

## Substitutions for Meramour's Body-Feedback Oil Blends

As essential oils are products of nature, their supply may be limited at times due to weather patterns, growing cycles, harvesting practices, and species scarcity. These are the recommended Meramour blend substitutions.

### Permanent Substitutions for long-term unavailable oils (Ocotea and Myrtle):

Spleen Meridian blend: substitute Copaiba for Ocotea

Lung Organ blend: substitute Lemon Myrtle for Myrtle

Pericardium Organ blend: substitute Cardamom for Myrtle

### Substitutions for oils that are currently limited (Ylang Ylang, Balsam Fir, and Blue Spruce):

Heart Meridian blend: substitute Copaiba for Ylang Ylang

Pericardium Meridian blend: substitute Marjoram for Balsam Fir

Small Intestine Meridian blend: substitute Palmarosa for Ylang Ylang

**\*with a change in ratios:** 50% Copaiba, 25% Vetiver, 25% Palmarosa

Du Meridian blend: substitute Black Spruce for Blue Spruce

Kidney Organ blend: substitute Copaiba for Ylang Ylang

Triple Burner Organ blend: substitute Helichrysum for Balsam Fir

**\*with a change in ratios:** 40% Cedarwood, 40% Cypress, 10% Helichrysum, 10% Ledum

Urinary Bladder Organ blend: substitute Frankincense for Ylang ylang and substitute Black Spruce for Blue Spruce

**\*with a change in ratios:** 30% Black Spruce, 30% Geranium, 30% Clary Sage, 10% Frankincense

With a sea of love,  
The Body-Feedback Team