized at some point enough is enough. It was time to practice self-love and prepare oneself to accept good health & happiness.

Aromatherapy (application of authentic pure grade A essential oils enhances physical, emotional, mental & spiritual health) is the most amazing alternative medicine I could ever experience. Once I was diagnose with PMDD I was prescribe various medication to help control my anxiety, depression, out of controllable, unwanted feelings. These medications cause a domino affect of many other unwanted feelings on top of those I was already experiencing from my PMDD disorder. After doing some research on these particular medications I realized the side effects were not worth risking potential future health concerns.

Essential oils are derived from all things natural. Plant materials, flowering tops, fruits, grasses, leaves, roots, seeds etc. Each oil provides therapeutic value for over 100 health concerns. Natural healing through natural products is the safest way to heal! Synthetic, traditional medicine are filled with unknown ingredients which could cause other server health concerns. Using essential oils you are aware of exactly what you are ingesting also experiencing little to no side effects. Health and wellness has become more and more apart of my life. Aromatherapy and essentials oils really assist me from a dark space. I pride myself with the work I put in to find balance. Patience & consistency is the key when going natural!! I feel completely in control of my feelings, which in return I am able to focus on becoming a successful business owner, a loving mother, equal partner or a caring friend. If you are imbalance your life will also be imbalanced.

Suffering is no longer an option, transition with me you will thank me later.