**Posch Farms**

**Essential Oils**

Essential oils have many potential health benefits both internally and externally. The vast majority of essential oils can be consumed, but only if they are certified 100% pure therapeutic grade. In most cases however, the internal health benefits can be achieved by application to the skin or by aromatherapy. This is due to the fact that the active ingredient(s) in the essential oils are readily absorbed into the blood stream through the skin (topical application) and the membranes of the lungs (aromatherapy). Always test a small area of skin for sensitivity to an essential oil before general use. Stop use immediately, if you feel any adverse reactions during use. Remember, essential oils are very concentrated, so a little goes a long way. The following lists the potential health benefits, uses and cautions of each essential oil. Only the benefits and uses that were referenced from multiple sources or had sufficient data to support their inclusion are listed. Therefore, there possibly are some additional benefits and uses for each essential oil not mentioned here.

Pricing is per 10 ml bottle. **Except SANDALWOOD (5ml bottle). CHAMOMILE and HELICHRYSUM (10ml and 5 ml bottles are available).**

Our oils are certified 100% pure therapeutic grade.

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| **AMYRIS** |
| Aromatherapy | Topical | Oral | Internal |
| Has effects on the limbic systemCan improve mood and promote positive feelingsAnti-depressantCan relieve anxiety, stress, tensionCan calm the mind and promote restful sleepMay improve cognitive function and creativity | Nervine – helps relax and calm nervesEmollient rich – can help rejuvenate and smooth skin improving elasticity and glowCan help improve skin texture, fine lines, wrinkles, age spotsTreats dry skin and promotes its hydrationAntiseptic propertiesInsect repellent – especially mosquitos and several types of ticks |  | DO NOT INGEST |

**Amyris** (*Amyris balsamifera*)is a tree native to the West Indies (Haiti/Dominican Republic) and is commonly known as West Indian Sandalwood. Although there is no relationship between sandalwood and amyris, amyris is often used as a substitute. Because of its very high oil content, amyris is also known as candlewood or torchwood. The emollients present in this essential oil bestow on it good properties for the skin. Amyris also is utilized for its positive impacts on the mind.

**Primary active compounds**: valeriamol, elemol, gamma-eudesmol, 10-epi-eudesmol, beta-eudesmol, alpha-eudesmol, drimenol,beta-sesquiphellandrene, alpha-acoradienezingiberene

**Aroma**: rich, sweet, balsamic, woody

**Source:** steam distilled wood **Origin:** Dominican Republic

**How to use**: Amyris has a thick honey-like consistency. For easier dispensing, warm the contents of the bottle either by holding it in your hand for 10-15 minutes or by sealing it in a plastic bag then placing it in a cup of warm water for 10-15 minutes. You can also remove the dropper insert and use a toothpick to remove the quantity desired. Amyris can be applied directly to the skin, but it is suggested to dilute in a carrier oil up to a 1:1 ratio for topical application. Mixing 10-12 drops in 2 ounces of witch hazel is also great for topical application.

**Precautions**: Considered non-toxic, non-sensitizing and a non-irritant, but skin irritation may be experienced by some with sensitive skin. Do not use if pregnant. Do not consume as it can cause nausea, vomiting and stomach pain.

**Price:** $13.50

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| **ANISE STAR** |
| Aromatherapy | Topical | Oral | Internal |
| Respiratory tract stimulantExpectorant – congestion reliefEases bronchitisMild sedative – calming, soothingEases coughingTreats influenza | Potent antiseptic and antibacterial, prevents wound sepsisAntioxidant rich – combats oxidative stress and cellular damage, helps combat chronic conditionsEases rheumatism and joint pain |  | Supports proper digestionAnticoagulant – blood thinner Aids in heart and vascular healthMay help regulate blood sugarEstrogenic effects – modulates uterine hormone levels |

**Anise Star (Star Anise;** *Illicium verum*)is one of the components in Chinese five spice and is used mainly for its high antioxidant content and natural flu fighting ability. One of the compounds in star anise is an active ingredient in Tamiflu.

**Primary active compounds**: anethol, linalool, foeniculine, methyl chavicol

**Aroma**: warm licorice-like

**Source:** steam distilled fruit **Origin:** China

**How to use**: Dilute in a carrier oil before applying to the skin at 1-2 drops per teaspoon. To ingest: very dilute at 1 drop in at least 8-16oz ounces of fluid or add 1driop as a flavor enhancer in food. However, it it is preferred that you instead use a high quality spice for consumption. Ensure that the country of origin is China.

**Precautions**: Never use Japanese anise star as it is poisonous. Anise star is not the same as anise seed. Do not use if pregnant. May cause skin hypersensitivity if applied directly to skin. Do not use if you have any bleeding disorders or if you have estrogen-dependent cancers or endometriosis.

**Price:** $6.00

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| **BASIL** |
| Aromatherapy | Topical | Oral | Internal |
| Stimulant of the adrenal cortexBoosts alertnessFights fatigue, upliftingAntimicrobial – helps treat respiratory infectionsPurifies air, odor eliminatorAntiviral properties, helps treat colds and flu | Potent antimicrobialAntiseptic -treats woundsTreats earaches, acneHas anti-viral propertiesCleans and deodorizes surfacesHas anti-inflammatory – properties, soothes insect bites, stings and itchingIncreases shine and removes excess oils from hair and skinInsect repellent, especially mosquitoesRelaxes muscles | Boosts dental health | Treats stomach spasmsStimulates appetite and digestionRelieves constipationDiuretic – treats fluid retention |

**Basil** (*Ocimum basilicum*)is most widely used for its antimicrobial properties.

**Primary active compounds**: estragole, linalool, alpha biabolene, geranial, neral, bergamotene, beta caryophyllene, germacrene D

**Aroma**: sweet, spicy, fresh like the herb with balsamic back note

**Source:** steam distilled leaves **Origin:** India – **Certified Organic**

**How to use**: Can be applied directly to skin, but it is preferred to dilute with equal parts of a carrier oil for topical application Add a drop to toothpaste or mouthwash to boost oral health. Add 2 drops to shampoo to treat oily hair and cleanse scalp. Add a few drops to homemade cleaners to disinfect and deodorize surfaces. Mix with eucalyptus for a cold/flu rub. To ingest: add 1 drop in at least 8-16oz ounces of fluid or add 1driop in food as a flavor enhancer.

**Precautions**: Do not use if pregnant. May irritate skin if undiluted.

**Price:** $8.50

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| **BERGAMOT (bergaptene free)** |
| Aromatherapy | Topical | Oral | Internal |
| Relieves respiratory infectionsRelieves stress, anxiety and depressionImproves mood | Antiseptic and disinfectant, prevents wound infectionsAntispasmodic – relieves muscle and nerve spasmsAnalgesic – reduces muscle pain and tensionRelieves tension headachesReduces scars and marks, tones skinSoothes skin irritations | Boosts oral healthHelps prevent tooth decayTreats cavities | Helps lower blood pressureMay help lower cholesterol and blood sugarAids digestion stimulating gastric juicesSoothes digestive tract |

**Bergamot** (*Citrus bergamia*) is a popular ingredient in skin and hair care products. The bergaptene which causes photosensitivity on UV exposure has been removed.

**Primary active compounds**: limonene, linalyl acetate, linalool, beta-pinene, gamma-terpinene, geranial, neryl acetate, alpha-pinene, sabinene

**Aroma**: citrus, fruity, floral quality

**Source:** cold pressed peel **Origin:** Italy

**How to use:** Skin safe, but preferably mix with a carrier oil for topical application. Rub 3 drops on stomach area to aid digestion. Add a few drops to bath water to disinfect and to relieve tension, spasms. To ingest: add 1 - 2 drops in at least 8-16oz ounces of fluid or add 1driop in food as a flavor enhancer.

**Precautions**: Do not use if pregnant. May irritate skin if applied directly.

**Price:** $13.00

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| **BLACK PEPPER** |
| Aromatherapy | Topical | Oral | Internal |
| Eases anxietyMay ease cigarette cravingsMay serve to stimulate appetiteEnergizing and warming | Anti-inflammatory – eases chronic inflammatory conditionsImproves circulation and blood flow to skin, muscles and nervesAnti-spasmodic relieving cramps, muscle pulls and spasms |  | Anti-virulence activity especially against multi-drug resistant bacteriaPromotes healthy circulation and may lower blood pressureMay improve glucose toleranceHelps improve digestionMay boost liver function and promote urination aiding in detoxification of the bodyContains antioxidants and shows some anti-cancer activity |

**Black Pepper** (*Piper nigrum*)is used mainly for its positive impacts on the circulatory system.

**Primary active compounds**: piperine, limonene, alpha and beta pinene, myrcene, delta 3-carnene, phellandrene, delta-elemene, alpha-copaene, beta-caryophyllene, beta-bisabolene, germacrene D, alpha-humulene, selinene

**Aroma**: warm, spicy, peppery, musky

**Source:** steam distilled dried berries **Origin:** India

**How to use**: Creates a warming sensation when applied to the skin, so it is preferred that you dilute with equal parts of a carrier oil for topical application. To ingest: add 1 drop in at least 8-16oz ounces of fluid or add 1driop in food as a flavor enhancer.

**Precautions**: Do not use if pregnant. May cause skin irritation if applied directly to skin. Keep away from eyes and nose.

**Price:** $19.00

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| **CAMPHOR (White)** |
| Aromatherapy | Topical | Oral | Internal |
| Powerful respiratory tract decongestantRelaxant of body and mind – promotes feeling of peaceInsect repellentMay ease stress | Antiseptic and disinfectant, prevents wound infectionsAntispasmodic – relieves spasms and crampsCan relieve neuralgia and ease muscle and joint painAnti-inflammatory – eases arthritis pain, gout and rheumatic diseasesAntiphlogistic – reduces swellingInsect repellent, treats liceHas anti-fungal properties |  | DO NOT INGESTBoosts activity of the circulatory system improving metabolism, digestion and secretionCarminative – relieves and eliminates gasAnesthetic – numbs sensory nerves reducing severity of nervous disorders |

**Camphor** (*Cinnamomum camphora*) is a popular ingredient in salves and oils to relieve muscle stiffness and cramps and in mentholated products for clearing congestion in the respiratory tract.

**Primary active compounds**: 1,8-cineole, alpha-pinene, p-cymene, limonene, camphene, camphor, alpha-terpinene, alpha-thuyene, beta-mycrene

**Aroma**: strong, penetrating, cooling menthol-like camphorous

**Source:** steam distilled wood **Origin:** China

**How to use**: DO NOT apply directly to skin. Dilute with a carrier oil up to 5 drops per teaspoon. Add several (5-10) drops in a warm bath to disinfect skin, treat lice or relieve pain.

**Precautions**: Do not use if pregnant. Skin irritant when used undiluted. DO NOT ingest. Consuming likely will manifest as symptoms of poisoning causing nausea and vomiting and burning of the mouth and throat. Take care if you have asthma.

**Price:** $5.00

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| **CASSIA** |
| Aromatherapy | Topical | Oral | Internal |
| Stimulates brain activity and the nervous system Improves alertnessAntidepressant | Antiseptic and antimicrobial – prevents wound sepsis, protects skin from infectionAnti-inflammatory and analgesic - pain reduction for a wide variety of conditions especially arthritis and rheumatism Promotes blood circulation to skin.Bug repellant especially mosquitos | Antiseptic improves oral hygiene, treats bad breath | Antiemetic – treats diarrhea, nauseaAntimicrobial and antiviralRich in fiberBlood thinner – improves overall blood circulationStimulates metabolism and helps regulate blood sugar levels especially in Type 2 diabetesEmmenagogue – opens menstrual pathways, relieves menstrual symptomsRelieves indigestion and promotes normal digestion |

**Cinnamon** (*Cinnamomum cassia*) is commonly known as Chinese cinnamon and is similar in properties to cinnamon bark. Cassia is often used as a less expensive alternative to cinnamon bark in baking, cooking, and confections. In traditional Chinese medicine and in Ayurvedic medicine, it is used for its ability to dilate blood vessels and improve blood circulation, for its analgesic properties to reduce pain and to treat diarrhea and nausea.

**Primary active compounds**: cinnamal aldehyde, cinnamal acetate, styrene, styrene benzaldehyde, phenyl methyl alcohol,3-phenylpropanol cinnamic alcohol, coumarin, methoxycinnamate,

**Aroma**: similar to cinnamon bark. It is spicy and warm but sweeter

**Source:** steam distilled bark, leaves and twigs

**Origin:** China

**How to use:** Not recommended to apply directly to skin. Dilute with equal parts of a carrier oil for topical application 1 drop in a glass of water for an oral rinse or gargle. To ingest: only in very dilute amounts at 1 drop in at least 8-16oz ounces of fluid or add 1driop in food such as oatmeal or baked goods.

**Precautions**: Do not use if pregnant or lactating. Can irritate skin and mucous membranes. Monitor glucose levels if taking diabetes medications. Use very sparingly when ingesting if you have liver disease.

**Price:** $11.00

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| **CEDARWOOD (Atlas)** |
| Aromatherapy | Topical | Oral | Internal |
| Antispasmodic – relieves symptoms of bronchitis, asthma, respiratory seizures, restless leg syndrome.Expectorant – congestion reliefSedative – calming, soothing, treats insomniaInsect repellentImproves mental focus and treats ADHD | Antiseptic – prevents wound sepsis especially tetanusAnti-inflammatory – eases arthritis pain, soothes sore musclesAstringent – tightens loose skin and muscles.Treats seborrheic eczema, dermatitis, acne, oily skin, dandruffInsect repellentSlows hair loss and promotes hair growthHas anti-fungal properties | Improves gum healthTreats tooth aches | DO NOT INGESTDiuretic, flushes toxins, cleanses bodyStimulates metabolismRegulates hormone levels – relieves PMS and menopause symptoms, regulates menstruation |

**Cedarwood** (*Cedrus atlantica*) is best known forits impact on mental focus and overall skin health and beauty.

**Primary active compounds**: alpha cedrene, thuyopsene, alpha, beta and gamma himachalene, alpha-bisabolene, delta-cadinene, methyl-acetylcyclohexene, eudismatriene, curcumene, longifolene, alpha-calacorene, methylphenanthrene,

**Aroma**: woody, sweet, balsamic

**Source:** steam distilled wood **Origin:** U.S.A.

**How to use**: Can be applied to skin directly, but preferably diluted with a carrier oil at 2-3 drops per teaspoon. Add 5 to 10 drops in a warm bath to treat skin conditions. Use 2 drops in a glass of water for an oral rinse. Add 2-3 drops in shampoo or condition for application to scalp.

**Precautions**: Do not use if pregnant. May irritate skin when used in high concentrations. Can cause nausea, vomiting and diarrhea if ingested.

**Price:** $6.00

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| **CEDARWOOD BLISS BLEND** |
| Aromatherapy | Topical | Oral | Internal |
| Antispasmodic – relieves symptoms of bronchitis, asthma, respiratory seizuresTreats anxietyAntidepressantSedative – calming, soothingInsect repellentImproves mental focus and treats ADHD | Antiseptic – prevents wound sepsis, cleanses skin Anti-inflammatory – eases arthritis pain, soothes sore muscles, general pain reductionAstringent – tightens loose skin and muscles.Strengthens and conditions skinTreats eczema, dermatitis, acne, oily skinInsect repellentSlows hair loss and may promote hair growthAntispasmodic – relieves neural and muscular spasms | Improves gum healthTreats toothaches | DO NOT INGESTStimulates metabolismRegulates hormone levels - relieves PMS and menopause symptoms, regulates menstruationTones digestive system |

**Cedarwood Bliss** is our blend to improve mental focus and to relieve anxiety and ADHD based on a study in England. It contains a wonderfully aromatic mixture of **atlas** **cedarwood** (*Cedrus atlantica*), **vetiver** (*Vetiveria zizanoides*), **frankincense** (*Boswellia serrata*), **clove bud** (*Sysygium aromaticum L*.) and **orange** (*Citrus sinensis*) essential oils. This blend is also good for balance and regulation of hormones and for treating several skin conditions.

**Primary active compounds**: same as those found in each of the individual essential oils.

**Aroma**: woody, earthy, spicy

**Source and Origin:** refer to each essential oil

**How to use**: can be applied to skin directly, but it is preferable to dilute it with a carrier oil at 3-5 drops per teaspoon for topical application. Use 2 drops in a glass of water for an oral rinse. Add 2-3 drops in shampoo or condition for application to scalp.

**Precautions**: Do not use if pregnant. May irritate skin when used in high concentrations. Do not ingest. Can cause nausea, vomiting and diarrhea if consumed.

**Price:** $13.00

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| **CHAMOMILE ROMAN** |
| Aromatherapy | Topical | Oral | Internal |
| Eases anxiety, depressionMild sedative, calms nervesAllergy relief propertiesReduces insomnia and promotes sleep | Antiseptic and antimicrobial – prevents wound sepsis, protects skin from infectionAnti-inflammatory – easing eczema, poison ivy, diaper rash, skin irritationsPromotes smooth, healthy skinMay relieve arthritic pain |  | Rich in flavonoids – vasodilator can promote heart health and may reduce blood pressureStomachic and antispasmodic properties - treats many gastrointestinal and digestive issues – gas, leaky gut, acid reflux, indigestion, diarrhea, vomiting, colicCan improve digestionEmmenagogue - helps alleviate PMS symptomsMay display some anticancer activity |

**Chamomile Roman** (*Anthemis nobilis*)There are 2 varieties of chamomile, Roman and German (*Matricaria chamomilla*). These varieties share many medicinal properties, but some differences in their chemical compositions does impact some specific medicinal properties. Roman chamomile has been used for millennia and is best known for its calming and soothing effects, for promoting sleep, for its impact on the stomach and digestive tract and as an emmenagogue. It is also gentle enough and has been used for centuries on infants and children. German chamomile is best known for its more potent anti-inflammatory properties.

**Primary active compounds**: isoamyl angelate, methallyl angelate, isobutyl angelate, isoamyl methacrylate, methylamyl angelate, alpha pinene, 2-methylbutyl angelate, pinocarvone, 2-methylbutyl methacrylate, methallylic esther, methylpentyl methacrylate, trans-pinocarveol, altha methacrylate, germacrene D, isoprenyl isovalerate

**Aroma**: Sweet, grassy, apple-like, fruity

**Source:** steam distilled flowers **Origin:** United Kingdom

**How to use:** Safe to apply directly to the skin or can be mixed with a carrier oil for topical application. Remember that the essential oil is far more concentrated than the dried flowers you would use to make a cup of tea. Consider that it takes approximately 6 pounds of dried chamomile flowers to equal 10ml of chamomile essential oil. 1drop of the essential oil is comparable to 2-3 tablespoons of dried chamomile flowers. To ingest: 1 drop in an at least 16 to 32 ounce pitcher of tea or drink is sufficient or add 1 drop as a flavor enhancer in food.

**Precautions**: Do not use if pregnant. No known side effects, especially when used in the amounts found in foods, tea or drinks. Although considered safe, some individuals may experience skin sensitivity or allergies.

**Price:** $65.00 **5ml** - $35.00

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| **CINNAMON BARK** |
| Aromatherapy | Topical | Oral | Internal |
| Improves brain functionTreats nervous tension and memory lossAnti-depressant | Antiseptic and antimicrobial – prevents wound sepsis, protects skin from infectionAnti-inflammatory – pain reduction for a wide variety of conditionsPromotes blood circulation to skin.Coagulant – facilitates healing and slows excessive bleeding | Treats bad breathFreshens breath | Blood thinner – improves overall blood circulationRegulates blood sugar levels especially in Type 2 diabetesAntioxidants – remove free radicals, block oxidative stress and cellular damageRelieves indigestion and promotes normal digestionImmune system stimulant |

**Cinnamon** (*Cinnamomum zeylanicum*) is mainly used for its ability to dilate blood vessels and improve blood circulation.

**Primary active compounds**: eugenol, cinnamyl aldehyde, cinnamyl acetate, phellandrene, alpha pinene, linalool, beta caryophyllene, safrole, alpha copaene, P cymene, camphene, D limonene

**Aroma**: just like the spice, rich cinnamon

**Source:** steam distilled leaves or bark

**Origin:** Sri Lanka - **Certified Organic**

**How to use:** Not recommended to apply directly to skin. Dilute 1 drop per ¼ cup carrier oil for topical application. 1-2 drops in a glass of water for an oral rinse. To ingest: only in very dilute amounts at 1 drop in at least 8-16oz ounces of fluid or add 1driop in food such as oatmeal or baked goods. Since it can burn or irritate mucous membranes, it is preferred that you consume a high quality spice instead.

**Precautions**: Do not use if pregnant. Use only in very diluted form. Many possible adverse effects in concentrated form. Can burn or irritate skin and mucous membranes when used undiluted.

**Price:** $36.00

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| **CITRUS TWIST BLEND** |
| Aromatherapy | Topical | Oral | Internal |
| Respiratory tract stimulantReduces anxiety and angerImproves cognitive function and neurologic activity Increases mental focusAntidepressant – uplifting, increases dopamine levels Air freshener, deodorizer | Potent antiseptic, antibacterial and disinfectantNourishes, conditions and cleanses skinSlows rate of skin damageAnticoagulant – blood thinnerImproves skin complexion, suppleness, lusterReduces oily skinAnti-inflammatory properties | Supports oral health | Supports proper digestionAntioxidant rich, boosts and supports the immune system, fights free radicals, blocks oxidative stress, WBC stimulant, blocks cellular damage thus combating chronic conditionsMay stop growth and proliferation of certain cancer cellsDiuretic -flushes toxins, cleanses bodyLymphatic system regulation and booster –promotes lymphatic drainage, improves symptoms of rheumatism, gout, arthritis, renal calculiMay aid in heart and vascular health by improving blood flow, reducing blood pressure and relieving hypertensionMay help regulate blood sugar, reduce appetite and increase metabolism |

**Citrus Twist EO blend** is our unique combination of **orange** (*Citrus sinesis*), **anise star** (*Illicium verum*), **lemon** (*Citrus limonum*) pink **grapefruit** (*Citrus racemosa*) and **lime** (*Citrus aurantifolia*) essential oils. This blend is power packed with antioxidants that boost and support the immune and lymphatic systems, as well as protecting cells against oxidative stress and damage. It is uplifting and improves cognitive function and mental focus. It also freshens and deodorizes the air.

**Primary active compounds**: same as those found in each of the individual essential oils.

**Aroma**: strong citrus with warm licorice undertones

**Source and Origin:** refer to each essential oil

**How to use**: Can be applied directly to the skin, but it is recommended to mix with a carrier oil for topical application at 1-2 drops per teaspoon. To ingest: 1 drop in at least 16 ounces of a drink or 1 drop as a flavor enhancer in food.

**Precautions**: Do not use if pregnant. May cause skin hypersensitivity if applied directly to skin. Photo-toxic, avoid prolonged sun exposure.

**Price:** $8.00



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| **CLARY SAGE** |
| Aromatherapy | Topical | Oral | Internal |
| Promotes ocular health and improves visionAntidepressantRelieves anxietySedativeAnti-convulsivetreats epileptic and nervous disordersAphrodisiac – affects hormone levels and increases testosterone production | Anti-spasmodic – relaxes nerves, relieves muscle crampsAntiseptic – prevents skin infections, treats woundsAstringent – strengthens and tightens skin, muscles, hair folliclesSlows hair lossReduces skin inflammationHeals rashesBalances skin oils treating both dry and oily skinOpens blood vessels increasing blood circulation to skin | Tightens gums | Antibacterial especially in digestive, excretory and urinary tractsReduces gas and bloatingMaintains stomach healthAids digestionImproves uterine health balancing hormone levelsEmmenagogue-regulates menses Treats PMSHelps lower cholesterolVasodilator – helps reduce blood pressure |

**Clary Sage** (*Salvia sclarea*)is best known for its properties of improving overall eye health and for balancing and regulating hormone levels.

**Primary active compounds**: sclareol, alpha-terpineol, geranyl acetate, linalyl acetate, linalool, caryophyllene, neryl acetate, germacrene-D, bicyclogermacrene, epoxylinalylacetate, alpha-copaene

**Aroma**: earthy, fruity, nutty floral

**Source:** steam distilled leaves and flowers **Origin:** China

**How to use**: Can be applied directly to skin, but it is recommended to with equal parts of a carrier oil for topical application. For an oral rinse, mix 1-2 drops in a glass of water. To ingest: add 1 drop in at least 8-16oz ounces of fluid or add 1driop in food as a flavor enhancer**.**

**Precautions**: Do not use if pregnant or nursing. Can enhance the effects of alcohol and narcotics. Do not use if you are taking chloral hydrate and hexobarbitone.

**Price:** $27.00

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| **CLOVE BUD** |
| Aromatherapy | Topical | Oral | Internal |
| Mind stimulant -improves brain functionAntidepressantMay treat anxiety and insomnia ExpectorantInsect repellent | Treats insect bites and stingsIncreases blood flow to skinTreats headachesAnti-inflammatory, can reduce painInsect repellent | Improves gum healthTreats toothaches, gum pain, dental pain, mouth ulcers, teething | Diabetes – helps to regulate the glucose and insulin responsesBoosts immune functionTreats nausea, indigestion, motion sicknessCan increase blood circulation and stimulate antioxidant activity |

**Clove bud** (*Sysygium aromaticum L.*)is most widely used for oral health and pain reduction as well as boosting immune function by stimulating antioxidant activity.

**Primary active compounds**: eugenol, eugenol acetate, beta-caryophyllene, alpha-humulene, chavicol

**Aroma**: spicy, clove

**Source:** steam distilled clove buds **Origin:** Indonesia

**How to use**: Not recommended to apply directly to skin. Dilute 1 drop per ¼ cup carrier oil for topical application. 1-2 drops in a glass of water for an oral rinse. To ingest: only in very dilute amounts at 1 drop in at least 8-16oz ounces of fluid or add 1driop in food as a flavor enhancer. Since it can burn or irritate mucous membranes when undiluted, it is preferred that you consume a high quality spice instead

**Precautions**: Do not use if pregnant. Very powerful and concentrated. Use only in very diluted form. Can cause allergic reactions. Can burn or irritate skin and mucous membranes when used undiluted.

**Price:** $6.50

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| **COPAIBA (BALSAM )** |
| Aromatherapy | Topical | Oral | Internal |
| CalmingLightens spiritImproves moodCan relieve congestion | Strong anti-inflammatory that can relieve a wide variety of inflammatory conditionsAstringent – tightens skinPotent antiseptic especially against bacteria - treats and heals skinTreats acneStrong neuro-protective agent and pain killer – may block pain stimulus by sensory neurons  | Helps prevent cavities and tooth decay | May help lower blood pressureDiuretic, flushes toxins, cleanses body |

**Copaiba** (*Copaifera officinalis*)is known for its potent anti-inflammatory and antiseptic properties

**Primary active compounds**: bets-caryophyllene, bergamotene, beta-elemene, alpha-copaene, delta-elemene, alpha-humulene, germacrene D, beta-bisabolene, delta-cadinene

**Aroma**: light, warm, sweet, woody balsam

**Source:** steam distilled tree resin **Origin:** Brazil

**How to use**: Dilute with equal parts of a carrier oil for topical application. Use 1 drop in a glass of water for an oral rinse

or added to an oral oil pulling. To ingest: add 1 drop in at least 8-16oz ounces of fluid or add 1driop in food as a flavor enhancer**.**

**Precautions**: Do not use if pregnant or nursing. Consult physician before use if taking medications, especially lithium or NSAIDs. Do not use in excess. May cause skin sensitivity. Allergies can occur but are rare.

**Price:** $15.00

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| **CYPRESS** |
| Aromatherapy | Topical | Oral | Internal |
| Improves lung efficacyTones respiratory systemSedative, calmingRelieves nervous stress and anxietyTreats respiratory spasms, asthma, bronchitis | Astringent – tightens loose skinPromotes wound healing by promoting clotting and by its antiseptic propertiesHemostatic – stops bleedingNatural deodorantSlows hair lossAntispasmodic – treats muscle pulls, cramps, spasmsTreats varicose veins and cellulite Sudorific – promotes sweating cleansing skin |  | Vasoconstrictor – slows blood flowDiuretic, flushes toxins, cleanses body |

**Cypress** (*Cupressus sempervirens*)is used mainly for its benefits to the respiratory system.

**Primary active compounds**: alpha pinene, beta pinene, alpha terpinene, bornyl acetate, delta3-carene, trans-anethol, terpenyl acetate, cadinene, sabinene, beta-mycene, alpha-phellandrene, alpha-thuyene, alpha-fenchene

**Aroma**: spicy, herbaceous, slightly woody evergreen

**Source:** steam distilled needles and twigs **Origin:** France

**How to use**: Can be applied to skin directly, but preferably diluted with a carrier oil at 2-4 drops per teaspoon. Add 5 to 10 drops in a warm bath for a soothing soak. Add 3 drops in shampoo or condition for application to scalp. To ingest: add 1 drop in at least 8-16oz ounces of fluid.

**Precautions**: Do not use if pregnant.

**Price:** $8.50

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| **DRY CRACKED SKIN BLEND** |
| Aromatherapy | Topical | Oral | Internal |
| Calming and relaxingHelps to ease anxietyCan promote positive and spiritual feelingsAntidepressant properties Can calm the mind and improve mood | Promotes and improves skin hydrationRejuvenates skinSmooths and tightens skinSooths and treats cracked, chapped and dry skinAntiseptic and antifungal propertiesAnti-inflammatory properties, calms skin inflammation, allergic reactionsPromotes dead skin cell recycling and new skin cell growthAnti-aging and skin rejuvenation propertiesMay help balance skin oils |  | DO NOT INGEST Antioxidant rich, may improve immune system functionMay improve circulatory blood flow and have positive impacts on the heartStomachic – may ease various stomach ailments such as gas, bloating, refluxMay calm symptoms of colitis, ulcerative colitis, Crohn’s, IBSCan tone and calm the digestive system, speed release of digestive enzymes, relax digestive muscles, ease cramping |

**Dry Cracked Skin Blend** is our unique essential oil combination of **frankincense** (*Boswellia serrata*), **myrrh** (*Commiphora myrrha*), **patchouli dark** (*Pogostemon cablin*), **palmarosa** (*Cymbopogon martini*), **amyris** (*Amyris balsamifera*)and **helichrysum** (*Helichrysum italicum*). This thick viscous blend is packed with oils formulated to treat dry, chapped and cracked skin. This blend also can help with various stomach and digestive issues and may calm and sooth the mind and improve mood.

**Primary active compounds**: same as those found in each of the individual essential oils.

**Aroma**: A mix of earthy, woody, grassy, sweet with floral undertones

**Source and Origin:** refer to each essential oil

**How to use**: Can be applied directly to the skin, but it is recommended to dilute with equal parts of a carrier oil for topical application. Alternatively, add 3-5 drops with a dab of unscented lotion and apply 2-3 times daily. For painful cracked skin, occasionally use a pumice stone to remove the excess cracked dead skin. Add 5-15 drops in a warm bath to treat skin. Apply 2-4 drops directly or mixed with a carrier oil to the stomach area to ease digestive issues. On a personal note, this blend was formulated and tested on myself because of thin dry skin and severe cracked painful skin especially on my heels and fingertips. After 3-4 weeks it has made a tremendous difference.

**Precautions**: Do not use if pregnant. Minor skin sensitivity may occur in some individuals. Do not Ingest as it can cause nausea, vomiting and stomach pain.

**Price:** $19.00

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|  **EUCALYPTUS** |
| Aromatherapy | Topical | Oral | Internal |
| Room freshener and deodorizer, produces ozone when exposed to airTreats mental exhaustionTreats hay fever, congestion, sinusitis, bronchitis, asthma, runny noseKills mold | Antiseptic – protects skin from infectionAnalgesic and anti-inflammatory, treats joint and muscle pain, rheumatism, lumbago, fibrosis, nerve pain, sprained ligaments and tendonsTreats licePotent against acneExcellent fever reducer | Treats sore throatAntiseptic – treats bad breath | Vasodilator – increases blood flow and tissue oxygenationBeneficial in diabeticsConsumption not recommended |

**Eucalyptus** (*Eucalyptus globulus*)is best known for its antiseptic properties and its impacts on the respiratory system.

**Primary active compounds**: eucalyptol, alpha-phellandrene, P-cymene, terpinene, beta-mycrene, pinene, limonene

**Aroma**: herbaceous minty scent with soft woody undertones

**Source:** steam distilled leaves **Origin:** Australia

**How to use**: Can be applied to skin directly, but preferably diluted 3-5 drops per teaspoon carrier oil. Add 10-20 drops in a warm bath for respiratory and pain relief. 3 drops in water for an oral rinse or gargle.

**Precautions**: Do not use if pregnant. Can be toxic in large doses. Can cause airborne contact dermatitis in sensitive individuals. Consumption is not recommended.

**Price:** $6.00

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| **FIR BALSAM** |
| Aromatherapy | Topical | Oral | Internal |
| Grounding, empoweringMind stimulantImproves respiratory functionTreats sore throats and bronchial tubesDecongestant  | Strong antiseptic – helps wounds heal and prevents infectionsSoothes and relaxes painful, sore musclesIncreases blood flow to the skinPromotes sweatingHelps eliminate body odor |  | Increases metabolismStimulates liver functionTriggers body to detoxify flushing toxins from many internal systemsShows promise as being cytotoxic to certain types of cancer cellsMay aid with bone repair and osteoporosis |

**Fir Needle** (*Abies balsamea*)historically has been used for its body cleansing and healing properties.

**Primary active compounds**: alpha-pinene, beta-pinene, beta-phellandrene, camphene, beta-myrcene, limonene, terpinolene, santene, longifolene, bornyl acetate, alpha-terpineol

**Aroma**: woody earthy pine-like

**Source:** steam distilled needles.

**Origin:** Canada - **Certified Organic**

**How to use**: Do not apply directly to the skin. Dilute with equal parts of a carrier oil for topical application. This oil is primarily used for aromatherapy or externally. However, it can be ingested. If consuming, use only 1 drop in at least 8 -16 ounces of a drink. This is an excellent oil to add to cleaning solutions.

**Precautions**: Do not use if pregnant. Do not apply directly to the skin as it can cause skin irritation. Douglas fir is not a substitute for balsam fir needle. Douglas fir is not a true fir. It belongs to a different evergreen genus and has different medicinal properties.

**Price:** $15.00

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| **FRANKINCENSE** |
| Aromatherapy | Topical | Oral | Internal |
| Treats stress reactionsTreats anxiety, negative emotionsAntidepressant  | Strengthens skin, anti-agingImproves skin tone and elasticityFades stretch marks and scarsHeals cracked and dry skinBlood thinner – improves blood circulation to skinAnti-inflammatory |  | Enhances immune system against viruses, bacteria and cancerBalances hormone levelsRegulates estrogen and menstruationReduces symptoms of menopause and PMSReduces symptoms of colitis, ulcerative colitis, Crohn’s, IBSTones digestive system, speeds release of digestive enzymes, relaxes digestive muscles |

**Frankincense** (*Boswellia serrata*)is native to India and is historically used for its impact on overall digestive system health.

**Primary active compounds**: alpha thuyene, alpha-pinene, terpinolene, sabinene, delta3-carene, cyonene, terpinene, alpha-phellandrene, estragol, pinadiene, beta-bourbonene

**Aroma**: rich woody earthy

**Source:** steam distilled tree resin **Origin:** India

**How to use**: Can be applied to skin directly, but preferably diluted with a carrier oil at 1-4 drops per teaspoon. To ingest: add 1 drop in at least 8-16oz ounces of fluid. Rub 2-3 drops on the stomach area to promote digestive health.

**Precautions**: Do not use if pregnant. Thins blood so do not use if you have clotting issues. Minor skin sensitivity in some individuals.

**Price:** $8.50

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| **GERANIUM** |
| Aromatherapy | Topical | Oral | Internal |
| Treats stress Antidepressant Microglial cell stimulant Can improve mental functionMay protect against development of dementia and Alzheimer’s | Astringent used for wrinkle reduction, skin tightener, and muscle toneSpeeds fading of scars, spots and stretch marksPowerful cicatrisant increasing blood flow just below the skinInduces blood clotting and speeds wound healingPromotes skin cell growth and regeneration and recycling of dead skin cellsNatural body deodorant as it exits body through sweatPositive effects on dermatitis, eczema, neuralgia |  | Diuretic, flushes toxins, cleanses bodyKills some types of intestinal worms (vermifuge)Influences and balances hormone levelsTreats post-menopausal syndromePrevents neural degeneration |

**Geranium** (*Pelargonium graveolens*)is used principally for overall skin health and improving brain function.

**Primary active compounds**: menthone, linalool, geranyl formiate, citronellol, geraniol, geranyl butyrate, isomenthone, citronellyl formiate, beta-bourbonene, beta-caryophyllene, rose oxide, delta-cadinene, sesquiterpene, germacrene D

**Aroma**: strong floral with a hint of mint

**Source:** steam distilled leaves and flowers **Origin:** China

**How to use**: Can be applied directly to skin, but it is recommended to use up to 5 drops per teaspoon of a carrier oil for topical application. To ingest: add 1 drop in at least 8-16oz ounces of fluid.

**Precautions**: Do not use if pregnant or breast feeding. No toxic side effects been reported, but it may irritate skin for some individuals.

**Price:** $13.50

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| **GRAPEFRUIT (pink)** |
| Aromatherapy | Topical | Oral | Internal |
| Antidepressant - uplifting Reduces sugar cravingsAir freshener, deodorizerIncreases mental focusAppetite suppressant | Antiseptic – protects skin from infectionsCleanses skinTreats oily skin |  | Antioxidant rich, boosts immune system, fights free radicalsTreats digestive and urinary system infectionsDiuretic – flushes toxins, cleanses bodyHelps lower blood pressureLymphatic system regulation and booster – improves symptoms of rheumatism, gout, arthritis, renal calculiStimulates liver and gall bladder functions |

**Grapefruit** (*Citrus racemosa*)is known for increasing metabolism and its benefits in assisting with weight loss.

**Primary active compounds**: limonene, alpha pinene, myrcene, decanol, octanal, sabinene, beta-caryophyllene, beta-phellandrene

**Aroma**: just like the fruit

**Source:** cold pressed grapefruit peels

**Origin:** U.S.A. – **Pure Therapeutic Grade and** **Food use Certified**

**How to use**: Can be applied directly to skin, but it is recommended to dilute with equal parts of a carrier oil for topical application. To ingest: add 1-2 drops in 8-16oz ounces of fluid or use as a flavor enhancer in food.

**Precautions**: Do not use if pregnant. Photo-toxic thus avoid prolonged sun exposure. May interfere with the absorption of some medications, consult a pharmacist.

**Price:** $9.00

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| **HELICHRYSUM** |
| Aromatherapy | Topical | Oral | Internal |
| Warming, uplifting, calming.Can ease insomnia Can help treat allergiesAntispasmodic -can help ease cough, breathlessness, respiratory spasmsMucolytic – thins mucus, eases coughs, Helps treat coldsExpectorantCan help reduce anxiety and stress | Potent anti-inflammatory properties, acts like a corticoid steroidCalms skin inflammation, allergic reactions, hivesAids in wound healing, promotes dead cell recycling, stimulates new cell growthAntimicrobial – helps treat various skin infection such as acne, pox, boils Helps treat cuts and other woundsNervine – strengthens and protects the nervous systemHelps prevent cracking and dehydrationMay treat hyperkeratosisCan soothe hemorrhoidsAnti-fungal properties |  | Antioxidant rich, boosts immune system, fights free radicalsStrong anticoagulants aid in heart health and help reduce accumulation of blood clotsCholagogic – promotes proper digestionAntispasmodic – calms digestive system, eases cramping, swelling, painHepatic – soothes, protects and regulates the liver |

**Helichrysum** (*Helichrysum italicum*)is also known as the everlasting or immortal essential oil and has been used in traditional Mediterranean medicine for thousands of years. It is renowned for its impacts on skin and heart health.

**Primary active compounds**: limonene, italidione, alpha pinene, gamma- curcumene, neryl acetate, beta-selinene, alpha-selinene, alpha-curcumene, isoamyl angelate, sesquiterpene, italicene, beta-caryophyllene,

**Aroma**: complex, powerful, sweet, herbaceous, woody, earthy

**Source:** steam distilled flowers **Origin:** Slovenia

**How to use**: Can be applied directly to skin, but it is recommended to dilute with equal parts of a carrier oil for topical application. To ingest: add 1 drop in at least 8-16oz ounces of fluid or add 1driop in food as a flavor enhancer**.**

**Precautions**: Do not use if pregnant. Nontoxic, non-irritating. But always do a spot test for topical application. Avoid use if you are taking blood thinners, have increased chances of hemorrhaging or have recently undergone surgery.

**Price:** $90.00 **5ml Bottle:** $50.00

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| **JASMINE GRANDIFLORUM** |
| Aromatherapy | Topical | Oral | Internal |
| Treats depression by triggering serotonin releaseTreats and relaxes respiratory spasms such as asthma, breathlessnessSedative – relieves stress, anxiety, angerIncreases brain activityAphrodisiac – increases arousal | Antiseptic propertiesCicatrizant – fades scars and stretch marksRevitalizes skin, treats dry skin |  | Emmenagogue – regulates mensesPromotes uterine health and proper hormone secretionDecreases PMS and menopause symptomsDiuretic, flushes toxins and lowers blood pressureFacilitates lactationPromotes and eases childbirthEases postpartum symptoms |

**Jasmine** (*Jasminum grandiflorum*)is used mainly for uterine health and hormonal balance.

**Primary active compounds**: Benzyl benzoate, benzyl acetate, linalool, Z-jasmone, isophytol, eugenol, methyl palmitate, indole, phytyl acetate, geranyllinalol, methyl linolenate, phytol, palmitic acid, methyl jasmonate, squalene, epoxysqualene, linolenic acid

**Aroma**: like the flower **Origin:** India

**Source:** Jasmine essential oil is obtained from the flowers by solvent extraction. It then undergoes an alcohol distillation to remove the solvent followed by a steam distillation to remove the alcohol.

**How to use**: FOR TOPICAL USE ONLY. This is an absolute essential oil that has been suspended in jojoba oil. Shake well before use. Apply to facial area for aromatherapy effects.

**Precautions**: Do not use if pregnant unless you are within a couple of days of your due date. Can irritate skin in some individuals. Do not consume.

**Price 10ml Roll-on bottle:** $26.00

We will be offering this essential oil undiluted in the future.



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| **JUNIPER BERRY** |
| Aromatherapy | Topical | Oral | Internal |
| StimulantTreats fatigue, depression, dizzinessIncreases secretions from endocrine and exocrine glandsAir deodorizerInsect repellentAntispasmodic – treats spasms in respiratory tract | Insect repellentAstringent – firms skin, tightens loose musclesStrong rubefacient: increases blood flow to and oxygenates skinPromotes sweating cleansing pores, sweat and sebum glandsStops hair lossAntispasmodic – treats cramps in muscles and the digestive tractStrong antiseptic to treat wounds | Aids gum healthTreats tooth aches | Carminative – treats and prevents gas, bloating, acid refluxPromotes overall stomach health and functionDepurative – effectively removes toxins and impurities from blood Diuretic, flushes toxins and lowers blood pressurePowerful detoxifier – high levels of flavonoid and polyphenol antioxidantsAntirheumatic – promotes and improves blood circulationHelps treat arthritis, gout, renal calculiIncreases activity of excretory, digestive and nervous systems |

**Juniper Berry** (*Juniperus communis*)is used mainly for its depurative (detoxifying) effects on the body.

**Primary active compounds**: cembrene, alpha-pinene, beta-pinene, sabinene, beta-mycrene, limonene, terpinene, terpinolene, germacrene, cadinene, cedrol, elemol, murolene, beta-elemene, delta3-carene, geranylgeraniadiene

**Aroma**: fresh, balsamic, sweet, woody, pine-like

**Source:** steam distilled berries **Origin:** India

**How to use**: For topical application, up to 15% in a carrier oil. Add 3-5 drops in shampoo or condition for application to scalp. To ingest: add 1-2 drops in 8-16oz ounces of fluid or add 1driop in food as a flavor enhancer**.**

**Precautions**: Do not use if pregnant or if you have kidney problems.

**Price:** $18.00

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| **LAVENDER (Bulgarian and French)** |
| Aromatherapy | Topical | Oral | Internal |
| Treats insomnia, promotes sleepCalming, soothingAlleviates headachesTreats depression, emotional stressProvides respiratory relief for many common respiratory issuesMay promote brain function and treat PTSD | Insect repellent, moths, mosquitoes Treats bug bites, liceTreats hair loss, especially alopeciaMuscular pain reliefStrong acne treatmentHelps wounds heal, promotes scar tissue Anti-inflammatory, treats psoriasis, other inflammatory skin conditions |  | Aids digestion – stimulates bile and gastric juices, increases mobility of food in intestinesMay treat many of the issues that cause diabetes Improves coronary circulation, lowers blood pressure, treats hypertension |

**Lavender Bulgarian** (*Lavandula augustifolia)*

**Lavender French** (*Lavandula hybrida*)

Lavender is best known for its calming, stress relieving effects and for treating insomnia.

**Primary active compounds**: ocimene, octanone, beta-caryophyllene, octenyl acetate, octanol, terpinene, lavandulyl acetate, linalool, farnesene, linalyl acetate, lavandulol, alpha-terpineol

**Aroma**: Bulgarian – rich lavender floral. French – sharp lavender floral

**Source:** steam distilled flowers **Origin:** Bulgaria, France

**How to use**: Can be applied directly to skin, but it is recommended to dilute with equal parts of a carrier oil for topical application. To ingest: 1-2 drops in an 8-16 ounce drink or to food. Can be used in baking or added to candies. Add a few drops to shampoo or condition for application to the scalp. For headaches, apply 2-4 drops to the sole of the foot.

**Precautions**: Do not use if pregnant. Can cause sensitivity with prolonged use in high concentrations.

**Price:** $14.00 – Bulgarian or French **Roll-on bottle** - $16.00

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| **LEMONGRASS** |
| Aromatherapy | Topical | Oral | Internal |
| Sedative – calmingAntidepressantBoosts self-esteem, hope, confidenceNatural deodorantInsect repellentEases Parkinson’s and Alzheimer’sImproves sluggishness and reflexes | Antimicrobial both internal and externalReduces fevers Analgesic reducing muscular pain and cramps and menstrual crampsStrengthens nerves and treats nervous conditions, shaking, vertigoTreats edemaAstringent – tones uplifts and firms skinNatural deodorant Insect repellent especially lice and ticksSlows hair loss, strengthens follicles  |  | Lowers cholesterolPromotes lactation and transfers anti-microbial compounds to baby in breast milkDiuretic, flushes toxins, cleanses bodyImpedes growth and induces apoptosis of certain cancer cells Improves digestion, stimulates proper bowel function, prevents ulcers and ulcerative colitisOptimizes insulin levels, improves glucose toleranceStimulates cell regeneration and DNA synthesisSupports thymus gland function and WBC productionCombats obesity, promotes stored fat use and fatty acid oxidation |

**Lemongrass** (*Cymbopogon flexuosus*)is widely used for relief of muscle pain and supporting proper digestion.

**Primary active compounds**: neral, geranial, epiphotocitral, hepten-**one-methyl, beta-caryophyllene, geranyl acetate, geraniol, cubebol,** isoeugenol, citronellal, linalool, camphene

**Aroma**: earthy, grassy, lemon-like citrus

**Source:** steam distilled leaves **Origin:** India

**How to use**: Can be applied directly to skin, but it is recommended to dilute with equal parts of a carrier oil for topical application. To ingest: 1-2 drops in a drink, tea, soup, or any food to flavor. Preferred usage is to consume. Take care when diffusing for aromatherapy (see precautions).

**Precautions**: Do not use if pregnant. Some may experience side effects in aromatherapy or skin irritation in high concentrations.

**Price:** $5.50

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| **LEMON** |
| Aromatherapy | Topical | Oral | Internal |
| Improves neurologic activityLifts mood, fights depression, increases dopamine levelsTreats morning sickness | Improves skin complexion, suppleness, lusterPowerful antiseptic, antimicrobial and disinfectant – treats wounds and prevents skin infectionsReduces oily skinNourishes skin | Whitens teethAntiseptic – treats bad breath |  Promotes weight loss, increases metabolismProvides immune support, WBC stimulant, promotes lymphatic drainageReduces sciatic nerve damageMay reverse diabetic neuropathyTreats indigestion, stomach acidity, cramps |

**Lemon** (*Citrus limonum*)is used mainly for its skin nourishing properties and for supporting metabolism.

**Primary active compounds**: alpha-pinene, gernyl acetate, beta-pinene, sabinene, myrcene, gamma-terpinene, alpha-thuyene, beta-bisabolene, limonene, trans-alpha-bergamotene, geranial, neral, neryl acetate

**Aroma**: just like the fruit

**Source:** cold pressed lemon peel

**Origin:** Italy – **Pure Therapeutic Grade and** **Food use Certified**

**How to use**: Can be applied directly to skin, but it is recommended to dilute with equal parts of a carrier oil for topical application. To ingest: 1-2 drops in 8-16oz ounces of fluid or add 1driop in food as a flavor enhancer**.** Consumption 3x daily can promote weight loss.

**Precautions**: Do not use if pregnant. Can cause sensitivity with prolonged use. Photo-toxic, avoid prolonged sun exposure

**Price:** $6.00

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| **LIME** |
| Aromatherapy | Topical | Oral | Internal |
| May stimulate appetiteDisinfectantEnergizing | Astringent – tones muscles, skin, tissuesPowerful antiseptic – treats wounds, prevents skin infectionsCoagulant – helps slow bleeding | Treats toothachesTightens gums | May treat internal bacterial infectionsHelps reduce feversPossible antiviral properties |

**Lime** (*Citrus aurantifolia*)is used mainly for its antiseptic properties.

**Primary active compounds**: alpha-pinene, beta-pinene, gamma-terpinene, beta-bisabolene, limonene, terpineol, 1,4-cineole, terpinolene

**Aroma**: just like the fruit

**Source:** cold pressed lime peel

**Origin:** Italy - **Pure Therapeutic Grade and** **Food use Certified**

**How to use**: Can be applied directly to skin, but it is recommended to dilute with equal parts of a carrier oil for topical application. Mix 2 drops in a glass of water for an oral rinse. To ingest: 1-2 drops in 8-16oz ounces of fluid or add 1driop in food as a flavor enhancer**.**

**Precautions**: Do not use if pregnant. Can cause sensitivity when used in high concentrations. Photo-toxic, avoid prolonged sun exposure.

**Price:** $9.00



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| **MARJORAM (sweet)** |
| Aromatherapy | Topical | Oral | Internal |
| Relaxant, calmingExpectorant | Antispasmodic – relieves muscle tension and spasmsRelieves tension headachesAntibacterial and antifungal propertiesHas anti-inflammatory properties |  | Stimulates sympathetic and parasympathetic nervous systemAids digestion, stimulates peristaltic movement of intestinesCalms nausea, gas, cramps, diarrhea, constipationMay prevent and heal gastric ulcersHelps female hormone balance, regulates menstrual cycleImproves PCOS (polycystic ovarian syndrome)Helps manage blood sugar levels especially type 2 diabetesVasodilator – helps improve blood flow and lower blood pressure |

**Marjoram** (*Origanum marjorana*)is used primarily for its antispasmodic and calming effects.

**Primary active compounds**: terpinene, thuyanol, sabinene, terpinolene, terpineol, linalyl acetate, beta-caryophyllene, E-solanone, bicyclogermacrene, p-cymene, beta-phellandrene, alpha-thuyene, limonene,

**Aroma**: warm, spicy, camphorous with a hint of nutmeg

**Source:** steam distilled flowers and leaves **Origin:** Spain

**How to use**: It can be applied directly to skin, but it is recommended to mix 1-2 drops with 1 tablespoon of a carrier oil for topical application. To ingest: 1 drop in at least 8-16oz ounces of fluid or add 1driop in food such as soup or a stew as a flavor enhancer.

**Precautions**: Do not use if pregnant. Some may experience irritation when applied to skin. Avoid use if you have bleeding disorders, slow heart rate, seizures, or gastrointestinal or urinary tract obstructions.

**Price:** $9.00

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| **MEDIEVAL MAGIC EO BLEND** |
| Aromatherapy | Topical | Oral | Internal |
| Expectorant – congestion reliefHelps fight respiratory infectionsTreats sore throats and bronchitisDisinfectant | Strong analgesic and anti-inflammatory – provides pain relief for a wide variety of conditionsFever reductionStrong antiseptic and antioxidant properties for treating and protecting skinTreats psoriasis and eczemaDisinfectant for cuts and woundsReduces pain, irritation and swelling of cold and canker soresSoothes insect bites/stings | Improves gum healthTreats toothaches, gum pain, dental pain, mouth ulcersAntiseptic – treats bad breath | Supports and strengthens the immune system with antimicrobial and antioxidant activitiesBoosts digestionHelps balance gut bacteria |

**Medieval Magic** is a classic blend of 5 essential oils originally used

 in the Middle Ages to protect individuals from contracting the plague. It is a combination of **clove bud** (*Syzygium aromaticum L*.), **lemon** (*Citrus limonum*), **cinnamon bark** (*Cinnamomum zylanicum*), **eucalyptus** (*Eucalyptus globulus*) and **rosemary** (*Rosmarinus officinalis*) essential oils. It is most notable for strengthening the immune and respiratory systems and for its antimicrobial properties.

**Primary active compounds:** same as those found in each of the individual essential oils.

**Aroma**: strong spicy scent with camphorous, herbaceous and lemon undertones

**Source and Origin:** refer to each essential oil

**How to use**: Dilute with a carrier oil at 1-3 drops per tablespoon for application to the skin. For an oral rinse or gargle 1-2 drops per glass of water. Add 1 drop on your toothpaste for oral health. To ingest: not recommended, but only in very diluted form at 1 drop in at least 8 ounces of a drink.

**Precautions**: Do not use if pregnant. May irritate or cause a burning sensation to skin or mucosa when applied to skin or ingested without diluting.

**Price:** $18.50

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| **MYRRH** |
| Aromatherapy | Topical | Oral | Internal |
| Relieves congestionReduces phlegm in respiratory tract (anti-catarrhal)Stimulates brain activityTreats hay feverPromotes spiritual feelingsRelaxing | Smoothes chapped and dry skinAntifungal propertiesInhibits microbial growth (antiseptic)Treats ringworm and acneAstringent –tightens skin, muscles and hair folliclesPotent antioxidant activity – blocks oxidative stress and cellular damageAnti-aging and skin rejuvenation propertiesPromotes sweating cleansing pores |  | Stomachic – promotes overall stomach healthStimulates pumping action of the heartIncreases blood circulationStimulates nervous system activityAids digestionProtects liverTreats hypothyrodismPotent antioxidant – blocks oxidative stress and cellular damageReduces replication of certain cancer cells |

**Myrrh** (*Commiphora myrrha*)has traditionally been used

for promoting spiritual feelings and as an anointing oil.

**Primary active compounds**: curzerene, furanoeudesmadiene, lindestrene, elemene, germacrene, elemenone, acetyl-epoxygermacratetraene, curzerenic ester

**Aroma**: warm smoky balsamic

**Source:** steam distilled resin **Origin:** India

**How to use**: This is a thick, viscous liquid similar in consistency to molasses. For easier dispensing, warm the contents of the bottle either by holding it in your hand for 10-15 minutes or by sealing it in a plastic bag, remove the air, place it in a cup of warm water for 10-15 minutes and then dispense. You can also remove the dropper insert and use a toothpick to remove the quantity desired. It can be applied directly to skin, but it is recommended to dilute with equal parts of a carrier oil for topical application. To ingest: 1 drop in at least 8-16oz ounces of fluid.

**Precautions**: Do not use if pregnant. Some may experience side effects or skin irritation in high concentrations. Can be toxic when used in excess. It may cause stomach upset and diarrhea when ingested. Not recommended if you are using anti-coagulants. Discuss use with a physician if you have heart irregularities.

**Price:** $9.50

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| **NUTMEG** |
| Aromatherapy | Topical | Oral | Internal |
| Promotes sleep Impacts neurotransmitters in the brain Can enhance memory and concentrationMay treat Parkinson’s and Alzheimer’sCan reduce stress anxiety and exhaustionCan reduce congestion and cold symptomsMay help with asthma | Antiseptic Anti-inflammatory, may improve arthritis, rheumatism, gout, muscle pain | Treats bad breath, toothaches, aching gums | Helps alleviate digestive issues, gas, leaky gut, diarrhea, nausea, vomiting Stimulates appetiteSoothes menstrual crampsMay improve circulation and blood flowCan improve liver and kidney health, eliminating toxins and uric acidMay improve gout and joint inflammation |

**Nutmeg** (*Myristica fragrans*)is used primarily for treating digestive issues and increasing brain power. It also is used widely in the food and cosmetic industries. The spice is a favorite addition to many foods. One drop of nutmeg essential oil is equivalent to ½ teaspoon of the dried ground spice. Use nutmeg essential oil sparingly as you would use the dried spice. Excess use can cause toxicity (see precautions).

**Primary active compounds**: sabinene, myristicin, alpha-pinene, beta-pinene, terpinene, gamma-terpinene, limonene, beta-myrcene, alpha-terpinene, beta-phellandrene, terpinolene, safrole, elemicin

**Aroma**: spicy, woody, slightly musky, just like the spice

**Source:** steam distilled seed **Origin:** Sri Lanka – **Certified Organic**

**How to use**: For topical application, mix with a carrier oil at 2-3 drops essential oil in 1 tablespoon carrier oil. 8-10 drops can be added to a bath. For oral hygiene, add 1 drop to your toothpaste. For a gargle-oral rinse use 2 drops of nutmeg or mix 1 drop of cinnamon bark and 1 drop of nutmeg in 2 ounces of water or mouthwash for oral hygiene. To ingest: Add 1 drop in at least 16 ounces of a drink or as a flavor enhancer in food. However, it is recommended to use fresh high quality nutmeg spice instead.

**Precautions**: Do not use if pregnant. Some individuals may experience skin irritation when used topically. Do not use in excess. Excess use can cause toxicity. Toxicity can lead to increased heart rate, nausea, vomiting, seizures, hallucinations, pain, mood or behavioral changes, convulsions, delirium, visual impairment.

**Price:** $12.75

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| **ORANGE** |
| Aromatherapy | Topical | Oral | Internal |
| Reduces anxiety and angerAntidepressantImproves cognitive function even in Alzheimer’sUplifting and calming | Antispasmodic – relieves neural and muscular spasmsAntiseptic Strong anti-inflammatorySlows rate of skin damage, conditions skin |  | Supports immune function – powerful antioxidant blocks oxidative stress and cellular damageImproves blood flow, reduces blood pressure, relieves hypertensionMay stop growth and proliferation of certain cancer cells |

**Orange** (*Citrus sinensis*)is most known for its powerful antioxidant properties.

**Primary active compounds**: geranial, myrcene, limonene, linalool, neral, beta-phellandrene, decanal

**Aroma**: just like the fruit **Source:** cold pressed orange peel

**Origin:** U.S.A. - **Pure Therapeutic Grade and** **Food use Certified**

**How to use**: Can be applied directly to skin, but it is recommended to dilute with equal parts of a carrier oil for topical application. To ingest: 1-2 drops in 8-16oz ounces of fluid or add 1driop in food as a flavor enhancer**.**

**Precautions**: Do not use if pregnant. Photo-toxic, avoid prolonged sun exposure

**Price:** $5.50

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| **OREGANO** |
| Aromatherapy | Topical | Oral | Internal |
| ExpectorantSedative and calmingPromotes sleepCalms hypersensitive and allergic reactions | Strong antifungal – treats athlete’s foot and toenail fungusPotent antiseptic and antibacterial – treats wounds General anti-inflammatoryStrong antioxidant properties – combats oxidative stress and cellular damageTreats earaches | Treats toothaches | Immune function – blocks oxidative stress and stimulates WBC production and functionRelaxes muscles of the GI tract, aids digestionBalances gut bacteriaHelps treat SIBO (small intestinal bacterial overgrowth) and intestinal candidaHelps manage IBDMay reduce side effects of certain drugs such as oral iron therapy and methotrexate |

**Oregano** (*Origanum vulgare L*.)is mainly used for its antimicrobial properties.

**Primary active compounds**: carvacrol, thymol, cymene, beta-caryophyllene, alpha-pinene, alpha-thuyene, linalool, beta-myrcene, terpinene

**Aroma**: just like the herb

**Source:** steam distilled leaves and stems

**Origin:** Italy – **Certified Organic**

**How to use**: Can be applied directly to skin, but it is recommended to mix with a carrier oil at 3-5 drops per teaspoon for topical application. To ingest: 1 drop in 8-16oz ounces of fluid or add 1driop in food such as pasta sauce as a flavor enhancer**.** Several drops in a footbath to treat athlete’s foot. Combine with tea tree oil for stubborn toenail fungus (1 drop on each nail). For an oral rinse mix 2 drops in a small glass of water.

**Precautions**: Do not use if pregnant. May cause skin reactions in high doses or concentrations. May cause allergic reactions for some individuals.

**Price:** $12.00



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| **PAIN & NEUROPATHY BLEND** |
| Aromatherapy | Topical | Oral | Internal |
| Relaxant and calmingSedativeAnti-convulsiveAnti-depressantHelps treat mental fatigue and improves focus | Antispasmodic – relieves spasms and cramps, relaxes nervesNeuro-protective and pain killer – may block pain stimuli from sensory neuronsPotent analgesics and anti-inflammatories help ease a variety of painful and inflammatory skin, muscle and joint conditions Helps heal nerve tissue increasing production of nerve growth factorStrengthens nerves and helps maintain nerve healthCan relieve and treat many nervous conditionsHelps to relieve neuralgiaAntiseptic – treats wounds and other skin infections |  | DO NOT INGESTVasodilators and Anticoagulants – boosts circulatory system activityCan help lower blood pressureCan disperse and help reduce accumulation of blood clotsAntioxidant rich stimulates the immune systemSupports thymus gland and WBC production |

**Pain & Neuropathy Blend** is our second generation of Pain Reduction blend with the addition of the potent nervines, anticoagulants and analgesics helichrysum, wintergreen and palo santo. This essential oil blend focuses further on the nervous system to help calm, soothe, repair, strengthen, and heal the nerves. It combines the nervine and analgesic properties of **camphor** (*Cinnamomum camphora*) **copaiba balsam** (*Copaifera officinalis*), **eucalyptus** (*Eucalyptus globulus*), **clary sage** (*Salvia sclerea*) **lemongrass** (*Cymbopogon flexuosus*), **rosemary** (*Rosmarinus officinalis L),* **palo santo** (*Bursea graveolens*), **helichrysum** (*Helichrysum italicum*), **ylang ylang #1** (*Cananga ordorata)*, **vetiver** (*Vetiveria zizanoides*) and **wintergreen** (*Gaultheria procumbens*) essential oils. This blend is an excellent choice for soothing and reducing pain and cramps in muscles, joints, nerves, tendons and ligaments. It also can help relieve pain and repair nerves due to neuropathy.

**Primary active compounds:** same as those found in each of the individual essential oils.

**Aroma**: earthy, camphorous, herbaceous

**Source and Origin:** refer to each essential oil

**How to use**: Primarily for topical application at sites of pain and neuropathy. It is recommended to dilute with equal parts of a carrier oil for topical application. Can be applied up to 3 times daily. Add several drops to a bath to help relieve painful and inflammatory conditions.

**Precautions**: DO NOT INGEST. Do not use if pregnant. May irritate skin when applied topically undiluted.

**Price:** $25.00

Also available in a **10ml Roll-on bottle** diluted 1:1 in fractionated coconut oil. For topical application only. Shake well before use. Roll directly on painful areas up to 3 times daily.

**Price:** $20.00

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| **PAIN REDUCTION BLEND** |
| Aromatherapy | Topical | Oral | Internal |
| Relaxant and calmingSedativeAnti-convulsiveAnti-depressantHelps treat mental fatigue and improves focus | Antispasmodic – relieves spasms and cramps, relaxes nervesNeuro-protective and pain killer – may block pain stimuli from sensory neuronsAnalgesics and anti-inflammatories help ease a variety of painful and inflammatory skin, muscle and joint conditions Helps heal nerve tissue increasing production of nerve growth factorStrengthens nerves and helps maintain nerve healthCan relieve and treat many nervous conditionsAntiseptic – treats wounds and other skin infections |  | DO NOT INGESTVasodilators and Anticoagulants – boosts circulatory system activityCan help lower blood pressureAntioxidants stimulates the immune systemSupports thymus gland and WBC production |

**Pain Reduction** is our unique essential oil blend focused on the nervous system to help calm, soothe, repair, strengthen, and heal the nerves. This blend can help relieve pain caused by a wide variety of conditions. It combines the nervine and analgesic properties of **camphor** (*Cinnamomum camphora*) **copaiba balsam** (*Copaifera officinalis*), **eucalyptus** (*Eucalyptus globulus*), **clary sage** (*Salvia sclerea*) **lemongrass** (*Cymbopogon flexuosus*), **rosemary** (*Rosmarinus officinalis L),* **ylang ylang #1** (*Cananga ordorata)* and **vetiver** (*Vetiveria zizanoides*) essential oils. This blend is a good choice for soothing and reducing pain and cramps in muscles, joints, nerves, tendons and ligaments.

**Primary active compounds:** same as those found in each of the individual essential oils.

**Aroma**: earthy, camphorous, herbaceous

**Source and Origin:** refer to each essential oil

**How to use**: Primarily for topical application at sites of pain. It is recommended to dilute with equal parts of a carrier oil for topical application. Can be applied up to 3 times daily. Add several drops to a bath to help relieve painful and inflammatory conditions.

**Precautions**: DO NOT INGEST. Do not use if pregnant. May irritate skin when applied topically undiluted.

**Price:** $15.00

Also available in a **10ml Roll-on bottle** diluted 1:1 in fractionated coconut oil. For topical application only. Shake well before use. Roll directly on painful areas up to 3 times daily.

**Price:** $15.00

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| **PALMAROSA** |
| Aromatherapy | Topical | Oral | Internal |
| UpliftingRelaxingCalmingCan ease anger, depression, anxiety | Strong antibacterial properties both externally and internallyTreats wounds, antisepticAntifungal and antiviral propertiesPromotes moisture retention in skin cells keeping skin smooth and hydratedMay balance skin oil production |  | Promotes proper digestionAids in nutrient absorptionHelps maintain moisture in tissues improving hydrationPromotes cellular growth and recycling of cellular matter |

**Palmarosa** (*Cymbopogon martini*)is also known as geranium grass, ginger grass or rose grass.and is related to lemongrass and citronella. Palmarosa is most notable for its antimicrobial and hydrating properties. This oil is widely used in India in the cosmetic, pharmaceutical and food flavoring industries.

**Primary active compounds** geraniol, geranyl acetate, farnesol, geranyl caproate, geranial, neral, linalool, trans-beta-ocimene, beta-caryophyllene

**Aroma**: grassy, herbaceous, lemony, spicy, floral

**Source:** steam distilled grass leaves

**Origin:** India – **Certified Organic**

**How to use:** Generally considered safe, non-toxic and non-irritating. It can be applied directly to skin, but it is recommended to mix with a carrier oil for topical application at 5 drops per tablespoon. Add 5-10 drops in a warm bath to treat skin conditions. To ingest: 1 drop in 8-16oz ounces of fluid or add 1driop in food such as pasta sauce as a flavor enhancer**.**

**Precautions**: Do not use if pregnant. Some may experience skin irritation in high concentrations so perform a spot test before topical use.

**Price:** $12.50

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| **PALO SANTO** |
| Aromatherapy | Topical | Oral | Internal |
| Sedative, relaxing, calmingEases anxiety, depressionReduces stressImproves sleep, insomnia and moodGrounding and centeringProvides spiritual supportImpacts histamine release, easing allergies | Nervine – calms nerves and spasmsSoothes chronic pain in joints, muscles, bones, nervesCalms inflammatory responsesCan ease headachesStimulates new skin cell growthCan help slow wrinkling, tighten skin, smooth blemishes and spotsAntioxidant rich – protects cells from oxidative stressInsect repellant especially gnats and mosquitoesEases allergic reactions |  | Antioxidant rich – protects cells from oxidative stressStimulates the immune systemHelps regulate inflammatory responsesShows potential as a cancer treatment alternative |

**Palo Santo** (*Bursea graveolens*)is also known as ‘holy wood’ and related to frankincense and myrrh. Traditionally it has been used in spiritual ceremonies and for its impacts on the health of body and mind. A fruit produced by the tree has the aroma of fennel (anise). The trees are considered sacred and are protected. Only dead wood that has fallen can be collected with permissions for producing the essential oil.

**Primary active compounds** limonene, p-cymene, beta-elemene, alpha-terpineol, beta-bisabolene, carvone, juneol

**Aroma**: complex sweet, clean, woody with nuances of mint, citrus and fennel

**Source:** steam distilled wood **Origin:** Ecuador

**How to use**: Can be applied directly to the skin, but it is recommended to dilute with equal parts of a carrier oil for topical application. Add 5-8 drops in a warm bath to soothe pain and treat skin. To ingest: only in very dilute form. Add only 1 drop in 8-16oz ounces of fluid or add 1driop in food as a flavor enhancer**.**.

**Precautions**: Do not use if pregnant. Some may experience skin irritation in high concentrations. Can cause stomach and digestive issues if consumed in amounts not recommended.

**Price:** $35.00

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| **PATCHOULI (dark)** |
| Aromatherapy | Topical | Oral | Internal |
| Treats anxiety and angerAntidepressantIncreases serotonin and dopamine releaseCalms respiratory hypersensitivity reactionsInsect repellentAnti-fungalAphrodisiac – boosts testosterone and estrogen levelsDeodorizer | Powerful antiseptic – speeds healing of cuts and woundsPromotes skin cell regenerationTreats cracked, chapped and irritated skinTreats eczema, dermatitis, psoriasisAstringent – tones and tightens skin and fades scarsStops hair lossKills and repels insectsAnti-fungal - treats athlete’s foot and dandruffReduces body odorFever reducer |  | DO NOT INGESTAids digestionDiuretic, flushes toxins, cleanses bodyIncreases blood circulationPromotes RBC production and oxygenation of tissues |

**Patchouli** (*Pogostemon cablin*)is most notable for its healing impacts on the skin.

**Primary active compounds** alpha patchoulene, beta patchoulene, alpha guaiene, alpha bulnesene, caryophyllene, norpatchoulenol, patchouli alcohol, seychellene, pogostol, gamma-patchoulene, aciphyllene

**Aroma**: sweet, musky, spicy

**Source:** steam distilled leaves **Origin:** Indonesia

**How to use**: Can be applied directly to skin, but it is recommended to dilute with equal parts of a carrier oil for topical application. Add 10-15 drops in a warm bath to treat skin conditions.

**Precautions**: Do not use if pregnant. Some may experience side effects in aromatherapy or skin irritation in high concentrations.

**Price:** $10.00 **Roll-on Bottle** - $12.00

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| **PEPPERMINT** |
| Aromatherapy | Topical | Oral | Internal |
| Soothes and opens sinuses and respiratory tractEnergizesReduces stressTreats nausea and headaches | Strong analgesic – pain reduction for many conditionsIncreases blood circulation and oxygenation of skinPrevents toe nail fungusFever reducerStimulates hair growth and treats dandruff Relieves itching, cold soresTreats oily skin  | Promotes overall oral healthTreats bad breathRelieves toothaches and teething | Promotes overall stomach healthTreats indigestion, bloating, gasRelaxes smooth muscles of GI tractRelieves IBS, colic |



**Peppermint** (*Mentha arvensis*)is most widely used for its impacts on stomach health and function and for pain relief.

**Primary active compounds** menthol, menthone, 1,8-cineole, methyl acetate, neomenthol, isomenthone, limonene, hexanol ethyl, 3-octanol, isopulegol, pulegone

**Aroma**: strong mint

**Source:** steam distilled leaves and stems **Origin:** Japan

**How to use**: Very concentrated oil so a little goes a long way. Can be applied directly to skin, but it is recommended to mix with a carrier oil for topical application at 1-2 drops per tablespoon. For an oral rinse or gargle 3-5 drops per glass of water. To ingest: use in amounts similar to amounts in candies, foods. 1 drop in an 8-16 ounce glass of tea or a drink. 1 drop on each nail to prevent toenail fungus. Add 1-2 drops to shampoo or conditioner for application to scalp. Apply 1 drop directly to the temple or the back of the neck for headache relief.

**Precautions**: Do not use if pregnant. Some may experience skin irritation, headaches, heartburn. It may interact with some OTC and prescription drugs. Check with a pharmacist or doctor. Interferes with iron absorption.

**Price:** $6.00 **Roll-on Bottle** - $8.00

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| **RESPIRATORY FUNCTION BLEND** |
| Aromatherapy | Topical | Oral | Internal |
| Soothes and opens the entire respiratory tractHelps improve lung efficacy and respiratory functionHelps stimulate and tone the respiratory tractCalms respiratory spasms easing bronchitis, asthma, respiratory seizures, coughingHelps clear congestion Soothes and treats sore throats and bronchial tubesAntimicrobials – help lower microbial load in respiratory tract | Soothes and relaxes painful, sore muscles, cramps, spasmsAntiseptic – treats wounds and infectionsIncreases blood flow and oxygenation of skinNatural deodorant, fights body odorInsect repellent |  | DO NOT INGEST Helps support the circulatory system and regulate blood flow Supports the digestive system and treats a variety of digestive issues |

**Respiratory Function** is our unique essential oil blend to help tone and improve the performance of the entire respiratory system. It combines the potential health benefits and properties of the essential oils **cypress** (*Cupressus sempervirens*) **fir balsam** (*Abies balsamea*), **spearmint** (*Mentha spicata*), **cedarwood** (*Cedrus atlanticus*), **anise star** (*Illicium verum*), **lime** (*Citrus aurantifolia)* and **clove bud** (*Sysygium aromaticum L)*. This blend has a refreshing and soothing minty pine evergreen aroma. It also is a good choice for soothing sore muscles and as a topical antiseptic.

**Primary active compounds:** same as those found in each of the individual essential oils.

**Aroma**: refreshing soothing, minty, pine-like woody, evergreen

**Source and Origin:** refer to each essential oil

**How to use**: Do not apply directly to skin. For topical application, mix with a carrier oil up to a 1:1 ratio. Add a few drops to a bath to soothe muscles, disinfect skin.

**Precautions**: Do not use if pregnant. DO NOT INGEST. May cause skin irritation or skin hypersensitivity when applied topically. Consult physician or pharmacist if you have any bleeding disorders, estrogen-dependent cancers, endometriosis.

**Price:** $15.00

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| **RESPIRATORY RELIEF BLEND** |
| Aromatherapy | Topical | Oral | Internal |
| Soothes and opens sinuses and bronchial tubesPowerful decongestants and expectorants to help clear congestion and reduce runny noseReduces phlegm Antispasmodics to relieve symptoms of bronchitis, asthma, respiratory seizuresSoothes and treats sore throats and bronchial tubes, eases coughingAnti-inflammatory properties help calm allergic and hypersensitivity reactions and hay feverAntimicrobials help treat respiratory infections | Antiseptic – treats wounds and other skin infectionsHas anti-fungal propertiesAnalgesic and anti-inflammatory, easing a variety of painful and inflammatory skin, muscle and joint conditionsInsect repellent |  | DO NOT INGEST Vasodilators and circulatory system stimulants may increase blood flow and can reduce blood pressureSupports the digestive system and treats a variety of digestive issues |

**Respiratory Relief** is our essential oil blend to help treat and relieve a wide variety of respiratory issues. It is a wonderfully fragrant and unique combination of **eucalyptus** (*Eucalyptus globulus*) **peppermint** (*Mentha arvensis*), **camphor** (*Cinnamomum camphora*), **cedarwood** (*Cedrus atlantica*) **French lavender** (*Lavandula hybrida* ), **rosemary** (*Rosmarinus officinalis L),*  **basil** (*Ocimum basilicum)* and **myrrh** (*Commiphora myrrha*) essential oils. This blend also is a good choice for soothing sore muscles, joints and other inflammatory conditions, as well as supporting the digestive and circulatory systems.

**Primary active compounds:** same as those found in each of the individual essential oils.

**Aroma**: strong, penetrating, camphorous, minty, with herbaceous back notes

**Source and Origin:** refer to each essential oil

**How to use**: Can be applied directly to skin. However, it is recommended to mix with a carrier oil up to a 1:1 ratio for topical application. Add several drops to a bath to disinfect skin, and to relieve painful and inflammatory conditions. Add 1-3 drops in some lotion on your hand and then rub on your chest like vapor rub.

**Precautions**: DO NOT INGEST. Do not use if pregnant. Some may experience mild allergic reactions or skin irritation when applied topically undiluted. Consult a physician or pharmacist before use if you have epilepsy, heart irregularities or high blood pressure. May interfere with anti-coagulant drugs, ACE inhibitors, diuretics, lithium, iron absorption and OTC drugs.

**Price:** $15.00

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| **ROSE (Bulgarian)** |
| Aromatherapy | Topical | Oral | Internal |
| Treats depressionRelieves stress and anxiety, relaxingAntispasmodic – relieves respiratory spasmsAphrodisiacBoosts confidence and self esteem | AntibacterialTreats acneDampens inflammatory skin reactionsIncreases skin permeabilityTones and tightens skinHelps fade scars and marks |  | Helps regulate hormone productionReduces menstrual crampsImproves menopausal symptomsAid in maintenance of liver healthAntispasmodic – calms and soothes the digestive system |

**Rose** (*Rosa damascena*)is used widely for its emotional and psychological impacts.

**Primary active compounds:** phenylethylic alcohol, citronellol, nonadecane, eugenol, tricosene, farnesol, geranyl, geranial, heptadecane

**Aroma**: like the flower **Origin:** Bulgaria

**Source:** Rose essential oil is obtained from the flowers by solvent extraction. It then undergoes an alcohol distillation to remove the solvent followed by a steam distillation to remove the alcohol.

**How to use**: FOR TOPICAL USE ONLY. This is an absolute essential oil that has been suspended in jojoba oil. Shake well before use. Apply to facial or neck area for aromatherapy effects.

**Precautions**: Do not use if pregnant. Can irritate skin in some individuals when not diluted in a carrier oil. Do not consume.

**Price 10ml Roll-on bottle:** $40.00

We will be offering this essential oil undiluted in the future.

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| **ROSEMARY** |
| Aromatherapy | Topical | Oral | Internal |
| Improves memoryBoosts mental energyTreats mental fatigue and forgetfulnessReduces stress by lowering cortisol levelsTreats respiratory allergies and bronchial asthma | Increases hair growth and fullness and promotes new hair growthSlows hair grayingAnalgesic (pain reduction) for headaches, muscle pain and rheumatism | Anti-bacterial | Enhances gall bladder function and bile production aiding digestionLowers DTH (dihydroxy-testosterone) improving prostate healthHelps heal nerve tissue – increases production of nerve growth factorRelieves gas, bloating, indigestion, constipationLiver detoxifier with potent antioxidant levels similar to goji berriesSupports immune system with potent antioxidant levelsHas shown toxic effects on various cancer cells and cell lines |

**Rosemary** (*Rosmarinus officinalis L*)is most notable for its impacts on the gall bladder and liver and for improving memory.

**Primary active compounds:** carnosol camphor, camphene, borneol, linalool, alpha-terpineol, pinene, alpha fenchene, terpinene, beta myrcene, D limonene, eucalyptol, P cymene, bornyl acetate, beta-caryophyllene, verbenone

**Aroma**: strong, penetrating camphorous and herbaceous with light rosemary undertones

**Source:** steam distilled leaves and stems

**Origin:** Spain - **Certified Organic**

**How to use**: Can be applied directly to skin, but it is recommended to mix with a carrier oil for topical application at 3-5 drops per tablespoon. For an oral rinse or gargle 2-3 drops per glass of water. Can be ingested in very diluted form at 1 drop in at least 8-16oz ounces of fluid or add 1driop in food such as soup or a stew as a flavor enhancer.. Add up to 25 drops to 1 cup of shampoo or condition for application to scalp.

**Precautions**: Do not use if pregnant or nursing. Can cause allergic reactions. Avoid if you have epilepsy or high blood pressure. May interfere with anti-coagulant drugs, ACE inhibitors, diuretics and lithium. Consult a physician or pharmacist before use.

**Price:** $12.50

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| **SAGE (Dalmation)** |
| Aromatherapy | Topical | Oral | Internal |
| Improves cognitive functions, alertnessPromotes calmness, contentednessReduces irritabilityCan help improve capacities related to Alzheimer’s and dementia | Antioxidant rich and a Cicatrisant Slows aging, wrinkles, sagging skinHelps treat spots, blemishes, stretch marks Antiseptic, Antifungal – can cleanse and treat skin conditions Anti-inflammatory, can reduce skin inflammation | Antiseptic and antifungalCan treat and improve oral health | Can help regulate glucose levels and help improve Type 2 diabetes symptomsHelps combat obesityBalances cholesterol level lowering total cholesterol and LDL while increasing HDLCan ease menstrual symptoms associated with lower estrogenAntispasmodic especially in the digestive tractCholagogue and Choleretic – neutralizes stomach acids and promotes bile discharge |

**Sage** (*Salvia offincinalis***)** is related to the mint family. It is very popular in traditional Chinese and Ayurvedic medicine Sage is most notable for its impacts on digestive issues, pain relief especially menstrual problems and memory enhancement.

**Primary active compounds:** beta phellandrene, cineole, camphene, apha pinene, alpha-thuyone, beta thuyone, camphor, camphene, limonene, linalool, pinene, bornyl acetate, bornyl acetate, beta-caryophyllene, alpha humulene, boreneol

**Aroma**: just like the herb - strong, penetrating camphorous and herbaceous

**Source:** steam distilled leaves

**Origin:** Albania - **Certified Organic**

**How to use**: Can be applied directly to skin, but it is recommended to mix with equal parts of a carrier oil for topical application. For an oral rinse or gargle 2-3 drops per glass of water. Can be ingested at 1 drop in at least 8-16oz ounces of fluid or add 1driop in food such as soup or a stew as a flavor enhancer..

**Precautions**: Do not use if pregnant or nursing. Can cause skin irritation in sensitive individuals. Avoid if you are epileptic or hysteric.

**Price:** $12.50

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| **SANDALWOOD (East India)** |
| Aromatherapy | Topical | Oral | Internal |
| Promotes clarity, calmness, relaxationEffects well-being and mental healthImproves alertness, concentration, memoryTreats depression, stressUsed in meditation and prayerGood expectorant | Mild astringent – soothes, tones skinAntiseptic, improves acneImproves eczema, psoriasisTreat dry skinAntiviral properties – provides cold sore relief, treats common wartsProvides relief from mild skin inflammation, irritations, bug bites, itchiness |  | Antispasmodic – soothes and relaxes digestive, nervous and circulatory systemsCan help lower blood pressureHelps treat urinary tract infectionsDiuretic, promotes urination |

**Sandalwood** (*Santalam album Linn*)This essential oil is true east Indian sandalwood sourced from the Mysore region of India. It is most notable for its calming and soothing impacts on the mind and body.

**Primary active compounds:** santalol, bergamotol, santalal, lanceol, nucifeol, santalene

**Aroma**: soft, sweet, rich woody, oriental, balsamic

**Source:** steam distilled wood **Origin:** India – Mysore region

**How to use**: Oil is thick and dispenses slowly. Can be applied directly to skin, but it is recommended to mix with equal parts of a carrier oil for topical application.. To ingest: 1 drop in at least 8-16oz ounces of fluid.

**Precautions**: Do not use if pregnant. Some may experience minor skin irritation when applied topically.

**Price (5ml bottle):** $80.00

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| **SPEARMINT** |
| Aromatherapy | Topical | Oral | Internal |
| Soothes and opens sinuses and respiratory tractSoothing and calmingReduces stress and anxietyRelieves sore throat | Antibacterial – treats wounds and other skin infectionsInsect and pest repellentGood source of antioxidants to combat oxidative stress and cellular damage | Promotes overall oral healthTreats bad breath | Vasodilator – maintains healthy blood pressureTreats indigestion, bloating, gas, upset stomachRelaxes smooth muscles of GI tractAids in hormonal balance especially for polycystic ovary syndromeBalances metabolismStimulates RBC and hemoglobin production due to high iron contentGood source of antioxidants to combat oxidative stress and cellular damage |

**Spearmint** (*Mentha spicata*)is most widely used for its impacts on stomach and oral health.

**Primary active compounds:** carvone, menthol, limonene, alpha-pinene, beta-pinene

**Aroma**: fresh sweet mint

**Source:** steam distilled leaves

**Origin:** China – **Certified Organic**

**How to use**: Can be applied directly to skin, but it is recommended to mix with a carrier oil for topical application at 1-2 drops per teaspoon. For an oral rinse or gargle 2-3 drops per glass of water To ingest: 1 drop in an 8-16 ounce glass of tea or a drink.

**Precautions**: Do not use if pregnant. Some may experience skin irritation or a mild allergic reaction when applied topically.

**Price:** $16.00

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| **SPIRITUAL BLEND** |
| Aromatherapy | Topical | Oral | Internal |
| Affects the limbic system stimulating brain activityPromotes clarity, calmness, relaxation, positive feelingsPromotes well-being and mental healthMay improve cognitive function and creativityCalms depression, stressPromotes spiritual feelings | Can smooth, rejuvenate, tone skin improving elasticity and glowAstringent properties may help improve skin texture, fine lines, wrinkles, blemishes, age spots Antiseptic properties may treat various microbial skin conditionsCan improve dry skinAntioxidants and anti-inflammatories can provide relief from mild skin iirritation, bug bites, itchiness |  | DO NOT INGEST May soothe, calm , tone and relax the digestive systemMay aid in heart and vascular healthMay stimulate the immune system |

**Spiritual** is our unique blend of **Myrrh** (*Commiphora myrrha*), **Frankincense** (*Boswellia serrata*), **Palo Santo** (*Bursea graveolens*) **Sandalwood** (*Santalam album Linn*)and **Amyris** (*Amyris balsamifera*)essential oils. This essential oil blend promotes positive and spiritual feelings. It has effects on the limbic system impacting clarity, calmness, relaxation, cognitive function and creativity, as well as easing depression and stress. Topically, this blend may help to rejuvenate, smooth and improve skin texture and elasticity, as well as help with a wide variety of other skin conditions. Spiritual also may have positive impacts on the digestive, vascular and immune systems.

**Primary active compounds:** same as those found in each of the individual essential oils.

**Aroma**: rich woody, earthy, balsamic with fennel and citrus notes

**Source and Origin:** refer to each essential oil

**How to use**: This essential oil blend has a thick consistency. It can be applied directly to skin, but it is recommended to mix with equal parts of a carrier oil for topical application.

**Precautions**: Do not use if pregnant. Some may experience skin irritation when applied topically without a carrier oil. Do not consume.

**Price:** $32.00



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| **SWEET NIGHT’S SLUMBER BLEND** |
| Aromatherapy | Topical | Oral | Internal |
| Eases insomnia and promotes sleepPromotes clarity, calmness, relaxationEases anxiety, depression, stressCan relieve allergies, asthmaInsect repellant | Antiseptic, anti-microbialAnti-inflammatory – can ease eczema, psoriasis, rashes, skin irritations, allergic reactionsMay ease arthritis, muscle and joint painInsect repellantCan tone and smooth skin, and promote vibrant skin |  | DO NOT INGEST Can improve coronary circulation, lower blood pressure, ease hypertensionMay help digestionMay ease digestive and gastrointestinal issues |

**Sweet Night’s Slumber is** our unique combination of **Roman chamomile** (*Pogostemon cablin*), **Bulgarian lavender** (***Lavandula augustifolia***) **palo santo** (*Bursea graveolens*), **cedarwood atlas** (*Cedrus atlantica*), **ylang ylang #1** (*Cananga odorata*) and **nutmeg** (*Myristica fragrans*) essential oils to promote a restful, peaceful sleep. It is calming and soothing aromatically. It has excellent anti-inflammatory properties to treat skin conditions and reduce pain.

**Primary active compounds:** same as those found in each of the individual essential oils.

**Aroma**: sweet fruity earthy floral with woody and spicy undertones

**Source and Origin:** refer to each essential oil

**How to use**: Can be applied directly to skin, but it is recommended to mix with a carrier oil for topical application at 3-5 drops per teaspoon, especially for sensitive individuals. Add 10-15 drops to a warm bath for calming relaxation or to help treat and soothe skin.

**Precautions**: Do not use if pregnant. Do not consume. Some may experience skin irritation or sensitivity in high concentrations.

**Price:** $35.00

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| **TEA TREE** |
| Aromatherapy | Topical | Oral | Internal |
| Expectorant – congestion reliefBoosts immune systemPowerful anti-fungal, kills mold in homeInsect repellent | Powerful anti-fungal, treats toenail fungus, athlete’s foot, foot odorStrong antimicrobial and antiseptic treats, staph boils, ringworm, dandruff, cold sores, MRSATreats acne as effectively as benzoyl peroxideTreats eczema and reduces psoriasisInsecticide and insect repellenteffective against lice Sudorific – promotes sweating, opens and cleanses poresTreats earachesKills cyst forming viruses such as flu, common coldDisinfectant Powerful antioxidant – improves blemishes and scars, reduces wrinkles, eliminates age spots and beauty marksCicatrizant – speeds wound healing | Reduces gum bleeding and tooth decay | DO NOT INGEST poisonousIncreases blood circulation and hormone secretionVermifuge – kills intestinal worms |

**Tea Tree** (*Melaleuca alternifolia*)is best known for its wide anti-microbial properties.

**Primary active compounds:** alpha pinene, sabinene, alpha-terpinolene, alpha terpinene, limonene, cineole, gamma terpinene, para-cymene, linalool, terpinene-4-ol, alpha-terpineol, aromadendrene, ledene, delta cadinene, alpha-thuyene

**Aroma**: fresh antiseptic medicinal scent with mint and spice back notes

**Source:** steam distilled leaves **Origin:** Australia

**How to use**: Skin and aromatherapy safe. Can be used directly on skin but is recommended to dilute with a carrier oil at 1-5 drops per teaspoon. Use 1 drop every 1-3 days undiluted or mixed with oregano essential oil to treat toenail fungus, ringworm. A drop in the ear to treat earaches. Household cleaner and disinfectant – 8 oz water, 4 oz white vinegar, 15 drops tea tree oil, 15 drops either lemon or grapefruit oil. 3 drops in a glass of water for an oral gargle/rinse.

**Precautions**: Do not use if pregnant. Never ingest as it is poisonous on consumption. May cause minor allergic reaction for some individuals.

**Price:** $6.50

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| **THYME (red)** |
| Aromatherapy | Topical | Oral | Internal |
| Antiseptic – treats respiratory infectionsBug repellent – especially mosquitoes, fleas, lice, bed bugs, moths and beetlesEases stress and anxietyMay help to boost memory and concentrationMay improve vision | Anti-microbial – kill bacteria and fungus in wounds and on skinHas anti-fungal propertiesMay help to reduce celluliteMay help to prevent hair loss | Promotes oral health | Stimulates the circulatory system – relaxes arteries and veins reducing blood pressureBalances hormone levels by regulating estradiol and progesterone levelsTreats fibroidsPrevents gas and bloatingHas diuretic propertiesVermifuge – kills many intestinal worms and parasites |

**Thyme red** (*Thymus vulgaris*) is best known forits antimicrobial and hormonal balancing properties.

**Primary active compounds**: thymol, p-cymene, gamma-terpinene, carvacrol, alpha-pinene, beta-mycrene, beta-caryophyllene, borneol

**Aroma**: sharp, herbaceous, medicinal

**Source:** steam distilled leaves **Origin:** India

**How to use**: Can be applied to skin directly, but preferably diluted with a carrier oil at 2-3 drops per teaspoon. Add 2 to 3 drops in a warm bath to treat skin conditions. Use 1 drop in a glass of water for an oral rinse. To ingest: 1 drop in an 8-16 ounce glass of tea or a drink or 1 drop as a flavor enhancer in food. Only consume for short periods of time as its antimicrobial properties can disrupt the balance of normal microflora in the digestive system.

**Precautions**: Do not use if pregnant. May irritate skin when used in high concentrations. Do not use if you have any bleeding or clotting disorders. Do not use if you have any conditions that might be made worse by exposure to estrogen.

**Price:** $19.50

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| **TURMERIC** |
| Aromatherapy | Topical | Oral | Internal |
| May relieve depression and anxietyCan help improve memory, focus, concentrationMay help prevent plaque deposition in neural pathwaysCould ease symptoms of neurologic disorders | Potent anti-inflammatory propertiesCan help relieve pain from arthritis, gout, muscle, joint and other chronic conditionsAntioxidant rich – can improve skin elasticity, reduce wrinkles and hyper-pigmentationMay help with hair lossAntimicrobial |  | Helps reduce platelet aggregation, improving circulation and heart health, lowering blood pressureStimulates RBC productionHelps boost metabolismHelps improve digestion and nutrient uptakeHelps reduce bloating and crampingHepatoprotective properties – stimulates liver detoxification and promotes liver health and functionRelaxes and balances the bodyShown promise in treatment of a variety of cancer types |

**Turmeric** (*Curcuma longa*)has long been used in traditional Asian medicine and cooking for its positive impacts on circulatory, heart, liver and digestive health.

**Primary active compounds:** tumerone-Ar tumerone-beta, tumerone-alpha, curcuphenol, curcumenic, atlantone, methyl phenyl pentanone, dehydrocurcumene, alpha-curcumene, alpha-zingiberene, sesquiterpene, gamma-curcumene, beta-bisabolene

**Aroma**: like the spice

**Source:** steam distilled root **Origin:** India

**How to use**: Can be applied directly to skin, but it is recommended to mix with a carrier oil for topical application at 1-2 drops per tablespoon. To ingest: 1-2 drops in at least 8-16 ounces of tea or a drink or 1-2- drops in food as a flavor enhancer.

**Precautions**: Do not use if pregnant. Some may experience skin irritation or a mild allergic reaction when applied topically. Avoid use or consult a physician if you are taking blood pressure lowering medications or have bleeding disorders. Can upset digestive tract when consumed more than recommended.

**Price:** $9.25

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| **TWISTED SISTERS BLEND** |
| Aromatherapy | Topical | Oral | Internal |
| Anti-depressantReduces anger and anxiety CalmingInsect repellent | Improves overall skin condition and healthAntiseptic – treats wounds and other skin conditionsAnti-inflammatory – treats irritated and cracked skin, eczema, psoriasis, dermatitisInsect repellent |  | DO NOT INGEST Improves blood circulationPromotes oxygenation of tissuesMay reduce blood pressureMay relieve hypertensionAids digestionSupports immune function and RBC production |

**Twisted Sisters** is our unique combination of **patchouli** **dark** (***Pogostemon cablin***), **Bulgarian lavender** (***Lavandula augustifolia***) and **orange** (***Citrus sinensis***) essential oils. Calming and soothing aromatically. Excellent for skin health and conditioning with the combined power of these three oils.

**Primary active compounds:** same as those found in each of the individual essential oils.

**Aroma**: musky, spicy earthy floral with citrus undertones

**Source and Origin:** refer to each essential oil

**How to use**: Can be applied directly to skin, but it is recommended to mix with a carrier oil for topical application at 3-5 drops per teaspoon. Add 10-15 drops to a warm bath to treat skin conditions.

**Precautions**: Do not use if pregnant or nursing. Do not consume. Patchouli essential oil is not safe to ingest. Some may experience side effects in aromatherapy or skin irritation in high concentrations.

**Price:** $10.50 **Roll-on Bottle** - $12.50

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| **VETIVER** |
| Aromatherapy | Topical | Oral | Internal |
| CalmingRelaxes body and mindPromotes feeling of tranquilityTreats ADHD and ADDHelps with insomnia and stressInsect repellent especially termites | Antiseptic – reduces skin infectionsCicatrisant – promotes regeneration of skin and tissueHelps heal wounds and cutsHeals scars, age spots, blemishes, cracksEvens skin complexionReduces body temperature – cooling effectKills lice |  | Strong antioxidant activity – readily scavenges free radicals preventing cellular damageBalances the metabolic systemHelps maintain nerve health and relieves many nervous disorders |

**Vetiver** (*Vetiveria zizanoides*)is widely used in traditional medicine throughout southern Asia. It is known as the oil of tranquility. Used mainly to treat imbalances of the body and mind. Vetiver can be thick similar to myrrh. Refer to myrrh for directions on dispensing if needed.

**Primary active compounds:** alpha-vetivenene, beta-vetivenene, calacorene, alkyl benzene, sesquiterpene, khusimene, delta-muurolene, calarene, vetispirene, delta-cadinene, isolongifolene, cadinatriene, isovalencenol, vetivenol, vetiselinenol, khusimol, alpha-vetivone, beta-vetivone, zizanoic acid, isozizanoic acid

**Aroma**: earthy and woody with a touch of sweetness

**Source:** steam distilled root **Origin:** Indonesia – **Certified Organic**

**How to use**: Can be applied directly to skin, , but it is recommended to mix with equal parts of a carrier oil for topical application. Add 5-10 drops to a bath to cleanse and cool the body. Toxicity of this oil had not been determined, but the roots are soaked in warm water for consumption. Therefore, low infrequent internal doses may be fine to consume. Would not ingest more than 1 drop in a 8-16 ounce drink weekly.

**Precautions**: Do not use if pregnant. No side effects known.

**Price:** $35.00

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| **WINTERGREEN** |
| Aromatherapy | Topical | Oral | Internal |
| Stimulant – energizes, increases stamina and enduranceImproves alertness and sensesTreats headachesCools, opens and soothes sinuses and respiratory tractReduces hunger and cravingsDeodorizer | Powerful analgesic – pain relief for muscles, nerves, joints, bones, skinAnodyne – pain reduction plus relaxantStrong anti-inflammatorythat helps treat arthritis, rheumatismAstringent – tightens muscles, skin, hair folliclesTreats bites and stings from poisonous insects, snakesTreats frostbiteTreats and soothes skin irritations | Treats gum and tooth pain | DO NOT ingest.Wintergreen candies are made with a flavor oil, not essential oil.Diuretic – flushes toxins, cleanses bodyRelieves gas and bloatingImproves digestionPromotes blood circulation and oxygenation of skin, tissues, organsAntispasmodic – reduces spasms in the muscular, digestive, respiratory and nervous systemsStrong anti-inflammatory that treats many chronic inflammatory conditions |

**Wintergreen** (*Gaultheria procumbens*)is most widely used for pain relief as the main active compound is a derivative of aspirin.

**Primary active compounds** menthol salicylate

**Aroma**: strong mint menthol

**Source:** steam distilled leaves **Origin:** India

**How to use**: Active ingredients are very concentrated so a little goes a long way. Use only in very diluted concentrations, suggest 1 drop per ½ cup carrier oil. Use sparingly even in aromatherapy. It is recommended that you diffuse this oil no more than 2 times a week. The active ingredients are very easily absorbed into the body both topically and by aromatherapy. Add 1 drop in a glass of water for an oral gargle/rinse.

**Precautions**: Do not use if pregnant. Toxic in high doses or overuse. Can cause organ failure and create skin sensitivities. Never ingest. Can interact with some OTC and prescription medications used to treat digestive issues and asthma, as well as blood thinners, pain meds and anti-coagulants. Consult a pharmacist or physician.

**Price:** $11.00

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| **YLANG YLANG #1** |
| Aromatherapy | Topical | Oral | Internal |
| Sedative – calming but reduces alertnessAnti-depressant Lifts mood and reduces stress | InsecticidalInsect repellent especially mosquitoesAntibacterialLeaves skin with a youthful glow and slows the signs of aging by increasing blood flow and oxygenation |  | Reduces blood pressure and heart rateImproves blood flow and circulationTreats hypertensionNervine – repairs and strengthens the nervous systemStrong anti-inflammatory that treats many chronic inflammatory conditions |

**Ylang Ylang** (*Cananga odorata*)is called the perfume tree. It is best known for its calming and sedative effects as well as for its positive impacts on blood pressure and heart rate. Ylang Ylang undergoes a process called fractional distillation which separates the components at different time points with a gradual increase in temperature similar to the successive collections of olive oil. Each collection is graded as Extra, 1, 2, 3 and complete. Extra is collected usually during the first hour of distillation and at the lowest temperature. It is thought to have the finest fragrance notes. Extra is used in many high end perfumes and is the most expensive. Grade 1 is collected during the next couple of hours of distillation. It has excellent fragrance notes. Grades 2 and 3 are collected later in the process and are the least expensive. Complete is a combination of all of the collections during the distillation process.

**Primary active compounds:** benzyl acetate, benzyl salicylate methyl benzoate, beta-caryophyllene, eugenol, p methyl cresol, linalool, benzyl benzoate, alpha-humulene, geranyl acetate, cadinene, geraniol, cinnamyl acetate, alpha-cadinol, farnesal acetate, farnesol, murolene, farnesene, germacrene D

**Aroma**: sweet, exotic floral, earthy

**Source:** steam distilled flowers **Origin:** Madagascar

**How to use**: Can be applied directly to skin, but it is recommended to mix with a carrier oil for topical application at up to 15 drops per tablespoon. Can be ingested in very diluted form at 1 drop in at least 8-16 ounce drink or cup of tea.

**Precautions**: Do not use if pregnant. May cause sensitivity, nausea and headache when used in excess.

**Price:** $19.25



**ADDITIONAL INFORMATION**

**Carrier oils:**

Use any oil that you enjoy using as a moisturizer such as coconut oil, jojoba oil, safflower oil, olive oil or sweet almond oil. My favorite way to apply essential oils topically is to dispense my favorite unscented moisturizing lotion in my hand. Then add the desired amount of essential oil, mix and rub on my skin. We also offer fractionated coconut oil in 4oz amber plastic bottles for $6.00

**Essential oils and pets:**

There is no consensus on the use and dangers of essential oils concerning pets. Only 2 essential oils are known definitively to be toxic to a pet. Anise seed essential oil is toxic to cats, while garlic essential oil is toxic to dogs. As the research and recommendations are contradictory and confusing, I suggest the following. To be on the safe side, never use an essential oil directly on your pet unless you have consulted your veterinarian or have researched the oil thoroughly for use on pets. Be aware when diffusing essential oils around pets and always wash your hands thoroughly after handling essential oils before petting your dog or cat. Extra care should be taken around cats. Cats lack a liver enzyme needed to break down some chemicals for excretion from the body. Therefore, toxic by-products can build up in their body over time. The following lists concerning oils to avoid or take great caution with when it concerns cats and dogs are by no means without controversy. I offer them as a general guideline since they are mentioned often as cautions for cats and dogs.

CATS: oils containing phenols or terpenoids including all citrus derived oils, cinnamon, tea tree, thyme, birch, wintergreen, clove, oregano, wormwood, peppermint, pine, spruce, fir, savory.

DOGS: anise, clove, garlic, horseradish, juniper berry, thyme, wintergreen, yarrow, wormwood, tea tree.

**Resources:** The information contained in this flier was compiled utilizing multiple website resources.

Wikipedia Organicfacts.net

Webmd.com Draxe.com

Drericz.com Usingeossafely.com

Organicaromas.com Petspoisonhelpline.com

Thesprucepet.com Healthbenefitstimes.com

Biofinest.com mercola.com

[www.ncbi.nlm.nih.gov/articles](http://www.ncbi.nlm.nih.gov/articles)

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