Winter Wisdom

5-Element Blend * Balancing Water

Kidney/Bladder

The highest expression of condensing yin/Water energy is Wisdom

Based upon 5 Element theory, Winter time is the season associated with the Water Element and condensing yin energy of the body’s Kidney/Bladder meridian system.

Winter Wisdom blend combines therapeutic grade essential oils of Juniper Berry, Wild Cedarwood, Organic Ginger, Wild Sandalwood, Lemon Petitgrain, Caraway Seed, Bulgarian Rose Otto - that help stimulate deficient or stuck yin energy when applied to Kidney acupressure points.

In emotional terms, stagnant energy in the Kidney/Bladder system can manifest as: nervous exhaustion, feeling oppressed, discouraged, anxious or powerless.

Application: Apply to palms, inhale; locate the Kidney 6 meridian on the inside of the ankle, one finger's width below the ankle bone. Apply 1 or 2 drops and rub gently with a circular motion.

Mayasblends 5 Element acupressure blends are inspired by Gabriel Mojay’s application of aromatherapy to 5 Elements energy according to Traditional Chinese Medicine.

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Mayasblends 5 Element Blends

Water / Winter Wisdom Kidney/Bladder
Wood / Spring Compassion Liver/Gall Bladder
Fire / Summer Love – Heart/Pericardium
Earth / Harvest Empathy/Stomach/Spleen
Metal / Autumn Reverence Lungs/Large Intestine

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