

## Essential Oils Blending Principles

### Principles of Blending Oils

- Blend Oils of Similar FAMILIES: Mints, Florals, Citrus, Roots, Herbs, etc. This is an effective strategy to use for household purposes (cleaning, deodorizing, etc) and aromatherapy/diffusing.
- Blend Oils with desired PROPERTIES: Digestive Tonics, Pain Reliever (Anti-inflammatory + analgesics), Stimulants, Calmatives, Anti-infectious (choose oils according to culprit efficacy, anti-virals for colds, anti-bacterials for infections, etc). This is a very common and effective strategy to use for Essential Oil Blending to address individual issues with “personalized” blends.
- Blend Oils According to 4 Classifications. The ranges and definitions of each are as follows:
  - **Personifiers** = The Strongest Smelling Oil with long lasting fragrance; **1-5%**
  - **Enhancers** = The Base Oil which will carry or boost the properties of the other oils; **50-80%**
  - **Equalizers** = Not as sharp or long-lasting, brings balance to the other oils; **10-15%**
  - **Modifiers** = Mild fragrance, shorter lasting, pushes or helps other oils, **5-8%**

Personifiers	Enhancers	Equalizers	Modifiers
Birch, Cardamom, Cinnamon, Clary Sage Clove, Coriander, Lemongrass, Orange, Patchouli, Peppermint, Petitgrain, Spearmint Wintergreen, Yling Ylang	Basil, Bergamot, Cedarwood, Dill, Geranium, Lavender, Lemon, Lime, Marjoram, Melissa, Myrtle, Oregano, Rosemary, Sage, Spruce, Tea Tree, Thyme	Cypress, Fennel, Fir, Frankincense, Ginger, Jasmine, Juniper, Myrrh, Pine, Roman Chamomile, Rosewood, Sandalwood, Spruce, Tarragon	Angelica, Bergamot, Coriander, Eucalyptus, Grapefruit, Mandarin, Petitgrain, Rose, Sandalwood, Tangerine, Yling Ylang

### Brain Oils

Many essential oils contain SESQUITERPENES. These are one of few molecules on earth that can *cross the blood-brain barrier* in humans. This enables these oils to deliver their unique properties to interact directly with neurons and other cells (immunological) in the brain. Oils with properties which can enhance or modulate neurological functions can be paired with oils containing Sesquiterpenes for delivery of the active molecules across this barrier, making them available for cellular use. As in all other cells, the oils are then metabolized as nutrients, *NOT toxins*.

Sesquiterpenes as MAJOR CONSTITUENTS: Cedarwood, German Chamomile, Ginger, Goldenrod, Melissa, Patchouli, Pepper, Sandalwood, Spikenard, Vetiver, Yarrow, Yling Ylang

Sesquiterpenes as MINOR CONSTITUENTS: (still significant source of): Bergamot, Carrot Seed, Roman Chamomile, Cinnamon Bark, Clary Sage, Clove, Cumin, Cypress, Elemi, Eucalyptus globulus, White Fir, Frankincense, Galbanum, Geranium, Helichrysum, Lavender, Lemongrass, Tea tree, Niaouli, Cajeput, Peppermint, Pine, Rosewood, Sage, Blue Tansy, Tsuga, Valerian

Stimulants: Basil, Dill, Coriander, Ginger, Orange, Patchouli, Peppermint, Rosemary

Calmatives: Bergamot, Cedarwood, Clary Sage, Coriander, Frankincense, Geranium, Jasmine, Lavender, Marjoram, Melissa, Myrrh, Orange, Patchouli, R. Chamomile, Sandalwood, Tangerine, Yling Ylang