

# Essential Oils Guide

## **Cedarwood Stamina / Childhood**

Calming, cleansing, promotes health. Dispels insomnia, helps with lung congestion & infections. Clears confusion and irritability. Purifying & grounding.

## **Eucalyptus Healing / Uplifting**

Known as an aid for chest & lung congestion & infections, as well as muscle pain. Eases breathing, an expectorant and antiseptic. Promotes clear thought and communication.

## **Grapefruit Rejuvenating / Diet Aid**

Suppresses the appetite, reduces cellulite. Balances body fluids, cleansing and fresh. Reduces stress, promotes happiness and feelings of youthfulness.

## **Lavender Balance / Stress Relief**

Releases anger, confusion, fear, sadness, panic, impatience & instability. Helps with insomnia, headaches, sunburns & indigestion. Promotes general health, calming, relaxation, peace & comfort. Health, love, peace.

## **Patchouli Strengthening / Aphrodisiac**

Anti-depressant, deodorant, sedative in low doses, stimulating in higher doses. Great on dry, cracked skin. Useful for skin problems like acne & eczema. Overcomes unpleasant tastes and smells. Promotes physical energy, money energies, sex.

## **Sweetgrass Cleansing / Spiritual**

Fresh, uplifting and cleansing; promotes contemplation., spiritual knowledge, grounding and meditation.

## **Peppermint Energy / Pain Relief**

Clears the mind and heart, refreshes and awakens. Helps breathing ailments, headaches, muscle pains, stomach disorders and coughs, especially when used as a massage oil. Dispels mice.

## **Rosemary Perception / Concentration**

Promotes memory, dispels forgetfulness, irritability & anxiety. Helps with indigestion, infection, muscle pain & stress. Good for burns, hair loss, and stomach pains. Promotes health, longevity.

## **Tea Tree Therapeutic & Healthy**

Antiseptic, antibacterial, antifungal. Helps with infections, wounds, immune system, lung, sinus, mouth infections. Good for all kinds of rashes, and protects the skin from radiation, dispels fleas, ticks & lice. Strength builder, both emotionally & physically. Great before & after operations, hospital stay, or at sick beds.

### **Airbound Blend**

#### **Lavender, Tangerine & Patchouli**

##### **Empowerment & Self-esteem**

Personal power, courage, creativity, inspiration & confidence. Brings air element energies such as movement, travel, communication, teaching, and overcoming additions.

### **Firelight Blend**

#### **Cinnamon Leaf, Palmarosa & YlangYlnag**

##### **Passion & Romance**

Fascinating & alluring, romantic, promotes friendships & partnerships of all kinds. Brings fire element energies such as sexual energy, protection, strength, and breaking habits.

### **Earthgift Blend**

#### **Spruce, Fir Needle & Bergamot**

##### **Motivation & Energy**

Stimulation, motivation; promotes abundance and energy, uplifting. Brings earth element energies such as money, business, material objects, foundation, stability, security and grounding.

### **Spiritsense Blend**

#### **Rosemary & Sandalwood (Amyris)**

##### **Knowledge & Meditation**

Clears and awakens mind, meditative, contemplative. Great for studying, as it helps remembrance of learning. Bring one closer to the universe, God, Angels, Ancestors, Messengers and Higher Powers.

### **Waterside Blend**

#### **Lavender, Rosewood & Cedarwood**

##### **De-Stressing & Relaxing**

Release tension, promote tranquility, calming, stress relief; brings a sense of control back. Brings water element energies such as love, purification, psychic awareness, healing, friendships, beauty, spirituality and meditation.

### **Acheway Blend**

#### **Sweet Birch, Peppermint & Ginger**

##### **Sore or Overworked Muscles & Joint Pain**

Pain relieving and soothing for muscles after workouts, sports, or a hard day. Good for arthritis joint pain as well. Message 5-10 drops directly onto muscles or joints. Or use 10-20 drops in a bath while relaxing in the hot water.

### **Head Relief Blend**

#### **Peppermint, Lavender & Juniper Berry**

##### **Headache & Migraine relief**

Pain relieving and calming for headaches, migraines, and even stomach problems. Burn for 20-30 minutes while relaxing in darkened room.

### **Sniff BGone Blend**

#### **Eucalyptus, Lemon & Tea Tree**

##### **Allergy & stuffy nose relief**

Nostril & head clearing, a natural decongestant for your nasal passages. Use with tissues handy!

### **SleepyTime Blend**

#### **Rosewood, Sage & Lavender**

##### **Sleep & Restfulness**

Allows a state of gentle, restful sleep. Safe for 2nd & 3rd trimester pregnant women, babies and toddlers. Burn for 20-30 minutes before sleeping in bedroom.

### **Good Mood Maker Blend**

#### **Sw. Orange, Lemongrass & Clary Sage**

##### **Tension & Anxiety**

An uplifting action and irritability-chaser. Helps whenever you are feeling overwhelmed, tense, angry or frustrated. Good for "road rage".

### **NEW!!! Womankind Blend**

#### **Grapefruit, Ylang Ylang & Clary Sage**

##### **Moodiness & Clarity**

For depression, mood swings and anxiety. Helps give more clarity, calming and focus to the environment. Great for PMS! Use in a diffuser, as an inhalant, or in a bath.

### **NEW!!! Body Boost Blend**

#### **Cinnamon Leaf, Lavender & Eucalyptus**

##### **Building & Strengthening**

For building, protecting and strengthening the immune system. Use in a diffuser, as an inhalant, or in a bath.