



METAL

## Release

Release relates to the Chinese element of metal, which represents liberation and the action of letting go. It encourages the sloughing off of old ideas, beliefs and attachments, creating room to grow and evolve.

A person with a balanced metal element will feel more confident and be more communicative.

The clearing quality of metal has inspired this uplifting blend of sacred frankincense, clary sage and eucalyptus. Like a deep exhalation, it invigorates while promoting a peaceful state of mind.



MANDARIN ORIENTAL  
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