**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.

|  |  |  |  |
| --- | --- | --- | --- |
| **AMYRIS** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Has effects on the limbic system  Can improve mood and promote positive feelings  Anti-depressant  Can relieve anxiety, stress, tension  Can calm the mind and promote restful sleep  May improve cognitive function and creativity | Nervine – helps relax and calm nerves  Emollient rich – can help rejuvenate and smooth skin improving elasticity and glow  Can help improve skin texture, fine lines, wrinkles, age spots  Treats dry skin and promotes its hydration  Antiseptic properties  Insect 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 stimulant  Expectorant – congestion relief  Eases bronchitis  Mild sedative – calming, soothing  Eases coughing  Treats influenza | Potent antiseptic and antibacterial, prevents wound sepsis  Antioxidant rich – combats oxidative stress and cellular damage, helps combat chronic conditions  Eases rheumatism and joint pain |  | Supports proper digestion  Anticoagulant – blood thinner  Aids in heart and vascular health  May help regulate blood sugar  Estrogenic 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

|  |  |  |  |
| --- | --- | --- | --- |
| **BASIL** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Stimulant of the adrenal cortex  Boosts alertness  Fights fatigue, uplifting  Antimicrobial – helps treat respiratory infections  Purifies air, odor eliminator  Antiviral properties, helps treat colds and flu | Potent antimicrobial  Antiseptic -treats wounds  Treats earaches, acne  Has anti-viral properties  Cleans and deodorizes surfaces  Has anti-inflammatory – properties, soothes insect bites, stings and itching  Increases shine and removes excess oils from hair and skin  Insect repellent, especially mosquitoes  Relaxes muscles | Boosts dental health | Treats stomach spasms  Stimulates appetite and digestion  Relieves constipation  Diuretic – 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

|  |  |  |  |
| --- | --- | --- | --- |
| **BERGAMOT (bergaptene free)** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Relieves respiratory infections  Relieves stress, anxiety and depression  Improves mood | Antiseptic and disinfectant, prevents wound infections  Antispasmodic – relieves muscle and nerve spasms  Analgesic – reduces muscle pain and tension  Relieves tension headaches  Reduces scars and marks, tones skin  Soothes skin irritations | Boosts oral health  Helps prevent tooth decay  Treats cavities | Helps lower blood pressure  May help lower cholesterol and blood sugar  Aids digestion stimulating gastric juices  Soothes 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

|  |  |  |  |
| --- | --- | --- | --- |
| **BLACK PEPPER** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Eases anxiety  May ease cigarette cravings  May serve to stimulate appetite  Energizing and warming | Anti-inflammatory – eases chronic inflammatory conditions  Improves circulation and blood flow to skin, muscles and nerves  Anti-spasmodic relieving cramps, muscle pulls and spasms |  | Anti-virulence activity especially against multi-drug resistant bacteria  Promotes healthy circulation and may lower blood pressure  May improve glucose tolerance  Helps improve digestion  May boost liver function and promote urination aiding in detoxification of the body  Contains 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

|  |  |  |  |
| --- | --- | --- | --- |
| **CAMPHOR (White)** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Powerful respiratory tract decongestant  Relaxant of body and mind – promotes feeling of peace  Insect repellent  May ease stress | Antiseptic and disinfectant, prevents wound infections  Antispasmodic – relieves spasms and cramps  Can relieve neuralgia and ease muscle and joint pain  Anti-inflammatory – eases arthritis pain, gout and rheumatic diseases  Antiphlogistic – reduces swelling  Insect repellent, treats lice  Has anti-fungal properties |  | DO NOT INGEST  Boosts activity of the circulatory system improving metabolism, digestion and secretion  Carminative – relieves and eliminates gas  Anesthetic – 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 alertness  Antidepressant | Antiseptic and antimicrobial – prevents wound sepsis, protects skin from infection  Anti-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, nausea  Antimicrobial and antiviral  Rich in fiber  Blood thinner – improves overall blood circulation  Stimulates metabolism and helps regulate blood sugar levels especially in Type 2 diabetes  Emmenagogue – opens menstrual pathways, relieves menstrual symptoms  Relieves 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 relief  Sedative – calming, soothing, treats insomnia  Insect repellent  Improves mental focus and treats ADHD | Antiseptic – prevents wound sepsis especially tetanus  Anti-inflammatory – eases arthritis pain, soothes sore muscles  Astringent – tightens loose skin and muscles.  Treats seborrheic eczema, dermatitis, acne, oily skin, dandruff  Insect repellent  Slows hair loss and promotes hair growth  Has anti-fungal properties | Improves gum health  Treats tooth aches | DO NOT INGEST  Diuretic, flushes toxins, cleanses body  Stimulates metabolism  Regulates 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 seizures  Treats anxiety  Antidepressant  Sedative – calming, soothing  Insect repellent  Improves mental focus and treats ADHD | Antiseptic – prevents wound sepsis, cleanses skin  Anti-inflammatory – eases arthritis pain, soothes sore muscles, general pain reduction  Astringent – tightens loose skin and muscles.  Strengthens and conditions skin  Treats eczema, dermatitis, acne, oily skin  Insect repellent  Slows hair loss and may promote hair growth  Antispasmodic – relieves neural and muscular spasms | Improves gum health  Treats tooth  aches | DO NOT INGEST  Stimulates metabolism  Regulates hormone levels - relieves PMS and menopause symptoms, regulates menstruation  Tones 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

|  |  |  |  |
| --- | --- | --- | --- |
| **CHAMOMILE ROMAN** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Eases anxiety, depression  Mild sedative, calms nerves  Allergy relief properties  Reduces insomnia and promotes sleep | Antiseptic and antimicrobial – prevents wound sepsis, protects skin from infection  Anti-inflammatory – easing eczema, poison ivy, diaper rash, skin irritations  Promotes smooth, healthy skin  May relieve arthritic pain |  | Rich in flavonoids – vasodilator can promote heart health and may reduce blood pressure  Stomachic and antispasmodic properties - treats many gastrointestinal and digestive issues – gas, leaky gut, acid reflux, indigestion, diarrhea, vomiting, colic  Can improve digestion  Emmenagogue - helps alleviate PMS symptoms  May 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 function  Treats nervous tension and memory loss  Anti-depressant | Antiseptic and antimicrobial – prevents wound sepsis, protects skin from infection  Anti-inflammatory – pain reduction for a wide variety of conditions  Promotes blood circulation to skin.  Coagulant – facilitates healing and slows excessive bleeding | Treats bad breath  Freshens breath | Blood thinner – improves overall blood circulation  Regulates blood sugar levels especially in Type 2 diabetes  Antioxidants – remove free radicals, block oxidative stress and cellular damage  Relieves indigestion and promotes normal digestion  Immune 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 stimulant  Reduces anxiety and anger  Improves cognitive function and neurologic activity  Increases mental focus  Antidepressant – uplifting, increases dopamine levels    Air freshener, deodorizer | Potent antiseptic, antibacterial and disinfectant  Nourishes, conditions and cleanses skin  Slows rate of skin damage  Anticoagulant – blood thinner  Improves skin complexion, suppleness, luster  Reduces oily skin  Anti-inflammatory properties | Supports oral health | Supports proper digestion  Antioxidant rich, boosts and supports the immune system, fights free radicals, blocks oxidative stress, WBC stimulant, blocks cellular damage thus combating chronic conditions  May stop growth and proliferation of certain cancer cells  Diuretic -flushes toxins, cleanses body  Lymphatic system regulation and booster –promotes lymphatic drainage, improves symptoms of rheumatism, gout, arthritis, renal calculi  May aid in heart and vascular health by improving blood flow, reducing blood pressure and relieving hypertension  May 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 vision  Antidepressant  Relieves anxiety  Sedative  Anti-convulsive  treats epileptic and nervous disorders  Aphrodisiac – affects hormone levels and increases testosterone production | Anti-spasmodic – relaxes nerves, relieves muscle cramps  Antiseptic – prevents skin infections, treats wounds  Astringent – strengthens and tightens skin, muscles, hair follicles  Slows hair loss  Reduces skin inflammation  Heals rashes  Balances skin oils treating both dry and oily skin  Opens blood vessels increasing blood circulation to skin | Tightens gums | Antibacterial especially in digestive, excretory and urinary tracts  Reduces gas and bloating  Maintains stomach health  Aids digestion  Improves uterine health balancing hormone levels  Emmenagogue-regulates menses  Treats PMS  Helps lower cholesterol  Vasodilator – 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 function  Antidepressant  May treat anxiety and insomnia  Expectorant  Insect repellent | Treats insect bites and stings  Increases blood flow to skin  Treats headaches  Anti-inflammatory, can reduce pain  Insect repellent | Improves gum health  Treats toothaches, gum pain, dental pain, mouth ulcers, teething | Diabetes – helps to regulate the glucose and insulin responses  Boosts immune function  Treats nausea, indigestion, motion sickness  Can 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 |
| Calming  Lightens spirit  Improves mood  Can relieve congestion | Strong anti-inflammatory that can relieve a wide variety of inflammatory conditions  Astringent – tightens skin  Potent antiseptic especially against bacteria - treats and heals skin  Treats acne  Strong neuro-protective agent and pain killer – may block pain stimulus by sensory neurons | Helps prevent cavities and tooth decay | May help lower blood pressure  Diuretic, 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 efficacy  Tones respiratory system  Sedative, calming  Relieves nervous stress and anxiety  Treats respiratory spasms, asthma, bronchitis | Astringent – tightens loose skin  Promotes wound healing by promoting clotting and by its antiseptic properties  Hemostatic – stops bleeding  Natural deodorant  Slows hair loss  Antispasmodic – treats muscle pulls, cramps, spasms  Treats varicose veins and cellulite  Sudorific – promotes sweating cleansing skin |  | Vasoconstrictor – slows blood flow  Diuretic, 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 relaxing  Helps to ease anxiety  Can promote positive and spiritual feelings  Antidepressant properties    Can calm the mind and improve mood | Promotes and improves skin hydration  Rejuvenates skin  Smooths and tightens skin  Sooths and treats cracked, chapped and dry skin  Antiseptic and antifungal properties  Anti-inflammatory properties, calms skin inflammation, allergic reactions  Promotes dead skin cell recycling and new skin cell growth  Anti-aging and skin rejuvenation properties  May help balance skin oils |  | DO NOT INGEST  Antioxidant rich, may improve immune system function  May improve circulatory blood flow and have positive impacts on the heart  Stomachic – may ease various stomach ailments such as gas, bloating, reflux  May calm symptoms of colitis, ulcerative colitis, Crohn’s, IBS  Can 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

|  |  |  |  |
| --- | --- | --- | --- |
| **EUCALYPTUS** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Room freshener and deodorizer, produces ozone when exposed to air  Treats mental exhaustion  Treats hay fever, congestion, sinusitis, bronchitis, asthma, runny nose  Kills mold | Antiseptic – protects skin from infection  Analgesic and anti-inflammatory, treats joint and muscle pain, rheumatism, lumbago, fibrosis, nerve pain, sprained ligaments and tendons  Treats lice  Potent against acne  Excellent fever reducer | Treats sore throat  Antiseptic – treats bad breath | Vasodilator – increases blood flow and tissue oxygenation  Beneficial in diabetics  Consumption 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

|  |  |  |  |
| --- | --- | --- | --- |
| **FIR BALSAM** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Grounding, empowering  Mind stimulant  Improves respiratory function  Treats sore throats and bronchial tubes  Decongestant | Strong antiseptic – helps wounds heal and prevents infections  Soothes and relaxes painful, sore muscles  Increases blood flow to the skin  Promotes sweating  Helps eliminate body odor |  | Increases metabolism  Stimulates liver function  Triggers body to detoxify flushing toxins from many internal systems  Shows promise as being cytotoxic to certain types of cancer cells  May 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

|  |  |  |  |
| --- | --- | --- | --- |
| **FRANKINCENSE** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Treats stress reactions  Treats anxiety, negative emotions  Antidepressant | Strengthens skin, anti-aging  Improves skin tone and elasticity  Fades stretch marks and scars  Heals cracked and dry skin  Blood thinner – improves blood circulation to skin  Anti-inflammatory |  | Enhances immune  system against viruses, bacteria and cancer  Balances hormone levels  Regulates estrogen and menstruation  Reduces symptoms of menopause and PMS  Reduces symptoms of colitis, ulcerative colitis, Crohn’s, IBS  Tones 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

|  |  |  |  |
| --- | --- | --- | --- |
| **GERANIUM** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Treats stress  Antidepressant    Microglial cell stimulant  Can improve mental function  May protect against development of dementia and Alzheimer’s | Astringent used for wrinkle reduction, skin tightener, and muscle tone  Speeds fading of scars, spots and stretch marks  Powerful cicatrisant increasing blood flow just below the skin  Induces blood clotting and speeds wound healing  Promotes skin cell growth and regeneration and recycling of dead skin cells  Natural body deodorant as it exits body through sweat  Positive effects on dermatitis, eczema, neuralgia |  | Diuretic, flushes toxins, cleanses body  Kills some types of intestinal worms (vermifuge)  Influences and balances hormone levels  Treats post-menopausal syndrome  Prevents 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 cravings  Air freshener, deodorizer  Increases mental focus  Appetite suppressant | Antiseptic – protects skin from infections  Cleanses skin  Treats oily skin |  | Antioxidant rich, boosts immune system, fights free radicals  Treats digestive and urinary system infections  Diuretic – flushes toxins, cleanses body  Helps lower blood pressure  Lymphatic system regulation and booster – improves symptoms of rheumatism, gout, arthritis, renal calculi  Stimulates 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

|  |  |  |  |
| --- | --- | --- | --- |
| **HELICHRYSUM** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Warming, uplifting, calming.  Can ease insomnia    Can help treat allergies  Antispasmodic -can help ease cough, breathlessness, respiratory spasms  Mucolytic – thins mucus, eases coughs,  Helps treat colds  Expectorant  Can help reduce anxiety and stress | Potent anti-inflammatory properties, acts like a corticoid steroid  Calms skin inflammation, allergic reactions, hives  Aids in wound healing, promotes dead cell recycling, stimulates new cell growth  Antimicrobial – helps treat various skin infection such as acne, pox, boils  Helps treat cuts and other wounds  Nervine – strengthens and protects the nervous system  Helps prevent cracking and dehydration  May treat hyperkeratosis  Can soothe hemorrhoids  Anti-fungal properties |  | Antioxidant rich, boosts immune system, fights free radicals  Strong anticoagulants aid in heart health and help reduce accumulation of blood clots  Cholagogic – promotes proper digestion  Antispasmodic – calms digestive system, eases cramping, swelling, pain  Hepatic – 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

|  |  |  |  |
| --- | --- | --- | --- |
| **JASMINE GRANDIFLORUM** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Treats depression by triggering serotonin release  Treats and relaxes respiratory spasms such as asthma, breathlessness  Sedative – relieves stress, anxiety, anger  Increases brain activity  Aphrodisiac – increases arousal | Antiseptic properties  Cicatrizant – fades scars and stretch marks  Revitalizes skin, treats dry skin |  | Emmenagogue – regulates menses  Promotes uterine health and proper hormone secretion  Decreases PMS and menopause symptoms  Diuretic, flushes toxins and lowers blood pressure  Facilitates lactation  Promotes and eases childbirth  Eases 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 |
| Stimulant  Treats fatigue, depression, dizziness  Increases secretions from endocrine and exocrine glands  Air deodorizer  Insect repellent  Antispasmodic – treats spasms in respiratory tract | Insect repellent  Astringent – firms skin, tightens loose muscles  Strong rubefacient: increases blood flow to and oxygenates skin  Promotes sweating cleansing pores, sweat and sebum glands  Stops hair loss  Antispasmodic – treats cramps in muscles and the digestive tract  Strong antiseptic to treat wounds | Aids gum health  Treats tooth aches | Carminative – treats and prevents gas, bloating, acid reflux  Promotes overall stomach health and function  Depurative – effectively removes toxins and impurities from blood  Diuretic, flushes toxins and lowers blood pressure  Powerful detoxifier – high levels of flavonoid and polyphenol antioxidants  Antirheumatic – promotes and improves blood circulation  Helps treat arthritis, gout, renal calculi  Increases 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 sleep  Calming, soothing  Alleviates headaches  Treats depression, emotional stress  Provides respiratory relief for many common respiratory issues  May promote brain function and treat PTSD | Insect repellent, moths, mosquitoes  Treats bug bites, lice  Treats hair loss, especially alopecia  Muscular pain relief  Strong acne treatment  Helps 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 intestines  May 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 – calming  Antidepressant  Boosts self-esteem, hope, confidence  Natural deodorant  Insect repellent  Eases Parkinson’s and Alzheimer’s  Improves sluggishness and reflexes | Antimicrobial both internal and external  Reduces fevers  Analgesic reducing muscular pain and cramps and menstrual cramps  Strengthens nerves and treats nervous conditions, shaking, vertigo  Treats edema  Astringent – tones uplifts and firms skin  Natural deodorant  Insect repellent especially lice and ticks  Slows hair loss, strengthens follicles |  | Lowers cholesterol  Promotes lactation and transfers anti-microbial compounds to baby in breast milk  Diuretic, flushes toxins, cleanses body  Impedes growth and induces apoptosis of certain cancer cells  Improves digestion, stimulates proper bowel function, prevents ulcers and ulcerative colitis  Optimizes insulin levels, improves glucose tolerance  Stimulates cell regeneration and DNA synthesis  Supports thymus gland function and WBC production  Combats 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 activity  Lifts mood, fights depression, increases dopamine levels  Treats morning sickness | Improves skin complexion, suppleness, luster  Powerful antiseptic, antimicrobial and disinfectant – treats wounds and prevents skin infections  Reduces oily skin  Nourishes skin | Whitens teeth  Antiseptic – treats bad breath | Promotes weight loss, increases metabolism  Provides immune support, WBC stimulant, promotes lymphatic drainage  Reduces sciatic nerve damage  May reverse diabetic neuropathy  Treats 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

|  |  |  |  |
| --- | --- | --- | --- |
| **LIME** | | | |
| Aromatherapy | Topical | Oral | Internal |
| May stimulate appetite  Disinfectant  Energizing | Astringent – tones muscles, skin, tissues  Powerful antiseptic – treats wounds, prevents skin infections  Coagulant – helps slow bleeding | Treats toothaches  Tightens gums | May treat internal bacterial infections  Helps reduce fevers  Possible 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



|  |  |  |  |
| --- | --- | --- | --- |
| **MARJORAM (sweet)** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Relaxant, calming  Expectorant | Antispasmodic – relieves muscle tension and spasms  Relieves tension headaches  Antibacterial and antifungal properties  Has anti-inflammatory properties |  | Stimulates sympathetic and parasympathetic nervous system  Aids digestion, stimulates peristaltic movement of intestines  Calms nausea, gas, cramps, diarrhea, constipation  May prevent and heal gastric ulcers  Helps female hormone balance, regulates menstrual cycle  Improves PCOS (polycystic ovarian syndrome)  Helps manage blood sugar levels especially type 2 diabetes  Vasodilator – 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

|  |  |  |  |
| --- | --- | --- | --- |
| **MEDIEVAL MAGIC EO BLEND** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Expectorant – congestion relief  Helps fight respiratory infections  Treats sore throats and bronchitis  Disinfectant | Strong analgesic and anti-inflammatory – provides pain relief for a wide variety of conditions  Fever reduction  Strong antiseptic and antioxidant properties for treating and protecting skin  Treats psoriasis and eczema  Disinfectant for cuts and wounds  Reduces pain, irritation and swelling of cold and canker sores  Soothes insect bites/stings | Improves gum health  Treats toothaches, gum pain, dental pain, mouth ulcers  Antiseptic – treats bad breath | Supports and strengthens the immune system with antimicrobial and antioxidant activities  Boosts digestion  Helps 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

|  |  |  |  |
| --- | --- | --- | --- |
| **MYRRH** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Relieves congestion  Reduces phlegm in respiratory tract (anti-catarrhal)  Stimulates brain activity  Treats hay fever  Promotes spiritual feelings  Relaxing | Smoothes chapped and dry skin  Antifungal properties  Inhibits microbial growth (antiseptic)  Treats ringworm and acne  Astringent –tightens skin, muscles and hair follicles  Potent antioxidant activity – blocks oxidative stress and cellular damage  Anti-aging and skin rejuvenation properties  Promotes sweating cleansing pores |  | Stomachic – promotes overall stomach health  Stimulates pumping action of the heart  Increases blood circulation  Stimulates nervous system activity  Aids digestion  Protects liver  Treats hypothyrodism  Potent antioxidant – blocks oxidative stress and cellular damage  Reduces 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

|  |  |  |  |
| --- | --- | --- | --- |
| **NUTMEG** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Promotes sleep    Impacts neurotransmitters in the brain    Can enhance memory and concentration  May treat Parkinson’s and Alzheimer’s  Can reduce stress anxiety and exhaustion  Can reduce congestion and cold symptoms  May 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 appetite  Soothes menstrual cramps  May improve circulation and blood flow  Can improve liver and kidney health, eliminating toxins and uric acid  May 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 anger  Antidepressant  Improves cognitive function even in Alzheimer’s  Uplifting and calming | Antispasmodic – relieves neural and muscular spasms  Antiseptic  Strong anti-inflammatory  Slows rate of skin damage, conditions skin |  | Supports immune function – powerful antioxidant blocks oxidative stress and cellular damage  Improves blood flow, reduces blood pressure, relieves hypertension  May 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 |
| Expectorant  Sedative and calming  Promotes sleep  Calms hypersensitive and allergic reactions | Strong antifungal – treats athlete’s foot and toenail fungus  Potent antiseptic and antibacterial – treats wounds  General anti-inflammatory  Strong antioxidant properties – combats oxidative stress and cellular damage  Treats earaches | Treats tooth  aches | Immune function – blocks oxidative stress and stimulates WBC production and function  Relaxes muscles of the GI tract, aids digestion  Balances gut bacteria  Helps treat SIBO (small intestinal bacterial overgrowth) and intestinal candida  Helps manage IBD  May 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 calming  Sedative  Anti-convulsive  Anti-depressant  Helps treat mental fatigue and improves focus | Antispasmodic – relieves spasms and cramps, relaxes nerves  Neuro-protective and pain killer – may block pain stimuli from sensory neurons  Potent 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 factor  Strengthens nerves and helps maintain nerve health  Can relieve and treat many nervous conditions  Helps to relieve neuralgia  Antiseptic – treats wounds and other skin infections |  | DO NOT INGEST  Vasodilators and Anticoagulants – boosts circulatory system activity  Can help lower blood pressure  Can disperse and help reduce accumulation of blood clots  Antioxidant rich stimulates the immune system  Supports 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 calming  Sedative  Anti-convulsive  Anti-depressant  Helps treat mental fatigue and improves focus | Antispasmodic – relieves spasms and cramps, relaxes nerves  Neuro-protective and pain killer – may block pain stimuli from sensory neurons  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 factor  Strengthens nerves and helps maintain nerve health  Can relieve and treat many nervous conditions  Antiseptic – treats wounds and other skin infections |  | DO NOT INGEST  Vasodilators and Anticoagulants – boosts circulatory system activity  Can help lower blood pressure  Antioxidants stimulates the immune system  Supports 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 |
| Uplifting  Relaxing  Calming  Can ease anger, depression, anxiety | Strong antibacterial properties both externally and internally  Treats wounds, antiseptic  Antifungal and antiviral properties  Promotes moisture retention in skin cells keeping skin smooth and hydrated  May balance skin oil production |  | Promotes proper digestion  Aids in nutrient absorption  Helps maintain moisture in tissues improving hydration  Promotes 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, calming  Eases anxiety, depression  Reduces stress  Improves sleep, insomnia and mood  Grounding and centering  Provides spiritual support  Impacts histamine release, easing allergies | Nervine – calms nerves and spasms  Soothes chronic pain in joints, muscles, bones, nerves  Calms inflammatory responses  Can ease headaches  Stimulates new skin cell growth  Can help slow wrinkling, tighten skin, smooth blemishes and spots  Antioxidant rich – protects cells from oxidative stress  Insect repellant especially gnats and mosquitoes  Eases allergic reactions |  | Antioxidant rich – protects cells from oxidative stress  Stimulates the immune system  Helps regulate inflammatory responses  Shows 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 anger  Antidepressant  Increases serotonin and dopamine release  Calms respiratory hypersensitivity reactions  Insect repellent  Anti-fungal  Aphrodisiac – boosts testosterone and estrogen levels  Deodorizer | Powerful antiseptic – speeds healing of cuts and wounds  Promotes skin cell regeneration  Treats cracked, chapped and irritated skin  Treats eczema, dermatitis, psoriasis  Astringent – tones and tightens skin and fades scars  Stops hair loss  Kills and repels insects  Anti-fungal - treats athlete’s foot and dandruff  Reduces body odor  Fever reducer |  | DO NOT INGEST  Aids digestion  Diuretic, flushes toxins, cleanses body  Increases blood circulation  Promotes 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 tract  Energizes  Reduces stress  Treats nausea and headaches | Strong analgesic – pain reduction for many conditions  Increases blood circulation and oxygenation of skin  Prevents toe nail fungus  Fever reducer  Stimulates hair growth and treats dandruff  Relieves itching, cold sores  Treats oily skin | Promotes overall oral health  Treats bad breath  Relieves toothaches and teething | Promotes overall stomach health  Treats indigestion, bloating, gas  Relaxes smooth muscles of GI tract  Relieves 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 tract  Helps improve lung efficacy and respiratory function  Helps stimulate and tone the respiratory tract  Calms respiratory spasms easing bronchitis, asthma, respiratory seizures, coughing  Helps clear congestion  Soothes and treats sore throats and bronchial tubes  Antimicrobials – help lower microbial load in respiratory tract | Soothes and relaxes painful, sore muscles, cramps, spasms  Antiseptic – treats wounds and infections  Increases blood flow and oxygenation of skin  Natural deodorant, fights body odor  Insect 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 tubes  Powerful decongestants and expectorants to help clear congestion and reduce runny nose  Reduces phlegm  Antispasmodics to relieve symptoms of bronchitis, asthma, respiratory seizures  Soothes and treats sore throats and bronchial tubes, eases coughing  Anti-inflammatory properties help calm allergic and hypersensitivity reactions and hay fever  Antimicrobials help treat respiratory infections | Antiseptic – treats wounds and other skin infections  Has anti-fungal properties  Analgesic and anti-inflammatory, easing a variety of painful and inflammatory skin, muscle and joint conditions  Insect repellent |  | DO NOT INGEST  Vasodilators and circulatory system stimulants may increase blood flow and can reduce blood pressure  Supports 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 depression  Relieves stress and anxiety, relaxing  Antispasmodic – relieves respiratory spasms  Aphrodisiac  Boosts confidence and self esteem | Antibacterial  Treats acne  Dampens inflammatory skin reactions  Increases skin permeability  Tones and tightens skin  Helps fade scars and marks |  | Helps regulate hormone production  Reduces menstrual cramps  Improves menopausal symptoms  Aid in maintenance of liver health  Antispasmodic – 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 memory  Boosts mental energy  Treats mental fatigue and forgetfulness  Reduces stress by lowering cortisol levels  Treats respiratory allergies and bronchial asthma | Increases hair growth and fullness and promotes new hair growth  Slows hair graying  Analgesic (pain reduction) for headaches, muscle pain and rheumatism | Anti-bacterial | Enhances gall bladder function and bile production aiding digestion  Lowers DTH (dihydroxy-testosterone) improving prostate health  Helps heal nerve tissue – increases production of nerve growth factor  Relieves gas, bloating, indigestion, constipation  Liver detoxifier with potent antioxidant levels similar to goji berries  Supports immune system with potent antioxidant levels  Has 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, alertness  Promotes calmness, contentedness  Reduces irritability  Can help improve capacities related to Alzheimer’s and dementia | Antioxidant rich and a Cicatrisant  Slows aging, wrinkles, sagging skin  Helps treat spots, blemishes, stretch marks  Antiseptic, Antifungal – can cleanse and treat skin conditions  Anti-inflammatory, can reduce skin inflammation | Antiseptic and antifungal  Can treat and improve oral health | Can help regulate glucose levels and help improve Type 2 diabetes symptoms  Helps combat obesity  Balances cholesterol level lowering total cholesterol and LDL while increasing HDL  Can ease menstrual symptoms associated with lower estrogen  Antispasmodic especially in the digestive tract  Cholagogue 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, relaxation  Effects well-being and mental health  Improves alertness, concentration, memory  Treats depression, stress  Used in meditation and prayer  Good expectorant | Mild astringent – soothes, tones skin  Antiseptic, improves acne  Improves eczema, psoriasis  Treat dry skin  Antiviral properties – provides cold sore relief, treats common warts  Provides relief from mild skin inflammation, irritations, bug bites, itchiness |  | Antispasmodic – soothes and relaxes digestive, nervous and circulatory systems  Can help lower blood pressure  Helps treat urinary tract infections  Diuretic, 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 tract  Soothing and calming  Reduces stress and anxiety  Relieves sore throat | Antibacterial – treats wounds and other skin infections  Insect and pest repellent  Good source of antioxidants to combat oxidative stress and cellular damage | Promotes overall oral health  Treats bad breath | Vasodilator – maintains healthy blood pressure  Treats indigestion, bloating, gas, upset stomach  Relaxes smooth muscles of GI tract  Aids in hormonal balance especially for polycystic ovary syndrome  Balances metabolism  Stimulates RBC and hemoglobin production due to high iron content  Good 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 activity  Promotes clarity, calmness, relaxation, positive feelings  Promotes well-being and mental health  May improve cognitive function and creativity  Calms depression, stress  Promotes spiritual feelings | Can smooth, rejuvenate, tone skin improving elasticity and glow  Astringent properties may help improve skin texture, fine lines, wrinkles, blemishes, age  spots  Antiseptic properties may treat various microbial skin conditions  Can improve dry skin  Antioxidants and anti-inflammatories can provide relief from mild skin iirritation, bug bites, itchiness |  | DO NOT INGEST  May soothe, calm , tone and relax the digestive system  May aid in heart and vascular health  May 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



|  |  |  |  |
| --- | --- | --- | --- |
| **SWEET NIGHT’S SLUMBER BLEND** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Eases insomnia and promotes sleep  Promotes clarity, calmness, relaxation  Eases anxiety, depression, stress  Can relieve allergies, asthma  Insect repellant | Antiseptic, anti-microbial  Anti-inflammatory – can ease eczema, psoriasis, rashes, skin irritations, allergic reactions  May ease arthritis, muscle and joint pain  Insect repellant  Can tone and smooth skin, and promote vibrant skin |  | DO NOT INGEST  Can improve coronary circulation, lower blood pressure, ease hypertension  May help digestion  May 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

|  |  |  |  |
| --- | --- | --- | --- |
| **TEA TREE** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Expectorant – congestion relief  Boosts immune system  Powerful anti-fungal, kills mold in home  Insect repellent | Powerful anti-fungal, treats toenail fungus, athlete’s foot, foot odor  Strong antimicrobial and antiseptic  treats, staph boils, ringworm, dandruff, cold sores, MRSA  Treats acne as effectively as benzoyl peroxide  Treats eczema and reduces psoriasis  Insecticide and insect repellent  effective against lice  Sudorific – promotes sweating, opens and cleanses pores  Treats earaches  Kills cyst forming viruses such as flu, common cold  Disinfectant  Powerful antioxidant – improves blemishes and scars, reduces wrinkles, eliminates age spots and beauty marks  Cicatrizant – speeds wound healing | Reduces gum bleeding and tooth decay | DO NOT INGEST poisonous  Increases blood circulation and hormone secretion  Vermifuge – 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 infections  Bug repellent – especially mosquitoes, fleas, lice, bed bugs, moths and beetles  Eases stress and anxiety  May help to boost memory and concentration  May improve vision | Anti-microbial – kill bacteria and fungus in wounds and on skin  Has anti-fungal properties  May help to reduce cellulite  May help to prevent hair loss | Promotes oral health | Stimulates the circulatory system – relaxes arteries and veins reducing blood pressure  Balances hormone levels by regulating estradiol and progesterone levels  Treats fibroids  Prevents gas and bloating  Has diuretic properties  Vermifuge – 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 anxiety  Can help improve memory, focus, concentration  May help prevent plaque deposition in neural pathways  Could ease symptoms of neurologic disorders | Potent anti-inflammatory properties  Can help relieve pain from arthritis, gout, muscle, joint and other chronic conditions  Antioxidant rich – can improve skin elasticity, reduce wrinkles and hyper-pigmentation  May help with hair loss  Antimicrobial |  | Helps reduce platelet aggregation, improving circulation and heart health, lowering blood pressure  Stimulates RBC production  Helps boost metabolism  Helps improve digestion and nutrient uptake  Helps reduce bloating and cramping  Hepatoprotective properties – stimulates liver detoxification and promotes liver health and function  Relaxes and balances the body  Shown 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-depressant  Reduces anger and anxiety  Calming  Insect repellent | Improves overall skin condition and health  Antiseptic – treats wounds and other skin conditions  Anti-inflammatory – treats irritated and cracked skin, eczema, psoriasis, dermatitis  Insect repellent |  | DO NOT INGEST Improves blood circulation  Promotes oxygenation of tissues  May reduce blood pressure  May relieve hypertension  Aids digestion  Supports 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

|  |  |  |  |
| --- | --- | --- | --- |
| **VETIVER** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Calming  Relaxes body and mind  Promotes feeling of tranquility  Treats ADHD and ADD  Helps with insomnia and stress  Insect repellent especially termites | Antiseptic – reduces skin infections  Cicatrisant – promotes regeneration of skin and tissue  Helps heal wounds and cuts  Heals scars, age spots, blemishes, cracks  Evens skin complexion  Reduces body temperature – cooling effect  Kills lice |  | Strong antioxidant activity – readily scavenges free radicals preventing cellular damage  Balances the metabolic system  Helps 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

|  |  |  |  |
| --- | --- | --- | --- |
| **WINTERGREEN** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Stimulant – energizes, increases stamina and endurance  Improves alertness and senses  Treats headaches  Cools, opens and soothes sinuses and respiratory tract  Reduces hunger and cravings  Deodorizer | Powerful analgesic – pain relief for muscles, nerves, joints, bones, skin  Anodyne – pain reduction plus relaxant  Strong anti-inflammatory  that helps treat arthritis, rheumatism  Astringent – tightens muscles, skin, hair follicles  Treats bites and stings from poisonous insects, snakes  Treats frostbite  Treats 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 body  Relieves gas and bloating  Improves digestion  Promotes blood circulation and oxygenation of skin, tissues, organs  Antispasmodic – reduces spasms in the muscular, digestive, respiratory and nervous systems  Strong 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

|  |  |  |  |
| --- | --- | --- | --- |
| **YLANG YLANG #1** | | | |
| Aromatherapy | Topical | Oral | Internal |
| Sedative – calming but reduces alertness  Anti-depressant  Lifts mood and reduces stress | Insecticidal  Insect repellent especially mosquitoes  Antibacterial  Leaves skin with a youthful glow and slows the signs of aging by increasing blood flow and oxygenation |  | Reduces blood pressure and heart rate  Improves blood flow and circulation  Treats hypertension  Nervine – repairs and strengthens the nervous system  Strong 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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