

## **ALERT & FOCUS**

### **aka Mind Activating Alert:**

Improves attention, concentration & memory, enhances mental & physical function, relieves anxiety, strengthens nerves, liver & eyes, clears arteries, increases circulation & oxygenates the brain, fights chronic fatigue, degenerative & auto-immune diseases. It can improve brain function for ADHD, academic underachievers & also combat senility & Alzheimer's.

#### **Ingredients:**

Warming, immune-building  
Basil  
Coriander CO2  
and Rosemary  
Balanced by calming, cooling  
Ylang Ylang  
Peppermint.

**Uses:** This strengthening combination assists recovery from chronic fatigue syndrome, is often used for completion of projects, and is thought to relieve anxiety and fatigue, strengthen nerves, increase circulation, enhance brain function, and assist in balancing one's serotonin level. Diffuse, spritz and anoint.

## **ANGEL SHIELD**

### **Protective Heart Strength:**

An antidepressant blend that reduces anxiety, stress and nervousness, harmonizes the Central Nervous System, relieves irritability, and stimulates brain neurotransmitters for calm learning readiness and harmonious group participation.

#### **Ingredients:**

A protective and regenerative blend of  
Angelica  
Myrtle  
Basil  
Frankincense  
Juniper  
Helichrysum

All of which balance and strengthen the heart, nerves and metabolism, and heal at a cellular level.

**Uses:** Use undiluted as inspirational and anointing blend for head, neck and heart area. Inhale for mental focus and stress relief. Dilute and apply on spine, feet, or full-body massage to strengthen nervous system. Therapists often use a drop on each of their shoulders and on their palms to energize and strengthen the auric shield before giving a treatment. This blend is frequently used as hormonal and general support for competition horses, particularly mares.

## **ANTIBACTERIAL & RESPIRATORY:**

Cleanse wounds & environment with this antiseptic, antibacterial blend. It's also great for an uplifting & regenerating massage!

#### **Ingredients:**

Powerful antiseptic and antibacterial oils

Lavender  
Lemon  
Orange  
Nutmeg  
Niaouli  
Ravensara  
Rosemary  
Spruce  
Clove  
Coriander  
Ylang Ylang  
Sandalwood  
Vetiver  
Marjoram  
Thyme  
Peppermint.

**Uses:** This very pleasant, high-vibration cleansing and invigorating blend can be applied topically, used in an air diffuser, diluted in water in a spritzer bottle or with carrier oil for a delightful massage. Diffuse to cleanse environment and for calming, uplifting effect; dilute in water & spritz to cleanse wounds, prevent infections, freshens hospital or sick room. Inhale for bronchial and respiratory relief. Wear undiluted as a personal essence. May use diluted or undiluted to cleanse wounds & prevent infections.

#### **BERGAMOT MINT BOUQUET**

**Focus, Respiratory, Fibromyalgia:**

This uplifting blend stimulates lymph drainage, clears respiratory/nasal congestion, relieves muscle pains and fibromyalgia, encourages mental alertness and metabolic balance. It reduces anxiety and assists attention, concentration, memory and focus when inhaled from a diffuser or spritzer. Dilute in carrier oil for hydrotherapy and massage.

#### **Ingredients:**

Lemon  
Mint  
Lemongrass

Make up a clean, clear blend that works well for sensitive, allergic people.

#### **BLUE HEALER**

**Calming, Cleansing, Skin Healing:**

This transformational blue blend oxygenates brain, stimulates the CNS, and relieves anxiety & headaches for people & animals. It has become dearly beloved by many, and is frequently used to enhance memory and learning readiness for people and animals. Due to the ameliorative characteristics of the blue oils, the blend has also been found useful to ease skin conditions, bites, burns, hives, and shingles.

#### **Ingredients:**

Contains rare and precious, calming blue oils Yarrow and Tanacetum annuum (blue chamomile)

Ancient Holy oils that increase oxygenation and brain circulation, including Frankincense, Angelica, Marjoram and

Holy Basil

Invigorating circulation stimulants and lymph cleansers Juniper, Coriander, and Cardamom

Calming, nourishing cell rebuilders Carrot Seed, Celery Seed, Elemi, Geranium, Orange, and French Lavender.

Coriander and Cardamom chelate arteries, support recovery from strokes.

**Uses:** Massage undiluted on neck, jaw, around ears and on pressure points. Inhale from bottle and wear as personal essence. Dilute in cream for skin conditions, bites, burns, hives, shingles.

## **BONE & JOINT HEAL**

This delicate blue blend has become a classic, as it is reported to relieve swelling & pain of bruised or traumatized bones, joints and hands. It is also very pleasurable for full body massage!

**Ingredients:**

Features Elemi (historically known as Bone-Heal and carried in battle by the Romans), which works on all levels — physical, metabolic, emotional and spiritual — to speed healing of bruised or traumatized bones, joints & hands.

Cypress and Juniper drain excess fluid, nourish new cells, and help to build new connective tissue, as reported by Jeanne Rose and others.

Powerful antiviral, antibacterial Ravensara and Foraha work together to combat infection.

Myrrh, Frankincense, Helichrysum and Lavender increase transportation of oxygen through cell walls and reduce scarring.

Angelica and Carrot Seed are nourishing elements.

Chamomile is a calming, analgesic element to reduce swelling and assist speedy recovery. Palmarosa soothes and gentles.

Uses: Created to ease wounded ankles and knee joints, this blend has the added benefit of being very pleasing to smell, gentle on the skin, and can be used full strength on affected areas. For massage or distribution to larger areas, dilute in a nourishing cream (about 15 drops per ounce of cream).

## **CALM MENTAL FOCUS & Panic Relief**

This blend is designed to alleviate anxiety and allow optimal mental functioning during tests. The calming oils are thought to provide grounding, stimulate neurotransmitters for optimal brain function, and encourage cooperative effort.

**Ingredients:**

Basil

Elemi

Myrtle

Cypress

Cardamom

Grapefruit

Benzoin

Bergamot  
Petitgrain  
Litsea Cubeba  
Patchouli  
Jasmine  
Sandalwood  
Rose  
Neroli.

**Uses:** Wear, spritz & diffuse for focus. Inhale from the bottle and dilute in water spritzer to spray the environment. Dilute for massage.

### **CELL REPAIR**

#### **Antiviral, Nerve Regenerating, Internal Healing:**

Antiviral, anti-inflammatory blend assists cellular healing for nervous system and skin conditions. Great for treating skin conditions including shingles and psoriasis. Opens energy pathways in brain and endocrine glands; balances chakras, energizes meridians and nadis. This blend has also been found to be helpful for autism.

#### **Ingredients:**

Cardamom  
Coriander  
Carrot Seed  
Celery Seed  
Ravensara  
Helichrysum  
Lavender  
Geranium  
Chamomile  
Myrrh  
Angelica  
Holy Basil  
Marjoram  
Bay Laurel  
Clove  
Citrus  
Cinnamon  
Nutmeg  
Thyme  
Sage

### **CLEAR THINKING**

#### **Grounding & Anxiety Relief:**

Daily wear for men and women, eases fearfulness and paranoia. Great for use in office, courtroom, classroom. Relieves performance anxiety, supports physical relaxation for grounded, reality-oriented functioning.

#### **Ingredients:**

Mental and emotional balancers Cypress, Elemi, Jasmine, Lavender, Orange and Sandalwood relieve anxiety,

reduce panic and obsessive need-driven behavior, provide grounding, and encourage feelings of well-being, allowing objective functioning.

## **CLEOPATRA**

### **Sensual:**

Wear this exotic pure essential oil blend to energize your inner glow and increase your self-confidence & charisma!

### **Ingredients:**

Features rare and precious warming, relaxing aphrodisiac and heart-opening oils

- Rose
- Cistus
- Jasmine
- Clary Sage
- Spikenard
- Roman
- Chamomile
- Ylang Ylang

Plus hormonal balancing oils

- Geranium
- Coriander
- Elemi
- Fennel
- Myrtle
- Citrus

**Uses:** Recommended for daily wear perfume, water and massage treatments.

## **CONCENTRATION™**

### **Focus, Balance, Wellbeing & Harmonious Interaction:**

### **Ingredients:**

- Bergamot
- Grapefruit
- Lime
- Hyssop,
- Litsea cubeba
- Peppermint
- Pine

Reported to help balance the serotonin level, reduce anxiety and irritability, strengthen nerves and mental focus, and encourage feelings of well-being and harmonious interactions.

**Uses:** Inhale from an air diffuser or water spritzer, and/or wear a few drops on a terra cotta bead bracelet.

## CONFIDENCE DELUXE

### Focus, Mood & Performance Uplift:

This blend was designed for an underachieving young man who had attention and concentration problems when he enrolled in air-conditioning school. With a water-spritzer, he sprayed himself while inside his car each morning on the way to school and again at the lunch breaks.

The blend was a confidence, concentration & memory booster for the young man. He graduated at the top of his class and now, ten years later, he continues to succeed in a responsible management position. It is interesting to note that the blend was only needed during his schooling time, serving as a reassuring catalyst while he developed new achievement skills.

### Ingredients:

Jasmine  
Rose  
Neroli  
Chamomile  
Patchouli  
Ylang Ylang.

**Uses:** Great daily wear for men, women and children. Also reported to be helpful in easing grief.

## CRYSTAL ACTIVATION

### Creativity & Back Pain Relief Hummingbird Blend:

This blend has profound emotional, physical and spiritual benefits. It helps us with the lessons of Doubt vs. Knowing, Linear Thinking vs. Multi-dimensional Awareness; Stillness vs. Movement; Frozen Energy vs. Flowing Spiraling Energy to Infinity. Clients report that the blend encourages deep relaxation, stimulates endorphins, encourages spiritual awakening, and activates Kundalini energy. It also provides relief from back pain when massaged into the body.

### Ingredients:

On an emotional level, Myrrh, Galbanum, Cassia, Cinnamon, Cedarwood, Oakmoss, Balsam, Clary Sage, Jasmine, Rosemary verbenone and Basil ease obsessive worrying and help us move into higher consciousness.

On a physical level, Spikenard, Ginger, Vetiver, Hyssop, Angelica, Bay Laurel, Nutmeg, and Clove, plus the aldehydes Lemongrass, Litsea cubeba and Melissa, are uplifting and help relieve chronic & severe back pain.

The spiritual *Fire of Love* is stoked by rare and precious flowers Rose and Neroli.

Sesquiterpenes Frankincense, Cardamom, Sandalwood and Benzoin cleanse and oxygenate the cells, and also activate the pituitary-pineal arc, releasing endorphins for heightened awareness.

Calming, refreshing citrus Bergamot, Grapefruit, Lemon, Lime, Tangerine, and Petitgrain stimulate neurotransmitters and assist lymph drainage.

This blend also contains our blends *Beyond Fear* and *Clear Thinking*, which reinforce and complement everything else listed above.

**Uses:** Massage legs and buttocks with a rocking motion, bringing forth a wonderful feeling of release and deep relaxation. Apply a few drops undiluted near the spine in affected areas, or dilute to cover larger areas. Massage the back beginning on the lower back, with strokes going up and out.

## DETOX LYMPH & BLOOD CLEANSER™

A refreshing blend, popular in health spas, that reduces stress and anxiety, encourages lymph drainage, and supports the endocrine system. This cleansing, balancing blend is frequently used with *Immune & In-tune* to help remove toxins during recovery from chronic fatigue and other auto-immune diseases. Gentle enough for daily personal wear.

### **Ingredients:**

Contains Lavender  
Citrus  
Cypress  
Myrtle  
Eucalyptus  
Juniper  
Fennel  
Coriander  
Angelica  
Bay Laurel  
Helichrysum  
Cistus.

**Uses:** Dilute in water, mud, and salt glows for hydrotherapy treatments; dilute in carrier oil/cream for massage.

## DOLPHIN BREATH

### **Integration, Joyful Personal Wear:**

This sweet blue blend carries the joyful, playful Dolphin energy, and is a favorite for personal daily wear. This vibrational healing formula helps to transmute negative energy, working on a cellular level to help us integrate our growth lessons. Dolphin energy encourages us to be playful, pure of heart, bringing love and demonstrating conscious living.

### **Ingredients:**

The blend is a combination of our classic blue healing blends  
Ancient Holy Oils

Frankincense  
Myrrh  
Cistus  
Chamomile  
Elemi  
Ginger  
Spikenard  
Balsam  
Yarrow  
Cardamom  
Helichrysum  
Hyssop  
St. John's Wort

Further amplified by the essential oils of high vibration white flowers

Jasmine  
Ylang Ylang,  
Plumeria

Linden Blossom.

Hormonal, sensual and uplifting ingredients include

Clary Sage

Juniper

Sandalwood

Angelica

Bay Laurel

Holy Basil

Coriander

Carrot Seed

Caraway

Celery Seed

Cypress

Cedarwood

Fir

Patchouli

Rosemary verbenone

Litsea cubeba

Melissa

Bergamot

Mandarin

Lemon

Lime

Neroli

Orange

Cinnamon

Clove

Nutmeg

Peppermint

A touch of Black Pepper to help shift existing structures and encourage positive change.

## **ENERGIZE**

**Head, Neck, Throat & Nerve Support; Energizer:**

***Balancing, Cleansing, Energizing, Nerve Strengthening, Uplifting***

This blend helped a severe auto accident (open head injury) victim in his recovery. The uplifting, gently energizing blend works to oxygenate the brain. Over time, we have learned that men particularly like this blend; it acts as an energizer for both daytime and evening.

### **Ingredients:**

Bergamot

Geranium

Fir

Stimulating and Energizing

Hyssop

Rosemary verbenone

Pine

Ginger

Basil

Plus Nourishing, Uplifting, and Cleansing

Lemon



, Lime  
, Grapefruit  
, and Orange.

**Uses:** Diffuse, inhale, and wear undiluted. Dilute in carrier oil for lymph drainage, massage, cellulite treatments, and weight-loss soaking baths.

### **ESSENCE OF BEING**

Diffuser, Daily Wear & Massage:

This blend is grounding — dropping down, going into the stillness, heart-opening, communications of stillness, the essence of Being. Created by a Rolfer to assist in core-to-core nonverbal communication, connecting with the client's core essence, enhancing the potential for clean, clear, grounded work in perfect harmony, on the client's behalf.

#### **Ingredients:**

Ancient Holy oils Rose, Jasmine, Sandalwood, Frankincense, Roman Chamomile, Labdanum (Cistus), Cinnamon, Clove, Oakmoss, Styrax, Marjoram, Ylang Ylang, Geranium, and citruses Grapefruit and Bergamot have been historically used to relieve anxiety and worries, heighten sensory perception, enhance spirituality, encourage deep relaxation, and relieve pain.

Ginger, Black Pepper, Cardamom and Linaloe are thought to brighten, relieve pain and increase bioelectric energy.

Cypress and Black Pine ground the blend.

Elemi, Juniper, Rosewood, High-Altitude Lavender and Balsam raise the vibrations, sweeten the blend, and uplift with a rosy glow.

**Uses:** Use in air diffuser, diluted with citruses and Lavender. Anoint undiluted. Dilute in cream or oil for massage. Dilute in water for a relaxing bath or to use as a body and environmental spritzer.

### **EZ BREATHING & Invigorating Massage**

***Raises Vibrations, Increases Energy, Focused Awareness & Circulation***

This respiratory blend assists in raising consciousness, and also protects against infections, clears sinuses and helps to balance the serotonin level. Also eases tired legs, sore muscles, and provides increased circulation for pain relief of fibromyalgia and carpal tunnel syndrome.

#### **Ingredients:**

Bergamot

Eucalyptus radiata

Niaouli, Mint

Tea Tree

Manuka

Sage

*Detox Blend*

*Spice Blend*

**Uses:** Diffuse, spritz, inhale, and anoint to help prevent infections. A few drops on a cotton ball can be placed in the area, or place a few drops on the hands, rub together, and breathe deeply. Dilute in cream (15 to 20 drops per ounce) or carrier oil for sports and lymph drainage massage, pain relief.

## **FLOWER OF LIFE**

### **Third Eye Hummingbird Blend:**

*Hands for Service (Lesson is Isolation vs. Extension, & Solitude vs. Community)*

#### **Ingredients:**

Sweet Eastern blend features rare and precious

Spiritually opening and regenerating

Rose

Helichrysum

Cistus

Myrrh

Patchouli

High Altitude Lavender

Gentle metabolic and hormonal balancers, respiratory antibacterial oils

Eucalyptus radiata

Myrtle

Ravensara

Lemon

Geranium

Rosemary verbenone

Bay Laurel

Angelica

Tarragon

Elemi

Palmarosa

Fir

Litsea cubeba

Cinnamon

Clove

Plus digestive & blood cleansers

Caraway

Cumin

Coriander

Carrot

Celery

Fennel

Peppermint.

## **FUNGUS & YEAST**

### **Healing Antifungal Blend:**

This popular antifungal blend is frequently used for people and animals to help fight fungus/yeast infections including warts, jock itch, athlete's foot and infections in other damp areas.

#### **Ingredients:**

Palmarosa

Ravensara

Holy Basil

Coriander

Cypress

Spruce

Tea Tree  
Frankincense  
Lavender  
Myrtle  
Patchouli  
Spikenard  
Myrrh  
Clove  
Thyme  
Angelica  
Helichrysum.

**Uses:** Apply directly to affected area, or spritz, diluted in water. Apply a few drops to affected area for soaking bath.

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#### **Ingredients:**

Palmarosa  
Ravensara  
Holy Basil  
Coriander  
Cypress  
Spruce  
Tea Tree  
Frankincense  
Lavender  
Myrtle  
Patchouli  
Spikenard  
Myrrh  
Clove  
Thyme  
Angelica  
Helichrysum.

**Uses:** Apply directly to affected area, or spritz, diluted in water. Apply a few drops to affected area for soaking bath.

## **HAPPY CONCENTRATION**

### **Third Eye, Heightened Sensory Perception:**

This blend is good for creative work, meditation, yoga, acupuncture, energy healing, massage.

### **Ingredients:**

Delicate Rosemary verbenone reminds us of a crisp morning in the Rocky Mountains! The blend is reported to strengthen mental function and uplift one's mood with:

Rose  
Grapefruit  
Litsea cubeba  
Lemongrass  
Petitgrain  
Mandarin  
Cedarwood  
Rosewood  
Myrtle.

**Uses:** Wear undiluted, anoint, diffuse or spritz for car and office. Dilute for pain relieving massage (sore muscles, fibromyalgia, carpal tunnel). Right brain blend enhances creativity, intuition, spirituality.

## **HEADACHE & DIGESTIVE**

### **Pain & Digestive Relief:**

This blend has been reported to provide quick relief for headaches and can be beneficial for migraines. It is also excellent for calm mental focus.

### **Ingredients:**

Peppermint can be both invigorating and calming, and helps to balance the serotonin level.

High Altitude Lavender angustifolia is calming, uplifting, eases headaches and encourages creativity.

Pine sylvestris is a calming and uplifting nerve strengthener and antispasmodic vasodilator (reported to relieve worrying).

Uses: Rub a few drops on temples, scalp, back of neck, behind ears, and up the side of the scalp. While primarily designed to ease headaches, the blend may also relieve digestive distress, if inhaled or a few drops applied around belly button. This combination also relieves tired aching legs and feet, and has been reported to reduce swelling from sprains for people and animals (20 drops per oz in cream or spritzer).

## **HEADACHE RELIEF**

### **Relaxing Pain Relief:**

### **Ingredients:**

Relaxing, pain relieving Sandalwood, Ylang Ylang, Clary Sage, and Roman Chamomile help to balance metabolism, relieve headaches, and to relax neck and shoulder stress.

Cypress and Cedarwood are historically reported to provide grounding, comfort, and strength to persevere through difficulties.

Bergamot and Benzoin (Styrax) are said to allow objectivity and detachment from life's dramas, and to increase bioelectric energy for a fresh start.

High Altitude Lavender and Cedarwood help to relieve excess worrying & over-seriousness, allowing us to play.

Uses: Sweet, delicate personal wear blend, loaded with lots of precious Roman Chamomile and Sandalwood, can be worn undiluted, and may relieve headaches when applied to temples, neck, occipital ridge, scalp, behind ears. A few precious drops can be added to a soaking bath or in diffuser with Mandarin or Orange for a sensual,

relaxing evening. Dilute for massage.

## **HEARTSONG**

### **Delicate, Gentle, Comforting, Uplifting Daily Wear Hummingbird Blend:**

*Flying Free, Heart-Opening, Heart-Strengthening*

Delicate *Hummingbird* blend provides emotional, hormonal and metabolic balance, encourages feelings of peace, harmony and love. It stimulates the pituitary and is a gentle high-frequency aphrodisiac, reflecting joy.

#### **Ingredients:**

Relaxing, sensual ancient Holy oils

Sandalwood

Cistus

Rose

Jasmine

Ylang Ylang

Frankincense

Galbanum

Spikenard

Myrrh

Roman Chamomile

Clary Sage

Clove

Oakmoss

Cardamon

Caraway

Basil

Cedarwood

Benzoin Styrax

Rosewood

Helichrysum.

Calming, healing, and pain-relieving oils

Lavender

Geranium

Elemi

Marjoram

Celery

Nutmeg

Palmarosa

Brightening, mood-uplifting oils

Melissa

Litsea cubeba.

Nerve strengthening oils from trees and herbs

Cypress

Juniper

Fir

Pine

Spruce

Rosemary verbenone.

Strengthening and energizing oils

Ginger

Black Pepper  
Hyssop  
Coriander  
Angelica  
Bay Laurel  
Sage  
Anise  
Rosemary  
Thyme  
Tarragon.  
Metabolic balancing and respiratory healing oils  
Myrtle  
Eucalyptus  
Ravensara.  
Pleasant, cheerful, nutritious, bright mood uplifting & lymph drainage citruses  
Grapefruit  
Mandarin  
Orange  
Tangerine.

Uses: Anoint, wear undiluted; diffuse; dilute for massage.

## **HEAVEN**

### **Rare & Precious Inspirational Blend:**

Rare & Precious 100% pure essential oils from white flowering trees. The trees provide needed grounding, while their white flowers lift us to higher consciousness.

**Ingredients:** A high vibration blend of Frangipani (Plumeria), Linden Blossom and Mimosa.

**Uses:** Can be worn undiluted as an anointing oil for energetic healing, or as a precious perfume. Inhale for meditation & energetic healing; dilute for inspirational massage. Add two drops to other blends to sweeten & raise the frequencies!

## **HOLY TRINITY OF LIGHT**

### **Grounding Calming Brain Integration:**

A Peaceful Opening, to stay in higher consciousness and still grounded, while maintaining daily activities.

#### **Ingredients:**

*Neroli*

*Jasmine*

*Hyssop*

*Geranium*

*Melissa*

*Cypress*

**Peace & Love**

**Kuan Yin**

**Oakmoss Bouquet**

**Physical Index:** ADHD Daily Wear, Alzheimer's Daily Wear, Anxiety Relief, Balancing Emotions & Metabolism, Brain Integration, Calming, Chakra Balancing, Energizing, Focus, Grounding (Reality), Inspirational Massage & Meditation, Sensory Expand & Intuition, Spiritual Sensuality (Release Endorphins), Uplifting, Women's Daily Wear.

## **HORMONAL CYCLES**

### **Hormonally & Emotionally Balancing, Uplifting Daily Wear:**

This blend is reported to relieve PMS, cramps, stress, and to be emotionally balancing.

#### **Ingredients:**

Jasmine  
Geranium  
Ylang Ylang  
Myrtle  
Spikenard  
Fennel  
Coriander  
Elemi  
Grapefruit  
Lemongrass  
Mint  
Roman Chamomile.

**Uses:** Wear as personal essence; apply on abdomen diluted in cream.

## **KUAN YIN**

### **Liver & Thymus Support, Chakra Balancing, Heart Opening Daily Wear:**

An ancient Chinese legend tells of beautiful Kuan Yin, the lady who refuses to enter Nirvana until every soul has been saved. Kuan Yin represents perfect love & compassion. This beautiful, comforting and gently strengthening blend energetically pulsates the liver, releasing stored up anger & allowing love to emerge.

#### **Ingredients:**

Angelica  
Balsam  
Geranium  
Cypress  
Lemon  
Myrtle  
Helichrysum  
Spearmint  
Myrrh  
Orange  
*Peaceful Comfort* blend  
*Lotus*  
*Bergamot Mint*  
*Ambergris*  
*Magnolia Bouquets*.

**Uses:** Anoint pressure points, wear as perfume; dilute for sensual foot or full-body massage.

## LIFTING THE VEIL

### *Out of the Darkness, Into the Light:*

This calming blend **supports energetic & etheric clearing, banishes negative energy, and encourages rest for recovery.** Clients report that this blend **eases problems in the colon.** This **soothing, anxiety relieving** blend also helps with **grounding, reality orientation and mental clarity.**

**Deeply calming Consciousness-raising and regenerative Soothing & Balancing Uplifting, pain-relieving Metabolic & emotional balance, immune-building Cleansing, uplifting**

### **Ingredients:**

Ginger  
Frankincense  
Angelica  
Bay Laurel  
Cardamom  
Anise  
Lavender  
Geranium  
Palma Rosa  
St John's Wort  
Melissa Myrtle  
Elemi  
Jasmine  
Ylang  
Vetiver  
Valerian  
Spikenard

**Physical Index:** Ancient Holy Oils, Anxiety Relief, Balancing, Cleanse Environment (Protection), Hormonal & Creativity, Immune Building, Pain Relief, Reality (Grounding), Relaxing, Sleep, Soothing, Spiritual, Strengthening, Uplifting.

## LIVER, PANCREAS & GALLBLADDER Cleanse

### **Mental Focus, Hormonal Support:**

These calming & rejuvenating nerve strengtheners have historically been used to stimulate lymph drainage to remove toxins, reduce edema and stimulate new cell growth.

### **Ingredients:**

Contains Angelica  
Anise  
Holy Basil  
Coriander  
Carrot  
Celery  
Fennel  
Lemon  
Geranium  
Grapefruit  
Helichrysum  
Juniper  
Lime  
Marjoram  
Mint



Rosemary  
Tangerine  
Spike Lavender  
*June, Because I Care* blend.

**Uses:** Can be diluted in carrier oil & massaged on abdomen and lower back. Good for hydrotherapy/massage treatments.

### **LOTUS BLOSSOM BOUQUET**

**Love, Inspiration, Rare & Precious Daily Wear:**

**Ingredients:**

Sweet, relaxing aphrodisiac blend of rare and precious oils

Rose  
Jasmine  
Spikenard  
Ylang Ylang).

**Uses:** Wear as perfume essence. Anoint the neck and apply to the temples, behind the ears, and back of the skull. Add a few drops to enrich other oils and blends.

### **LOVE**

**Inspirational Rare & Precious Daily Wear:**

**Ingredients:**

Rose  
Jasmine  
Neroli  
Coriander CO2  
Ginger  
Ylang Ylang  
Cistus  
Lavender  
Cardamom  
Juniper.

**Uses:** This sweet aphrodisiac blend has been reported to be helpful in overcoming sexual problems.

### **LOVE THAT LIVES**

***Strengthening, Uplifting, Pain Relief (Arthritis), Respiratory, Thyroid:***

This calming, strengthening and brightening blend features:

**Ingredients:**

*Myrtle*  
*Basil*  
*Lemongrass*  
*Spearmint & Nutmeg (throat vibrations for Speaking One's Truth)*

*Lime (brings us into the Here & Now)*

*Warming Birch*

*Roman Chamomile*

*Balsam Peru, & Cistus promote Heart-Opening, Spiritual Growth, & ease pain.*

Inhale, diffuse, spritz for respiratory relief. Good for daily wear. Apply undiluted or diluted in cream for arthritis. Dilute in oil or cream for anointing or gentle manual application. Energetically this blend opens up the chest & lungs, oxygenates the lungs.

## **MARY MAGDALENE**

### **Joy of Community:**

A rare & precious sacred essential oil blend to help us remember the joyful oneness of spiritual community . Clients report that the blend is effective in cleaning and clearing the personal energy field like a refreshing spring rain, allowing the energy to flow free and unrestricted: "This expansive blend cleans up my energy and lets it flow!"

Energetically, this blend expands the Third Eye consciousness, and at the same time anchors the emotion of love into the heart.

### **Ingredients:**

Cleansing citruses

Lemon

Lime

Grapefruit

Sweet Orange

Comforting elements

Lavender

Geranium

Rosewood

Holy oils

Frankincense

Myrrh

Labdanum

Galbanum

Spikenard

Angelica

Hyssop

Helichrysum

Spices

Cinnamon

Clove

Cardamom

Precious sweet flowers

Rose

Jasmine

Himalayan Cedarwood for grounding and spiritual joy

Uses: Apply undiluted on the Third Eye and feet at the end of energetic healing sessions, to ground the client and anchor in the healing benefits. Anoint carotid arteries of neck, pulse points, thymus, crown and occipital ridge for daily wear. Apply to the center of the inside of the wrists, center of bottoms of feet and over the heart chakra for spiritual connection and heart-opening effects.

## **MOVING FORWARD**

### **Circulation, Drainage, Energy to Get Unstuck & Find New Directions:**

*(Lessons of Constriction vs. Relaxation; Stagnant Controlling vs. Allowing; Fear & Worry vs. Trust & Acceptance; Closed Lungs, arteries/veins & frozen joints vs. Open ones; oxygenated blood flow and flexible movement)*

This warming, versatile blend has been found to assist physical and emotional release. The blend relieves pain, eases excess worries, releases emotional blocks & encourages positive action.

#### **Ingredients:**

Drying, chelating oils drain edema:

Grapefruit

Myrrh

Juniper

Cypress

Lemon

Tangerine

Celery

Fennel

Coriander Seeds

and Patchouli;

Relaxing, sensual, hormonal and antispasmodic vasodilators:

Spikenard

Marjoram

Jasmine

Vetiver

Sandalwood

Clary Sage

Roman Chamomile

Ylang Ylang;

Calming, healing, regenerating, pain-reducing, mood uplifting:

Neroli

Lemongrass

Melissa

Frankincense

Rose

Cedarwood

Cardamon

Bergamot

Geranium

St. John's Wort

Helichrysum

Elemi

Carrot

Litsea cubeba

Lavender

Spearmint

Calendula

Palmarosa;

Anti-inflammatory, immune-building bronchial dilators and respiratory tonics:

Myrtle

Spruce

Croatian Lavender  
Angelica  
Caraway  
Balsam  
Bay Laurel  
Fir  
Ravensara  
Foraha  
Niaouli  
Manuka  
Tanaceta anuum  
Cinnamon;  
Energizing, pain-relieving nerve and digestive tonics:  
Peppermint  
Ginger  
Nutmeg  
Rosemary  
Lanyana.

### **MUSCLE & JOINT MASSAGE™**

#### **Drainage & Pain Relief:**

Assists drainage of excess fluids; reduces muscle soreness and pains of arthritis & rheumatism.

#### **Ingredients:**

Contains Juniper  
Lavender  
Marjoram  
Carrot  
Elemi  
Helichrysum  
Birch  
Pine  
Thyme  
St. John's Wort.

**Uses:** Dilute for massage.

### **MUSCLE RELIEF/SPORTS MASSAGE**

#### **Analgesic Pain Relief:**

This blend is reported to ease sore muscles and relax muscle spasms for both people and animals.

#### **Ingredients:**

Peppermint  
Cypress  
Rosemary  
Lavender  
Thyme,

*Six Bears* blend  
*Detox* blend  
*Enchanted Forest* blend

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*Detox* blend  
*Enchanted Forest* blend

## **MUSCLE TRAUMA**

### **Healing, Antispasmodic Pain Relief:**

All-round favorite blend for muscle pain.

#### **Ingredients:**

Rosemary  
Lavender  
Marjoram  
Nutmeg  
Carrot  
Coriander  
Elemi  
Cinnamon  
Helichrysum  
St.John's Wort.

**Uses:** Dilute for massage.

## **NERVE REGENERATE Healing**

### **Strengthening Massage Blend**

#### **Rich with Frankincense:**

This regenerating blend, rich with Frankincense, was created to assist in treatment of a cervical brachial plexus nerve injury. This blend has also been found to be helpful for autism.

Energetically, the blend balances and increases the energy in the heart chakra and heart muscle, increasing the Life Force and unwinding emotional blockages in the heart and solar plexus.

**Ingredients:**

Contains a plentiful amount of the highest quality  
Frankincense CO2  
Also Has  
Precious Rose  
Jasmine  
Spikenard  
Myrrh  
Cardamon  
Ylang Ylang  
Calendula CO2  
Marjoram  
Rosemary  
Balsam  
Cedarwood  
Cedarleaf  
Clove.

**Uses:** Works well diluted in nourishing cream, 20 drops per ounce of cream. May apply to pressure points undiluted. This blend is frequently used together with our *Cell Repair* blend, to assist in recovery from nerve damage.

**OPENING TO ALL**

**Clear Breathing, Spiritual Awakening, Uplifting Daily Wear:**

Uplifting respiratory Daily Wear & Diffuser blend, popular for both sexes, clears nasal congestion & protects against respiratory infections.

**Ingredients:**

Relaxing, uplifting Holy oils  
Myrrh  
Chamomile,  
Bay Laurel  
Jasmine  
Rose  
Vetiver  
Sandalwood  
Patchouli  
  
Juniper for drainage  
Brightening, calming, pain-relieving  
Litsea cubeba  
Lemongrass  
Lavender  
Citrus  
  
Plus our strengthening bacteria-buster blends  
*Melrose Mold Buster*  
*Fungus/Yeast*

**Uses:** Works quickly in an air diffuser to clear upper respiratory problems. Primarily used undiluted for anointing and daily wear to maintain higher consciousness while also carrying out daily activities & protecting against

infections. Dilute for massage.

Energetically, the blend has a very fine and fast spiritual vibration, and connects us with our Spiritual body.

### **Aaaah, Mmm! Pain to Pleasure**

Uplifting blend, good for daily wear, promotes feelings of well-being. Relieves muscle pains and fibromyalgia; enhances focus, mental clarity, bioelectric energy and emotional balance.

#### **Ingredients:**

Brightening and balancing Angelica, Bay Laurel, Marjoram, Nutmeg and Niaouli have traditionally been used to ease aches from sports activities and fibromyalgia.

Peppermint and Litsea cubeba are popular elements frequently used to enhance focus and mental clarity, bioelectric energy and emotional balance.

Rose and Oakmoss offer gentle sensuality and warm grounding.

**Uses:** Wear undiluted as personal essence on neck, chest, behind ears, and on pressure points. Diffuse or put a few drops on palms & inhale deeply for panic relief. Dilute for massage.

### **PITUITARY & APHRODISIA**

#### **Expanded Consciousness, Mood Uplift, Thyroid:**

This blend utilizes oils that have been reported to activate the pituitary (which also controls the thyroid) and also activates the pineal-pituitary arc, for heightened sensory perception (HTP).

#### **Ingredients:**

Clary Sage

Lavender

Ylang Ylang

Patchouli

Lavender

Fir

Sage

Coriander CO2

Jasmine

Yarrow.

Energetically, the blend goes into the turquoise chakra, works on the immune system, opens up the energy between the spleen and the thymus chakra, and sends signals upward to awaken the pituitary.

### **POST-TRAUMATIC STRESS Recovery**

#### **Helps Break Addictions, Releases Toxins:**

Assists RECOVERY from chemical toxins, addictions, immune & nerve disorders. Designed for a young man with low energy & toxic fatigue syndrome following the Persian Gulf crisis, this blend is a favorite of many! It is reported to raise bioelectric energy to help overcome emotional and physical shock. It cleanses, uplifts and

energizes the body, mind & spirit.

**Ingredients:**

Angelica, Carrot Seed, Bay Laurel and Helichrysum stimulate expanded consciousness and creativity.

Melissa is often used to soften grief and relieve emotional trauma.

Rosemary and Sage are brain stimulants that enhance mental focus and strengthen delicate, damaged nerves.

Grapefruit is an euphoric aphrodisiac.

In light/color treatments, Rosemary and Grapefruit release physical & emotional toxins, and allow new perceptions & expanded understanding.

Uses: One drop on the tongue tastes like a lemon drop (sublingual application). Anoint, diffuse & spritz for increased energy, mental focus and creativity. Dilute for detoxifying massage & healing water treatments.

Energetically, the blend opens the heart and all other chakras, energizing the whole body on a cellular level.

Rain Spirit's APPETITE SUPPRESSANT

aka Connect to Mother Earth

Digestive Comfort & Asthma Relief:

Antispasmodic, anxiety relief, energizing, focus, hormonal, nerve strengthening, grounding, uplifting.

**Ingredients:**

Contains digestives Tarragon, Anise, Fennel, Ginger, Coriander, and Clove;

Brightening uplifting antispasmodics *Litsea cubeba*, Melissa, Marjoram and Labdanum (Cistus);

Grounding, uplifting, nerve-strengthening trees Cedarwood, Cypress and Juniper;

Nourishing, drying citruses

Our *Awaken* blend.

Energetically, the blend moves along the earth meridian, all along the outside line of the body.

**RELAXING**

**Hydrotherapy, Brain Energizer & Massage:**

Carries the Dolphin water energy.

**Ingredients:**

Calming and refreshing nerve strengtheners

Juniper

Rosemary

Lavender

Marjoram

Grapefruit

Lime

**Uses:** Use in diffuser, spritzer, hydrotherapy or massage treatments. Dilute in water, mud, cream or carrier oil. Can also be used on the neck & pulse points for daily wear.

Energetically, the blend works on the lungs, thymus & releases emotional blockages in the chest. It's almost like, if there is a shield over the chest, it's removing the shield, opening us up to receive more Love.



## **SACRED TANTRIC TRIANGLE**

### **Heightened Sensory Perception & Spiritual Sensuality:**

Connects energy coming in from the Crown chakra to the Third Eye in a Sacred Golden Pyramid configuration, activating the pineal-pituitary arc and stimulating Heightened Sensory Perception (HSP). The oils contained in this blend help to integrate the left and right lobes of the brain, and activate the frontal lobe. They are also antiviral, cleansing, regenerating, & immune-building.

#### **Ingredients:**

Frankincense

Myrrh

Hyssop

Yarrow & other ancient Holy oils are woven into this blend

Along with our rare & precious blends

*Amor*

*Magnolia Bouquet*

*Kuan Yin*

*Venus*

*Spiritual Light & Healing*

*Jasmoon Faerie*

*Anti-Fatigue*

*Joy*

*Come On Baby, Light My Fire.*

**Uses:** Anoint and wear undiluted.

Energetically, the blend unwinds emotional blockages in the sexual organs, perineum, & throat chakras. It connects those two resonances, harmonizing the second chakra and the throat chakra.

## **SIX BEARS RUNNING**

### **Antispasmodic Pain Relief, Nerve Tonic:**

Calming blend eases nervousness, obsessive behavior and insomnia, reduces pain and muscle spasms, and helps to strengthen damaged nerves.

#### **Ingredients:**

Clary Sage

Eucalyptus

Marjoram

Ravensara

Fir

Cypress

Patchouli

Basil

Cedarwd,

Coriander

Carrot Seed

Citrus

Blue Chamomile

Hyssop

Elemi

Jasmine  
Yarrow  
Spikenard  
Angelica  
*Immune*  
*InTune*  
Myrrh  
Vetiver  
Cinnamon.

**Uses:** *Six Bears* and *Super Sport Support* work well together to improve facial tone, strength and range of motion for stroke, muscular dystrophy and polio patients. Wear undiluted on neck, pressure points & massage undiluted into any painful areas. Can be used diluted or undiluted for massage; and in diffuser to cleanse and calm environmental areas.

Energetically, the blend strengthens the structure and works in the bones and joints.

### **Rain Spirit's - SPIRIT FINGERS** **Arthritis, Asthma Relief:**

#### **Ingredients:**

Cypress  
Spruce  
Nutmeg  
Black Pepper

Relieves muscle & joint pain & has an overall soothing effect.

**Uses:** Apply undiluted or in cream, for arthritis, tendonitis, carpal tunnel and sore muscles. Anoint, spritz or diffuse for relief of migraines and asthma.

Energetically, the blend draws energy in at the solar plexus, and activates all the centers along the spine, the nerves, the brain - then brings cosmic energy in through the crown chakra back to the solar plexus, nerves, spine and meridians.

### **SPIRITUAL LIGHT & HEALING** **Ancient Healing Chrysm:**

This inspirational and strengthening blend lifts us into higher consciousness and provides gentle strengthening to assist recovery from serious illness.

#### **Ingredients:**

Frankincense  
Myrrh  
Jasmine  
Spikenard  
Hyssop  
Patchouli.

**Uses:** Anoint undiluted for spiritual and energy treatments. Dilute for neck, spine, foot massage and water treatments.

Energetically, the blend stimulates the brain and delivers energy through the crown chakra down into the thymus gland, vibrating the thymus.

## **SPIRITUAL OPENING**

Physical & Spiritual Cleansing:

### **Ingredients:**

Heart-opening Cistus and pain-relieving Spikenard, plus beloved Frankincense and Myrrh make this a classic doorway for meditation and spiritual development.

Nourishing, balancing Carrot & Celery Seed, Elemi, Myrtle, Sage and Patchouli increase focus and encourage feelings of peace, harmony and love; and

Cypress warms and grounds the blend.

Uses: Use undiluted for personal wear; diffuse to encourage spiritual awakening and integration of one's masculine and feminine aspects (good for both men and women).

Energetically, the blend works on the root and 2nd chakras, clearing emotional issues and stimulating the lunar body – the female principle – Divine Feminine. It enters the Moon chakras and goes into the lymphatic system, moving and cleansing, draining the lymphatic system.

## **SURRENDER TO CONNECT**

Digestive & Colon Cleanse:

This cleansing, relaxing and releasing blend helps us to move things through our systems on a physical, emotional and spiritual level. This sumptuous blend relieves colic, abdominal pain & intestinal blockages, and also provides hormonal support & spiritual connection.

### **Ingredients:**

Hormonal Relaxants

Rose  
Clary  
Sandalwood  
Spikenard  
Frankincense  
Coriander  
Spices  
Oakmoss,  
Vetiver  
Lavender  
Orange;

Digestive Stomach and Colon Relaxants

Basil,  
Ginger  
Fennel  
Cumin

Cumin is the most effective gut relaxant, and brings immediate relief when smelled from the bottle or a diffuser.

Uses: A few drops may be rubbed on stomach and into bellybutton to relieve digestive distress. Dilute in olive oil for relaxing bath; works well as foot and abdominal massage during colonics.

Energetically, the blend energizes the thymus, eyes, Third Eye & pineal gland. It goes deeply into the eyeballs, and works on opening the Third Eye also.

### **SWEET DREAMS™**

#### **aka Night Protection:**

Rare & precious blend calms and eases restlessness, fearfulness and insomnia. Also our best blend for clearing dense or negative energies in office and home settings, classrooms and treatment rooms.

#### **Ingredients:**

Deeply comforting sensual relaxants

Rose

Sandalwood

Chamomile

Elemi

Cassia

Helichrysum

Marjoram

Myrtle

Orange

*Peaceful Comfort* blend

*Ambergris Bouquet* blend

*Magnolia Bouquet* blend

*Cupid's Delight* blend

*Fire of Love* blend

Energetically, this blend opens the heart chakra & connects us to the Universal grid — an expansive blend.

### **SWEET SLEEP™**

#### **Relaxing Diffuser and Massage Blend:**

Physically release the day's tensions with this comforting combination of Spearmint and deeply relaxing, pain-relieving Valerian.

**Uses:** Combine this powerful blend with Sweet Orange and/or Lavender in a diffuser. Dilute a few drops in carrier oil or cream, or apply undiluted for relaxing massage or neck, shoulder and arm friction. Put a few drops on a handkerchief under the pillow. May be combined with several drops of Wintergreen on neck, shoulder & upper back to relax at beginning of massage.

Energetically, this blend brings in higher energies from the eighth chakra, bringing in the stillness of the spirit through our central core — a very good direct connection.

## **VARICOSE VEINS aka Fine Line Reduction**

Anti-Inflammatory, Drying, Regenerating Skin Healing:

Extraordinary blue blend works wonders on large and small veins on the face and legs, and is gentle enough to be applied to areas undiluted or diluted in nourishing carrier oil. This blend is also frequently used to reduce small lines in the face.

This healing blend warms, dries, and tightens connective tissue; nourishes, soothes, heals, cleanses, drains, energizes, disinfects and helps regenerate the areas; repairs damage in the cell walls; relieves pain and strengthens the nervous system.

### **Ingredients:**

Cypress warms, dries, tightens and rebuilds connective tissue.

Neroli, Geranium, Lavender and Sweet Orange soothe, heal, and uplift the spirit.

Juniper and Lemon cleanse, drain and raise the frequency;

Patchouli and Niaouli energize, disinfect and regenerate;

Anti-inflammatory Rose & Yarrow uplift spirit as well as body.

Deeply soothing Sandalwood grounds the blend, relaxes the body, oxygenates the cells, and permeates cell walls, allowing nourishment in and toxins out.

Rosemary and Peppermint relieve pain and strengthen the nervous system.

Uses: Apply undiluted or dilute in nourishing carrier oil or cream.

Energetically, the blend brings light into the body all along the core, pulling it in through the crown chakra and also up from the earth, bringing it into the solar plexus. It increases the circulation of energy all through the body.

## **WINGED INNOCENCE**

Embodies all that is light, with nature nymphs, idyllic forests and giant Rosewood trees.

### **Ingredients:**

Lime represents eternal love

The *Angels Awaken* blend encourages us to smell the sweetness of a new day.

Balsam tolu brings ancient blessings into the Now

*Enchanted Forest* blend helps us to leave our daily rush and melodrama and enter nature's eternal sacred space.

**Uses:** Anoint head, neck, chest, pulse points and stroke into the hair. Excellent for daily wear, energy, massage and hydrotherapy treatments, and to accompany yoga and meditation. Spritz and diffuse to cleanse and uplift the body and environment.