

<p><b>CEDARWOOD</b>  <b>Blends Well With:</b>                  Lavender, patchouli, rosemary, sandalwood, bergamot, jasmine, juniper, noroli  <b>Note:</b>                  Middle to Base  <b>Origin/Extraction Process:</b>                  (Himalayan)                  Steam distilled from the roots &amp; stumps of trees</p>	<p><b>Scent:</b>                  Woody, soft, sweet  <b>Application:</b>                  Massage, bath, hot compress, vaporizer, inhalations</p>	<p><b>Benefits and Properties:</b>                  (Anticeptic) good for chronic Bronchitis, catarrh, urinal &amp; vaginal infections, head &amp; scalp tonic helps itching, skin &amp; tissues near skin, good for eczema and dermatitis, supplies oxygen to tissues &amp; erases DNA damage: a weapon in the battle against skin cancer. Calming nervous tension, cleansing, purifying, and harmonizing. Antispasmodic, diuretic, fungicide. Powerful against fungal infection, promotes blood circulation in the body thereby removing cellulite and water retention problems maintaining weight at the same time. Beneficial in treatment of urinary tract problems like cystitis and nephritis in the form of warm compresses and Sitz baths. It also has a tonic effect on our kidneys. Good for dispelling feelings of fear and anger. Provides comfort and courage in difficult situations by encouraging and building self confidence. Regular application of cedar wood essential oil helps in positive thinking and staying emotionally balanced.</p>
<p><b>CINNAMON LEAF</b>  <b>Blends Well With:</b>                  Lavender, patchouli, rosemary, cloves, grapefruit, thyme.  <b>Note:</b>                  Strong base  <b>Origin/Extraction Process:</b>                  Sri Lanka &amp; India, leaf steam distilled</p>	<p><b>Scent:</b>                  Spicy, warm clove-like  <b>Application:</b>                  Powerful should be diluted, for topical uses only. Vaporizer, can be used in blended massage oil, or diluted in the bath with whole milk, In a cream or lotion.                  In vapor therapy, cinnamon oil can be used in acute bronchitis and colds, as well as sneezing and to help lift depression and a</p>	<p><b>Benefits and Properties:</b>                  Strengthening, focusing, revitalizing, analgesic, antiseptic, antibiotic, antispasmodic, aphrodisiac, astringent, cardiac, carminative, emmenagogue, insecticide, stimulant, stomachic, tonic and vermifuge.                  Good for infection of the respiratory tract, rheumatism, arthritis and general pains. It calms an exhausted feeling of depression,</p>

	<p>feeling of weakness. Diluted in the bath, to assist with bronchitis, diarrhea, chills, infections, flu, rheumatism and arthritis. Due to its very powerful antiseptic properties it is good for fighting any infectious diseases. Blended with pure Jojoba oil to help with digestion, rheumatism and arthritic pain.</p>	<p>tones the whole body and stimulates the glandular system, thus easing period pains.</p>
<p><b>CLOVE BUD</b> <b>Blends Well With:</b> Orange, cedarwood, peppermint <b>Note:</b> Strong base <b>Origin/Extraction Process:</b> Indonesia, flower buds, cultivated, evergreen tree, steam distilled</p>	<p><b>Scent:</b> Sweet <b>Application:</b> Powerful should be diluted, for topical uses only. Mix 1 drop in 1 cup of water; apply directly to mouth with a cotton swab. Gargling with a mixture of water and 1 drop of clove-bud oil can help neutralize bad breath. Do not swallow.</p>	<p><b>Benefits and Properties:</b> Comforting, warming, stimulating. Eugenol, a chemical in clove-bud oil, is analgesic and antibacterial, which makes it effective for treating pain in the mouth,” (In fact, dentists mix it with zinc oxide to use in temporary fillings.)</p>
<p><b>EUCALYPTUS</b> <b>Blends Well With:</b> Lavender, lemon, cedarwood, pine, thyme, chamolile <b>Note:</b> Top <b>Origin/Extraction Process:</b> Evergreen tree from China, leaves steam distilled.</p>	<p><b>Scent:</b> Camphor-like, woody aroma (like Vicks) <b>Application:</b> Massage, bath, mouth-wash, cold/hot compress, inhalations. Boil 1 quart of water, let it cool slightly, then pour it into a bowl. Add 4-6 drops of oil, drape a towel over your head, and lean over the team, inhaling for 2 to 5 minutes. Apply to temples, behind ears &amp; base of neck. Inhale 2-3 drops on a tissue any time of the day. Relieve muscular aches (massage by adding 10-15 drops to 1 oz of pure Jojoba oil directly on affected area. Diffuse 15-25 drops in 10-15 intervals or continuously if preferred</p>	<p><b>Benefits and Properties:</b> Decongestant, anti-viral, colds, influenza, anti-septic, anti-fungal, for wounds, burns. Soothing &amp; Cooling ; relieves areas of inflammation associated with arthritis, muscle-aches and pains, sprains, sciatica and rheumatoid arthritis. Refreshing, purifying. Relaxes and soothes headache, nervous exhaustion, neuralgia. This type is better suited for long term use of chronic respiratory conditions; asthma, bronchitis, coughs, sore throat and sinus problems. Best suited for viral or bacterial infections such as throat and mouth infections, cold and fever, ifluenza/myxovirus. Traditional home remedy to repel bugs.</p>

<p><b>GRAPEFRUIT</b>  <b>Blends Well With:</b>                  Lavender, cedarwood, ylang ylang, patchouli  <b>Note:</b>                  Middle  <b>Origin/Extraction Process:</b>                  Florida, peel, cold pressed</p>	<p><b>Scent:</b>                  Fresh sweet citrus aroma  <b>Application:</b>                  Inhale, to feel a sense of empowerment. It is not unusual for people to actually recapture childlike joy. The urge to skip down the street or jump on the bed would not be unheard of. Add 1-2 drops to shampoo bottle for a lustrous shine.                  Place one to three drops onto the palm of the hands. Rub hands together vigorously, cup the hands together, and slowly inhale the zesty aroma. Adjust the intensity of the aroma by increasing or decreasing how close the hands are held to the nose. Breathe in the scent 5 to 20 minutes prior to a meal (It helps to drink 8 oz of pure water after inhaling). If a blend is created with Patchouli the effect will be enhanced for a natural appetite suppressant.                  Sun exposure should be limited when using it on your skin.</p>	<p><b>Benefits and Properties:</b>                  Cleansing, refreshing. A spiritual up-lifter, eases muscle fatigue and stiffness. It is also a purifier of congested, oily and acne prone skins and is sometimes added to creams and lotions as a natural toner and cellulite treatment. Eases nervous exhaustion and relieves depression. Stimulates an energetic and positive feeling and helps balance anxiety or lack of concentration. Helps to diminish appetite while it improves digestion and the metabolism. Has toning and astringent effects. It's been proven to stimulate the lymphatic system. In this way it helps the body remove toxins. Stimulates liver and gallbladder function. Excellent body tonic as it increases circulation and tones skin cells. It's sour taste can be used to regulate and balance conditions like flatulence, constipation, anxiety, worry, restlessness, PMS, and insomnia. An amazing room freshener, deodorizer, a disinfectant and it can be very effective as an aromatic mist.</p>
<p><b>LAVANDER FRENCH/BULGARIAN</b>  <b>Blends Well With:</b>                  Any oil; especially orange, lemon, geranium, pine and peppermint  <b>Note:</b>                  Top  <b>Origin/Extraction Process:</b>  <b>French:</b> Mediterranean, steam distilled, flowering tops  <b>Bulgarian:</b>                  Bulgaria, steam distilled, flowering tops</p>	<p><b>Scent:</b>                  Fresh sweet balanced floral aroma soothing and refreshing  <b>Application:</b>                  Safe for undiluted use.                  Massage, bath, hot/cold compress, vaporize, cook.                  As an aura cleanser, add 7-15 drops in your bath ( along w/ a cupful of sea salt) to help remove negative energy.                  Use 2-3 drops on temples, back of neck, rim</p>	<p><b>Benefits and Properties:</b>                  Calming, soothing and relaxing. Analgesic – numbs pain, Antidepressant – prevents and alleviates depression, Anti-inflammatory – alleviates/cool inflammation, Antirheumatic – prevents and/or relieves rheumatic pain and swelling, Antiseptic – assists in fighting germs/infections, Antispasmodic – relieves spasms and cramps; PMS, Bactericidal – destructive to bacteria, Antibiotic, Antiviral, Alleviates headaches. Antinfectious,</p>

	<p>of ears, between thumbs and index finger, and along the big toe to help soothe; add 10-15 drops to 1 oz. pure Jojoba oil and apply directly to skin as a lotion.</p> <p>Diffuse 15-20 drops in 10-15 minute intervals throughout the day.</p> <p>For relaxation, place 2-3 drops in the palm of your hands and inhale any time of day.</p> <p>To ease dry skin, mix 10-15 drops with 1 oz. of whole milk and add to warm bath.</p> <p>To relieve sore muscles, combine 5 drops with 5 drops of peppermint oil and 4 teaspoons of pure Jojoba oil, then massage into skin.</p> <p>Add 4 to 6 drops to a warm bath or mix with water in a spray bottle to mist into the air. (Bonus: Some research suggests it might also help fight hair loss when massaged into the scalp.)</p>	<p>detoxifying, decongestant, deodorant, sedative, tonic. Cicatrisant – cell-regenerative for skin, healing for scars and acne.</p> <p>Adaptogen, can assist the body when adapting to stress or imbalances. A great aid for relaxing and winding down before bedtime, yet has balancing properties that can also boost stamina and energy. Highly regarded for skin and beauty, used to reduce scarring, stretch marks, and slow the development of wrinkles. It may be used to soothe and cleanse common cuts, bruises, and skin irritations.</p> <p>Relaxes and balances the nerves, eases anxiety, vertigo, sciatica, depression, headache and migraine, hypertension and earache. Antispasmodic and stomachic properties calm asthma, colic, whooping cough, flatulence, dysmenorrhea, labor pains, sprains, strains and stress.</p> <p>Regenerates cells and thread veins, bruises, cuts sores. Useful for areas of inflammation such as athlete’s foot, burns, insect bites, itching, rheumatism, eczema, chicken pox, cystitis. Beneficial for oily skin, acne and dermatitis; excellent antiseptic properties ward off skin parasites, such as scabies.</p>
<p><b>LEMON</b> <b>Blends Well With:</b></p>	<p><b>Scent:</b> Fresh citrus aroma</p>	<p><b>Benefits and Properties:</b> Stimulates the immune system, refreshing,</p>

<p>Ylang Ylang, rosemary, cedarwood, lavender, eucalyptus, fennel, juniper</p> <p><b>Note:</b> Top</p> <p><b>Origin/Extraction Process:</b> California, Florida, peel, cold pressed</p>	<p><b>Application:</b> Massage, mouth wash, bath, hot/cold compress, inhalations, local wash Inhale as needed to stimulate concentration and memorization. Diffuse to help protect from airborne germs. Add 2-3 drops to purified water in a spray bottle to help cleanse high traffic areas or to freshen cleansing water. Apply 2-3 drops diluted to skin irritations, such as insect bites, for itch relief. For an invigorating shower or bath, mix 10-15 drops in 1 oz. of whole milk and add to warm water</p>	<p>cleansing, tonifying. Good for warts, bleeding gums, digestive &amp; circulatory tonic. Rational oil; helps restore emotional balance; stimulates the left brain, clears thought processes and aids concentration. Strengthens epidermis function, thin hair and nails; balances sebum/oil production, acne; soothes dry skin, athlete's foot, boils, corns, warts. Helps varicose veins, cellulite; strengthens connective tissues. Enhances immune system; helps colds, flu, fever, respiratory infections, asthma, bronchitis, sore throat and sinusitis; antibacterial properties cleanse and neutralize to help prevent infections; effective room disinfectant. Aids development of acid mantle; balances stomach acidity and pH, reduces blood sugar; detoxifying, relieves constipation, stimulates and cleanses liver and pancreas. Traditional home remedy as insect repellent.</p>
<p><b>ORANGE</b></p> <p><b>Blends Well With:</b> Ylang, ylang, lavender, cinnamon leaf, Note: juniper, sandalwood, cypress</p> <p><b>Note:</b> Top</p> <p><b>Origin/Extraction Process:</b> Florida Peel, cold press</p>	<p><b>Scent:</b> Fresh and fruity aroma</p> <p><b>Application:</b> Massage, mouth-wash, vaporize, cooking To calm and soothe, add 10-15 drops to 1 oz. of pure Jojoba oil and apply for an all-over body massage. Diffuse 15-20 drops to refresh and uplift the senses. For a cleansing and refreshing bath, mix 10-15 drops in 1 oz. of whole milk and add to warm water</p>	<p><b>Benefits and Properties:</b> Refreshing. Sedative; eases nervous tension and stress related conditions. Antidepressant; balances and uplifts. Antispasmodic and stomachic properties help relieve spasms, bronchitis, chills, constipation and indigestion. Antibacterial; cleanses and helps dull and oily skin.</p>
<p><b>OREGANO</b></p> <p><b>Blends Well With:</b></p>	<p><b>Scent:</b> Strong herbaceous &amp; camphor like</p>	<p><b>Benefits and Properties:</b> Most potent anti-infective. Strong</p>

<p>Lemon  <b>Note:</b>  Middle  <b>Origin/Extraction Process:</b>  Turkey: 100 kilos of plant material to get 1 kilo of oregano essential oil, steam distilled</p>	<p><b>Application:</b>  Internally &amp; topically, with food. Always dilute in a suitable carrier oil; olive, coconut, jojoba. Usually, it is recommended to start out with a dilution rate of 1 part of Oregano Oil to 3 parts of carrier oil.  For fungus, dilute 1 teaspoon oregano essential oil in 2 teaspoons “carrier oil i.e Jojoba” and apply with a cotton swab to the affected area up to three times a day. You can also treat the body by placing one drop of Oregano Oil to one 8oz glass of water or juice once or twice day. Under the tongue method, mix 1 tsp of honey or olive oil with the drop of oil before placing it under the tongue.  For sinus congestion. Add 3 drops of the oil into a glass of juice and drink this mixture daily for 3 to 5 days.  The high concentrations of thymol and carvacrol in Oil of Oregano have been shown to calm upset stomachs and aid digestion. Therefore, a quick home remedy for mild indigestion is to drink a glass of milk or juice that is mixed with 2 or 3 drops of the oil.  Apply directly onto the skin to treat itches, skin infections, and irritated gums, but only if it has been diluted. This highly concentrated oil may first need to be mixed with Olive Oil or Coconut Oil before application (usually one teaspoon of Olive Oil or Coconut Oil per one drop of Oil of Oregano).</p>	<p>therapeutic properties.  Highly damaging to many kinds of viruses and was recently shown in laboratory research conducted at Weber State University, Ogden, Utah, to have a 99 percent kill rate against in vitro colonies of Streptococcus pneumoniae, even when used in 1 percent concentration. (S. pneumoniae is responsible for many kinds of lung and throat infections.) It is antibacterial, antiviral, containing 31 known anti-inflammatories, 28 antioxidants, and 4 potent COX-2 inhibitors.  Destroys organisms that contribute to skin infections and digestive problems.  Strengthening to the immune system.  Increases joint and muscle flexibility.  Improves respiratory health.</p>
<p><b>PATCHOULI</b>  <b>Blends Well With:</b></p>	<p><b>Scent:</b>  Distinctly earthy herbaceous aroma</p>	<p><b>Benefits and Properties:</b>  Anti-depressant, anti-septic, astringent, good</p>

<p>Cedarwood, ylang ylang, lavender, rose, bergamot, lemon, geranium, jasmine, clove, grapefruit, cinnamon, orange</p> <p><b>Note:</b> Base</p> <p><b>Origin/Extraction Process:</b> Native to tropical Asia, distilled from leaves</p>	<p><b>Application:</b> Massage, bath, vaporize, mouth-wash, cooking.</p> <p>It is considered a fixative in perfumery. Add 2-3 drops to a tissue and inhale to revive and uplift spirit, to soothe and relax thoughts. Diffuse 15-20 drops in 10-15 minute intervals. Add to personal care products i.e. hair shampoo to aid oily hair and scalp. Mix 10-15 drops to 1 oz. pure Jojoba oil for a relaxing massage.</p>	<p>for fluid retention, anti-inflammatory, stings. Warming, calming, aphrodisiac. Yang (action) energy promotes enlivened senses and positive mood. Beneficial for the skin and may help prevent wrinkled or chapped skin. It is a general tonic and stimulant, helps the digestive system, fighting candida (yeast) infections, and benefits the nervous and glandular systems. It has antiseptic properties and helps relieve itching. Aids oily hair and scalp, dandruff; eczema (weeping), impetigo. Slows breathing; nervous exhaustion, lethargy, stress related problems; sedative at low dose, stimulating at high dose; balances, sharpens and clarifies, grounding one's energy; aids dreams.</p>
<p><b>PEPPERMINT</b></p> <p><b>Blends Well With:</b> Eucalyptus, lavender, tea tree, rosemary, majoram</p> <p><b>Note:</b> Top</p> <p><b>Origin/Extraction Process:</b> Northern India, distilled from whole flowering herb</p>	<p><b>Scent:</b> Menthol aroma, sweet undertones</p> <p><b>Application:</b> Massage, bath, vaporize, inhalations</p> <p>Diffuse overnight to ease away discomfort and to help breathe easier.</p> <p>Apply 3-5 drops diluted in 1 oz. pure Jojoba oil to cool areas of skin irritation and itching. Apply to temple, back of neck, web of hands and tops of feet.</p> <p>To help breathe easier, apply 10-15 diluted drops on the chest area and cover with a warm compress for 10-60 minutes.</p> <p>Dilute 10-15 drops in 1 oz. pure Jojoba oil or lotion for a soothing massage over the lower abdomen or lower back, and for weary</p>	<p><b>Benefits and Properties:</b> Refreshing, energizing, stimulating. Relaxes and soothes; anti-inflammatory properties provide warming and cooling action; ease menstrual cramps, muscular aches and pains, sciatica, rheumatism, arthritis, toothache, laryngitis, sinusitis, rhinitis, mastitis and cystitis; cools skin and relieves dermatitis and itching associated with eczema, pruritis and urticaria.</p> <p>Cleansing and purifying; aids with halitosis, gingivitis, herpes, shingles; softens and degreases skin; acne, helps remove blackheads and retains moisture in skin; antiseptic properties ward off skin parasites such as ringworm and scabies.</p>

	<p>muscles and feet. It may cause skin irritation. Should be diluted.</p>	<p>Soothes feelings of nausea and fainting. Antispasmodic calms bronchitis, dry cough, asthma; colic, indigestion, flatulence, diarrhea, liver coirrhosis; hepato-pancreatic stimulant. Enhances our receptive capacities on the mental level and helps develop emotional tolerance; relieves headache, mental exhaustion, vertigo, sunburn, neuralgia and nervous stress.</p>
<p><b>ROSEMARY</b> <b>Blends Well With:</b> Lavender, cedarwood, tea tree, peppermint, lemon, bergamot, basil <b>Note:</b> Powerful middle note <b>Origin/Extraction Process:</b> Spain, leaves &amp; stems steam distilled</p>	<p><b>Scent:</b> Fresh camphoraceous aroma <b>Application:</b> Massage, bath, inhalations, cold compress, vaporize, cook. For focus and protection, dilute 3-5 drops with 1 tablespoon Jojoba messenger oil and apply on temples and forehead or massage on hands and feet. To cleanse and protect skin and scalp, mix 10-15 drops with 1 oz. whole milk and use in your bath or shower. Mix 10-15 drops of oil per ounce of personal care items to cleanse. Inhale any time of day to boost mind set by placing 2-3 drops in a tissue. Breathe through each nostril 2-3 times. Diffuse 15-20 drops in 10-15 minute intervals.</p>	<p><b>Benefits and Properties:</b> Stimulating, clarifying, cleansing. Good for the heart, liver, colds, gallbladder, catarrh, speech, sinusitis, asthma, sight and memory. Historically used to cleanse the skin and scalp. Useful for oily hair, dandruff and dull skin. Antiseptic properties help defend against infections, especially staph and strep infection. Offers multiple sclerosis support, arteriosclerosis; strengthens poor circulation. Stimulating to the senses; historic remedy for Apathy and gloom; helps regain focus when sluggish, relieves nervous exhaustion and chronic fatigue. Antispasmodic; calms sour stomach, palpitations, aching and cramped muscles, arthritis, neuralgia, rheumatism; aids slow elimination and soothes colitis.</p>
<p><b>TEA TREE</b> <b>Blends Well With:</b></p>	<p><b>Scent:</b> Distinctly medicinal &amp; camphoraceous</p>	<p><b>Benefits and Properties:</b> Influenza, fungi, viruses, warts, ringworms,</p>

<p>Lavender, clove, eucalyptus  <b>Note:</b>                  Top  <b>Origin/Extraction Process:</b>                  Australia, steam distilled from leaves &amp; stems</p>	<p><b>Application:</b>                  Local wash, bath, inhalations, mouth-wash, massage. For cleansing and protecting, diffuse 15-20 drops in 10-15 minute intervals throughout the day. For cuts and sores, add 2-3 drops to the targeted area. Mix 10-15 drops with 1 oz. messenger oil and apply to chest after bath or shower.                  Inhale any time of day to calm and soothe by placing 2-3 drops in the palms of hand</p>	<p>cold sores, blisters, acne. Cleansing, purifying, uplifting.                  Traditionally used to cleanse; aids with dandruff and acne. Antibacterial properties protect skin irritations: sores, cuts, itching from insect bites, chicken pox, herpes, and cold sores; Antiviral protection for colds, fevers, chicken pox, flu; antifungal properties can help protect from athlete's foot, corns, ringworm, Candida and other fungal infections. Aids hypertension, recovery support after heart attack, recuperation from long illness, promotes blood flow to the brain and increases urine flow.                  Calming and good for mental fatigue. Soothes muscular and joint aches from injuries and sprains, arthritis, rheumatism. Urinary antiseptic, aids relief for vaginitis, cystitis and sinusitis.</p>
<p><b>YLANG YLANG</b>  <b>Blends Well With:</b>                  Orange, cedarwood, grapefruit, lemon, sandalwood, bergamot, jasmine, neroli  <b>Note:</b>                  Middle to base  <b>Origin/Extraction Process:</b>                  Comoros islands off the coast of East Africa, steam distilled from freshly picked flowers</p> <p><b>FRANKENCENSE</b>  <b>Blends Well With:</b></p>	<p><b>Scent:</b>                  Sweet. Exudes an exotic, full-bodied aroma  <b>Application:</b>                  Massage, bath, vaporize, hair &amp; scalp tonic, cooking                  For an aromatic bath, add 10-15 drops with 1 oz. whole milk and mix in bath water to soothe feelings of frustration.                  Diffuse 15-20 drops in 10-15 minute intervals.</p> <p><b>Scent:</b>                  Warm, tranquil, revitalizing</p>	<p><b>Benefits and Properties:</b>                  Only needed in small amounts release sexual anxiety, high blood pressure, slows breathing, anti-depressant. Relaxing, sensual, aphrodisiac. Balances hormones, stimulates thymus gland, regulates adrenal flow, impotence, frigidity; uterine tonic, PMS, depression, insomnia, nervous tension, stress, related pain; fear, anger, inner coldness, low self-esteem; euphoric, nervous sedative, aids all skin types even irritated.</p> <p><b>Benefits and Properties:</b>                  It is commonly used as an antiseptic,</p>

<p>Bergamot, black pepper, camphor, cinnamon, cypress, geranium, grapefruit, lavender, lemon, mandarin, neroli, orange, palmarosa, patchouli, pine, rose, sandalwood, vetiver, ylang ylang</p> <p><b>Note:</b> Base</p> <p><b>Origin/Extraction Process:</b> Somalia, steam Distilled from the resin</p>	<p><b>Application:</b></p> <p>Place a drop of this incredible oil in the palm of your hand, gently rub the palms together, bring them towards your face and inhale deeply. The aroma brings clarity, protection and a meditative mind. Add a drop to your favorite skincare cream to help give clarity and luster to the skin.</p> <p>Add several drops and apply as a cold compress to soothe any specific area of the body.</p> <p>Add several drops of frankincense oil to any massage oil to soothe the skin, and relax the entire body and mind.</p>	<p>disinfectant, astringent, carminative, cicatrisant, cytophylactic, digestive, diuretic, emenagogue, expectorant, sedative, tonic, uterine, and vulnerary. Protects wounds from becoming septic, fights infections, induces contractions in gums, muscles and blood vessels, and removes excess gas, heals scars, keeps cells healthy and promotes their regeneration. It promotes digestion, increases urination, regulates menstrual cycles, good for coughs and colds, soothes anxiety and inflammation, and ensures good health of the uterus.</p>
<p><b>CITRONELA</b></p> <p><b>Blends Well With:</b> Bergamot, cedarwood, citrus oils, geranium, pine, sandalwood.</p> <p><b>Note:</b> Top</p> <p><b>Origin/Extraction Process:</b> Indonesia, steam distilled from the leaf</p>	<p><b>Scent:</b> Rich, fresh, sweet, lemony</p> <p><b>Application:</b></p> <p>For dogs with fleas, add a couple of drops to a “doggie bandana” or to an absorbent collar, such as woven nylon, and place around dog’s neck. <i>Do not use this method for cats, as felines are much more sensitive to this scent.</i></p> <p>For digestive complaints, mix 2 drops with 2-3 tablespoons of a carrier oil and massage on abdominal area.</p> <p>For headaches and migraines, use 2-3 drops in a cold or hot compress.</p> <p>As an insect repellent, use a few drops in a burner, vaporizer, or diffuser. Works especially well if used by an open window. Be careful if used indoors, as it can adversely affect caged birds.</p>	<p><b>Benefits and Properties:</b></p> <p>Antibacterial, antidepressant, antiseptic, antispasmodic, anti-inflammatory and deodorant, all rolled into one. It is also diaphoretic, diuretic, febrifuge, fungicidal, stomachic, stimulant, tonic and vermifuge. Perhaps most well known in recent years is its use as a very effective insect repellent. Inhibits bacterial, microbial, viral &amp; fungal infections while also killing insects, protecting wounds from becoming septic, relaxing spasms, soothing inflammations, eliminating body odor, stimulating perspiration, increasing urination and the removal of toxins from the body, reducing fever, and repelling insects. Finally, it is beneficial for good stomach health and digestion.</p>

	<p>As a moth repellent, place a few drops on a cotton ball, and place in closet or linen closet. Refresh periodically.</p> <p>For oily skin, mix 2-3 drops with a carrier oil, and dab on face with a cotton ball. To keep neighborhood cats from digging up your garden, mix 10-12 drops of oil in a plastic spray bottle full of water, and spray around your garden. Do not spray directly on plants.</p> <p>As a deodorant, mix 2-3 drops with a carrier oil and apply to arm pits.</p> <p>For those who are bedridden, Citronella is a great freshener for the "sickroom." Place a couple of drops in a diffuser or lamp ring. Will also help to clear the mind at the same time.</p>	
<p><b>ROSE</b>  <b>Blends Well With:</b>                  Geranium, Jasmine, Frankincense, Ylang Ylang, or Marjoram essential oils.  <b>Note:</b>                  Middle  <b>Origin/Extraction Process:</b>                  Morocco, Solvent from the flower</p>	<p><b>Scent:</b>                  light, sensual, balancing, relaxing, and soothing  <b>Application:</b>                  Apply one to two drops to face, neck, and décolletage. Follow with the moisturizer of your choice.                  Apply one drop directly to skin imperfections twice daily.                  Diffuse in the morning to promote energy and vitality.                  Rose oils benefits the limbic system when used aromatically. Consider massaging a small amount over the heart daily, inhaling from the hands afterward.                  Diffuse as desired, inhale from cupped hands, or massage a diluted drop (or less) into the</p>	<p><b>Benefits and Properties:</b>                  Antidepressant, antiphlogistic, antiseptic, antispasmodic, antiviral, aphrodisiac, astringent, bactericidal, cholagogue, cicatrisant, depurative, emenagogue, haemostatic, hepatic, laxative, nervine, stomachic, and a uterineoil substance.                  It fights depression and uplifts mood, soothes inflammation due to fever, protects wounds against developing sepsis, relieves spasms, fights viral infections, enhances libido and aids sexual disorders, while tightening gums and muscles, and stopping hemorrhaging. Furthermore, it inhibits bacterial growth, promotes discharges and secretions, heals scars, purifies the blood, opens up obstructed menses, stops hemorrhaging, boosts liver</p>

	<p>reflex points of the feet daily for peace and relaxation.                  Facial Serum: Mix 1 drop Rose, 2 drops each Sandalwood and Frankincense essential oils with 1 oz of carrier oil. Apply nightly after cleansing.</p>	<p>health, aids constipation and nervous disorders, as well as being good for stomach and uterine health.</p>
<p><b>ROSE GERANIUM</b></p> <p><b>Blends Well With:</b>                  Citrus oils such as grapefruit, lemon essential oil and bergamot essential oil; and florals like rose essential oil, jasmine essential oil and lavender essential oil</p> <p><b>Note:</b>                  Middle</p> <p><b>Origin/Extraction Process:</b>                  Egypt, steam distilled from the leaf</p>	<p><b>Scent:</b>                  Sweetly floral as well as earthy and herbaceous. Odor: Rosy, sweet, earthy                  Strength of Initial Aroma: Strong                  Dry-out: Fine, minty, rosaceous with good tenacity</p> <p><b>Application:</b>                  Diffuse it: to enhance feelings of positivity and calmness, add a few drops of rose geranium along with lavender to your diffuser.                  Apply topically, as a compress, in the bath, through direct inhalation.                  Use two drops rose geranium in direct palm inhalation to uplift the mood and spirit.                  Add several drops to facial creams to care for clogged pores and oily skin.                  Blend in jojoba oil to promote skin health.                  Diffuse rose geranium to support calm and relaxation and to create a positive and healing space.                  Facial Cream (for combination skin): 3 drops ylang-ylang oil, 3 drops geranium oil and 2 drops rosewood oil blended into ½ oz of jojoba oil.</p>	<p><b>Benefits and Properties:</b>                  Antidepressant, antiseptic, astringent, cicatrisant, cytophylactic, diuretic, deodorant, haemostatic, styptic, tonic, vermifuge and vulnerary. Has a balancing effect on the nervous system and relieves depression and anxiety, while lifting the spirits and making the world an easier place to live in. It has a balancing effect on the adrenal cortex and is great for relieving stress. Its haemostatic nature helps the body systems to balance themselves and since the adrenal cortex is stimulated and balanced, the hormonal system of the body is also corrected and aligned. On the lymphatic system it has a greatly stimulating effect and with that helps with detoxifying the body and also affects female health in treating PMS as well as balancing vaginal secretion and heavy periods. It has a general diuretic effect on the body and balances the water systems in the body, correcting any poor elimination of water and waste material. It is useful for treating jaundice, gall stones and can also be used for restraining nose bleeds and other hemorrhaging. On the skin, rose geranium oil helps to balance the secretion of sebum and clears sluggish and oily skins, while the antiseptic and cicatrisant properties make this oil an effective aid to help with burns, wounds, ulcers and other skin problems.</p>

<p><b>JASMINE</b>  <b>Blends Well With:</b>                  Most other oils, Jasmine oil blends particularly well with Bergamot, Rose, Sandalwood and all Citrus oils.  <b>Note:</b>                  Middle  <b>Origin/Extraction Process:</b>                  India, Solvent from the flower</p>	<p><b>Scent:</b>                  Sweet, exotic and richly floral  <b>Application:</b>                  Burners and vaporizers                  In vapor therapy, jasmine oil can be useful for treating addiction, lifting depression, easing nervousness, soothing coughs, promoting relaxation and easing tension.                  Blended massage oil or in the bath                  Jasmine oil can be used as a blended massage oil or diluted in the bath, for helping to break addiction, lifting postnatal depression, promoting relaxation, easing muscle pain, soothing coughs, reducing tension, stress and nervousness.                  Lotion and creams                  Jasmine oil can be used in a cream or lotion for dry, greasy or sensitive skin, as well as to help reduce stretch marks and other scars</p>	<p><b>Benefits and Properties:</b>                  Anti-depressant, antiseptic, aphrodisiac, anti-spasmodic, cicatrisant, expectorant, galactagogue, parturient, sedative and uterine. Valuable remedy in cases of severe depression and soothes the nerves, producing a feeling of confidence, optimism and euphoria, while revitalizing and restoring energy. Facilitates delivery in childbirth: it hastens the birth by strengthening the contractions and at the same time relieves pain. It is effective in post-natal depression and promotes the flow of breast milk. Because of its deeply soothing and calming nature, jasmine oil helps with sexual problems such as impotence, premature ejaculation and frigidity. It has a very beneficial effect on the respiratory system, by soothing irritating coughs and helping with hoarseness and laryngitis. It furthermore helps with muscle pain, sprains, and stiff limbs. Jasmine oil tones dry, greasy, irritated and sensitive skin, increases elasticity and is often used to assist with stretch marks and to reduce scarring.</p>
<p><b>SAGE</b>  <b>Blends Well With:</b>                  Bergamot, lavender, lemon (or any citrus), Rose and rosemary.  <b>Note:</b>                  Top  <b>Origin/Extraction Process:</b>                  Eastern Europe, Steam Distilled from the Leaf</p>	<p><b>Scent:</b>                  Sharp, herbal smell  <b>Application:</b>                  Used in vapor therapy by means of a burner or vaporizer, this oil can be used to calm the nerves and help with grief and depression, while quickening the senses and aiding memory.                  Massage oil or in bath                   When blended as a very small part of a massage oil, or used very sparingly in the bath, it can help with female sterility as well as menopausal problems while boosting the urinary tract, liver</p>	<p><b>Benefits and Properties:</b>                  Although this oil has a high thujone content, and can therefore cause convulsions when used in high concentrations, it is effective to stimulate the digestion and specially a bad appetite and due to its hormonal regulatory effect, it is most useful for menstrual problems, as well as the pain associated with rheumatism.                   It helps to deal with grief and depression and quickens the senses and has been used to combat female sterility, as well as menopausal problems</p>

	<p>and kidneys, lymphatic system, while relaxing the muscles and sorting out fibrositis as well as torticollis - a stiff neck - as well as trembling and palsy.</p>	<p>and has a tonic effect on the urinary tract as well as the liver and kidneys. Stimulates the lymphatic system and thereby boost glandular function while it also has value to treat dermatitis, atonic wounds, sores, ulcers, as well as insect bites and reducing large pores. Used to ease stiff muscles and particularly fibrositis and torticollis (stiff neck) and eases trembling and palsy.</p>
<p><b>SANDALWOOD</b>  <b>Blends Well With:</b>                  Rose Geranium, Lavender, Myrrh, Rose, and Ylang-Ylang  <b>Note:</b>                  Base  <b>Origin/Extraction Process:</b>                  Australia, Steam distilled from the wood</p>	<p><b>Scent:</b>                  Woody, exotic smell, subtle and lingering</p> <p><b>Application:</b>                  In vapor therapy, sandalwood oil can be used for its aphrodisiac effect, to help clear bronchitis, coughs, chest infections, asthma, insomnia, irritability, nervous tension, stress, tension, for relaxing and as an insect repellent.                  As a blended massage oil or diluted in the bath, sandalwood oil can assist with bladder infections as well as chest infections and bronchitis, coughs, dry eczema, insomnia, forming scar tissue, irritability, nervous tension, stress, tension, as an aphrodisiac and for relaxing.                  When used in a lotion or cream sandalwood oil can assist with chapped, dry or inflamed skin and has wonderful moisturizing and hydrating properties, which are great for anti-ageing skincare. The toning effect is useful when fighting oily skin.</p>	<p><b>Benefits and Properties:</b>                  This relaxing oil has a harmonizing and calming effect which reduces tension and confusion and is ideal for use in depression, hectic daily lifestyles and states of fear, stress, nervous exhaustion, chronic illness and anxiety. It is very useful for any chest complaints as it has a pronounced effect on the mucus membranes of both the pulmonary as well as genito-urinary tract - making it very effective for complaints of the urinary tract as well. Chronic chest infections, sore throats and dry coughs as well as bronchitis and asthma can benefit greatly from this oil, as well as cystitis and bladder infections, also helpful with sexual problems such as frigidity and impotence. On the skin, relieves itching and inflammation of the skin, and is most effective in relieving dehydrated skin - making it great for anti-ageing skincare - and the astringent action has a great toning effect and is also used with great results in oily skin conditions and to prevent the skin from forming ugly scars and for fighting dry eczema.</p>

**Our essential oils are 100% Pure, sustainably harvested, quality tested, GMP Certified Facility, Kosher Certified. Highly concentrated and never adulterated.**

**Validated by gas chromatography-mass spectrometry and Fourier transform infrared spectroscopy.**

**Inspected and passed by organoleptic methods--olfactory/smell evaluation by someone trained in aromatherapy that knows the difference of a proper & unique scent of an herbal.**

**The oils are physically inspected for color, clarity & viscosity. Steam distilled or Cold Pressed**

**Steam distillation: Plant material is heated with water which produces a steam that contains the volatile oils from the plant; the steam is then cooled, which condenses the oil, and then it is separated from the water and collected.**

**Cold Pressing: For citrus essential oils, the peel of the fruit is separated from the fruit, and the fruit is processed for juice; the peel is cold pressed, meaning no heat is used to ensure that the properties, including scent, are preserved during processing.**

**Other Uses for essentials oils not mentioned are:**

**Additions**

**Withdrawal: grapefruit, lavender, orange.**

**Alcohol: lavender, orange, rosemary.**

**Drugs: basil, eucalyptus, lavender, marjoram.**

**Smoking: black pepper, clove, peppermint.**

**Work: basil, geranium, lavender, marjoram**

**Allergies: Lavender, lemon, peppermint, tea tree**

**ADD/ADHD: Frankincense, lavender, marjoram, orange, patchouli, Roman chamomile, sandalwood, ylang ylang.**

## **Here are Some Essential Oil Dilution Guidelines**

Once you have chosen your essential oil, you can add it to base products, to enhance your favorite health and beauty items. To dilute essential oils, simply add them to unscented bath oils, hand and body lotions, massage lotions and shower gels.

<b>Massage</b> .....	5 drops per tsp. of base oil or lotion
<b>Inhalation</b> .....	1-2 drops in boiling water or on a tissue
<b>Light Bulb Ring</b> .....	1-2 drops
<b>Bath</b> .....	8-10 drops in bath water
<b>Sauna</b> .....	2 drops to 2 ½ cups water
<b>Facial</b> .....	2-3 drops in base product
<b>Foot Bath</b> .....	8 drops in bowl of water
<b>Facial Sauna</b> .....	10 drops in bowl of water
<b>Cleanser</b> .....	20 drops in 4 ounces of base product
<b>Body</b> .....	5-15 drops in base product
<b>Chest Rub</b> .....	10-20 drops to 1 oz of carrier oil i.e. Jojoba
<b>Washing Machine</b> .....	10-20 drops per load
<b>Vacuum Cleaner</b> .....	5-10 drops
<b>Auto Vent Outlet</b> .....	2-3 drops
<b>Artificial Holiday Tree</b> ...	10-15 drops

## Common Carrier Oils to Essential Oils

The healing scent of an essential oil can evaporate quickly, so they are often combined with a carrier oil at 1-3%. Carrier oils usually come from the fatty portion of a plant and help the essential oil's scent maintain for a longer duration of time.

- Pure Jojoba Oil (Highly Recommended)
- Olive Oil
- Grapeseed Oil
- Avocado Oil
- Coconut Oil
- Organic Soy Oil
- Almond Oil

## How to Use Essential Oils for Hair & Skin Care

**Body Spray:** In a spray bottle, combine 5 to 10 drops of an essential oil and 4 ounces of water and shake. If you choose citrus oil, be careful when applying it near your face. Citrus oils are photosensitive, making your skin more susceptible to sunburn.

**Shampoo:** Treat an itchy scalp by adding a few drops of lavender, cedarwood or basil to your shampoo. If you'd like to increase hair volume, try adding rosemary oil to your shampoo.

**Skin cream:** Add two drops of rose or rosemary oil to your skin cream for anti-aging support.

**Make your own body oil:** Add up to 5 drops of an essential oil to a teaspoon of carrier oil, such as Jojoba, sweet almond, olive, apricot kernel, borage seed, jojoba, sesame, sunflower or wheat germ oil.

**Add to your hot tub or bathwater:** Use 6-15 drops of essential oil in your tub and 1 oz of whole milk, but avoid culinary oils including cinnamon, lemongrass and peppermint as they can cause skin irritations.

## Which Essential Oil Can Help Your Hair Grow?

Not only is Lavender a perennial favorite, research also shows that it can boost hair growth when used regularly to massage the scalp. Here's a quick at-home lavender massage guide:

1. Heat about half a oz of jojoba oil (not too hot)

2. Blend in about 10-15 drops (or to your preference) of lavender oil
3. Apply this blend to your hair and gently massage your scalp
4. Wrap a hot towel around your head, sit back and relax for about 20 minutes.

Follow it up with a natural shampoo and conditioner

## How to Make Your Own Aromatherapy First Aid Kit

Essential oils aren't just for relaxing. In fact, you can even use essential oils at home for first aid.

Not sure which ones to buy? Ask Dr. Bert.

### General Usage Guidelines for Essential Oils

Essential oils are highly concentrated aromatic oils and should be treated with caution. While they are extremely easy to use, it is wise to keep in mind these guidelines:

Do not apply undiluted essential oils, except Lavender and Tea Tree, directly on skin unless directed by the doctor. Dilute essential oils by mixing 10-15 drops with one ounce of messenger oil i.e. Jojoba, olive, coconut or an unscented lotion.

Keep lids tightly sealed and store out of reach of children.

Store your essential oils at room temperature and avoid contact with direct sunlight.

Do not use in bath water without dispersing in a milk bath/liquid soap solution. Add 10-15 drops of oil to 1 oz. whole milk, half & half or liquid soap, mix together and add to warm water.

When using essential oils for the first time, especially if you are prone to allergies, use oils diluted on the inside of arm only as a skin patch test. If rash occurs, discontinue use. If rash persists, consult your health care professional.

There are many dilution references for essential oils available and special cautions are outlined for babies, pregnancy and people with high blood pressure. If pregnant or nursing, consult a physician before using.

Citrus essential oils can be photosensitive. Avoid using undiluted on skin that will be exposed directly or indirectly to sunlight within 72 hours.

For external use only unless directed by the doctor. Use only as directed.

**Disclaimer:**

This information is for educational purposes only, it is not intended to treat, cure, prevent or, diagnose any disease or condition. Nor is it intended to prescribe in any way.

As with all essential oils, never use them undiluted unless otherwise instructed by the doctor. Do not take internally unless working with a qualified and expert practitioner. Keep away from children. If applying an essential oil to your skin always perform a small patch test to an insensitive part of the body i.e. elbows (after you have properly diluted the oil in an appropriate carrier).