



NATURE'S SUNSHINE

# CORE Balancing Blend

GOOD FOR

Nervous System

Brain

SIZE **15 ml**

ITEM # **3873**

**DIRECTIONS FOR USE** Use with Nature's Sunshine Massage Oil for a quiet, relaxing massage. Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature's Sunshine Massage Oil or Carrier Oil before being applied topically.

## — How the Key Ingredients Work

CORE Balancing Blend brings together time-honored botanicals — from forest resins to flowering herbs — each chosen to support your body's natural sense of balance, comfort, and resilience. Together they work gently across multiple body systems, helping you feel grounded, at ease, and well from the inside out.

**Chamomile** — One of the world's most beloved calming herbs, chamomile has real research behind it. Studies show it helps ease everyday anxiety and supports a relaxed mind, while also soothing an unsettled stomach. Its natural compounds interact with the same calming pathways in the brain that help you unwind after a long day.

**Ho Wood** — Steam-distilled from the wood of a camphor tree, ho wood oil is rich in linalool — a naturally occurring compound shown in studies to promote calm and ease feelings of tension. Breathed in through aromatherapy, it has been shown to support a relaxed, settled mood, making it a wonderful addition to any balancing blend.

**Frankincense** — Prized for thousands of years across cultures from the Middle East to India, frankincense resin comes from the Boswellia tree and has a long, storied history of use in wellness and spiritual practice. It brings a grounding, centering quality to this formula, supporting a sense of calm and overall wellbeing rooted in ancient tradition.

**Spruce** — Norway spruce bark is packed with natural plant polyphenols — the same family of protective compounds found in berries and green tea. Research confirms these compounds are powerful free-radical fighters that help defend the body's cells from everyday oxidative stress. Spruce has also been used traditionally to support the body during cold and flu season.

**Cedar** — Cedar has been used across many cultures for centuries, from Native American sweat lodges to Himalayan herbal traditions. The name covers a rich family of aromatic trees, each valued for its grounding, cleansing scent and its role in supporting respiratory comfort and a sense of calm clarity. It adds a warm, woody foundation to this blend.

**Tansy** — Known in European folk herbalism as 'bitter buttons,' tansy (*Tanacetum vulgare*) has a centuries-long history as a cleansing herb. Traditional herbalists used it to support the body's natural ability to maintain a clean, balanced internal environment. It brings a time-tested cleansing tradition to this formula.

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