



## **Holistic Vet Norfolk**

### **Grief Blends Numbers One and Two**

Grief is a deeply personal and often challenging emotional journey. In times of loss and sadness, we may find solace in unexpected places. Fragrance, for instance, can play a powerful role in this process.

As you navigate the intricate path of grief, consider these essential oils as companions along the way. Inhale their fragrances deeply, allowing them to embrace you with their unique qualities, offering moments of respite, introspection, and healing. Grief is a personal journey, and these scents can be a gentle balm for the soul, reminding you that, even in sorrow, there is room for moments of solace and reflection.

In grief's complex landscape, these fragrances become more than scents; they become companions on our journey, helping us remember living with our lost pet, allow space for healing, and find moments of comfort amidst the pain. They serve as a reminder that even in our darkest hours, the world around us still holds the power to offer solace and support.

These blends of oils in a Jojoba oil base are formulated at a concentration safe to apply directly to human skin - apply to the pulse points at the wrist and temples, behind the ears, and inside the elbows as often as you desire.



### **Grief Blend Number One**

Lavender's soothing aroma can provide a sense of calm amidst the storm of emotions that grief brings. Rosemary, with its pine-like fragrance, may evoke memories of shared walks and the comfort of togetherness.

Chamomile's gentle scent may offer a moment of tranquillity when our hearts ache.

The delicate scent of Rose can symbolise the enduring beauty of cherished memories. Vetiver's earthy aroma may ground us as we navigate the turbulence of loss, and sandalwood's woody notes can bring a sense of peace and reflection. Mandarin, with its sweet and uplifting scent, may remind us of brighter days and offer a glimmer of hope during dark times.



### **Grief Blend Number Two**

Grief is a complex and deeply personal journey, Blend Number Two is for those times when you need a little help to face the world.

The gentle and soothing aroma of Chamomile can cradle you in a soft embrace during moments of grief. Its calming influence can help ease the tension and emotional turmoil that often accompanies loss. Ylang ylang's exotic and sensual scent can provide a gentle reminder of joy and passion amid the somberness of grief. It may encourage feelings of self-care and emotional release. Frankincense, with its deep and resinous aroma, can help you find a sense of grounding and spiritual connection in moments of loss. It holds the promise of inner peace and contemplation.

Jasmine's sweet and floral fragrance can evoke memories of beauty and connection, serving as a bridge to the past and a source of solace in the present. The bright and zesty scent of Lemon can infuse a touch of freshness into the heavy atmosphere of grief.



I also focus on supporting families, especially around the difficult time of euthanasia.



~ ~ ~



Dr Shelagh Pitt, BVMS MRCVS  
Holistic Vet Norfolk.

CALL: 07936 076146  
[www.holisticvetnorfolk.com](http://www.holisticvetnorfolk.com)

## Holistic Vet Norfolk Services:

**Pet Acupuncture**

~

**Peaceful In Home Euthanasia**

~

**Pain Management**

~

**Veterinary Herbal Medicine**

~

**Holistic & Raw Feeding Advice**