

# Energize

ENERGY BLEND 10ml

Malaise is a general feeling of being emotionally or physically unwell, or a combination of the two. Almost any medical or emotional condition can bring on feelings of malaise.\*

Chronic conditions like anemia, hypothyroidism, and diabetes may cause malaise. It may also be caused by cancers, arthritis, kidney diseases, etc. as well as by short-term conditions like urinary tract or respiratory infections.\*

Malaise is often associated with depression and fatigue. Stress, lack of sleep, and poor diet are all factors that may worsen malaise.\*

Energize is formulated to assist the body with fatigue and general feelings of malaise. The essential oils in Energize work synergistically to also improve mood and overall discontent.\*

## USES

### aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser for 15 minutes per hour as desired to enhance mood.\*
- **Inhalation:** Put 1 to 2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed to provide an emotional pick-me-up.\*
- **Body/Room Spray:** Mix 20 drops with 4 ounces of distilled water in a cobalt blue glass or PET plastic bottle, shake well, and mist into the environment and/or around your body as desired. Use whenever you are feeling overwhelmed or stressed and need strength to go on.\*

### bath

- Add 5 to 10 drops to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to warm bath water for an energizing soak.\*

### topical

- **Reflexology:** Apply 1 to 2 drops to the soles of the feet in the morning for energy and strength to face the day.\*
- **Perfume/Cologne:** For a safe, healthier alternative to synthetic fragrances, apply 2 to 4 drops on pulse points behind the ears, at the base of the throat, on the wrists, inside the elbows, and behind the knees.\*
- **Massage:** Add a few drops to unscented/perfume-free lotions, creams, and massage oils. Patch-test before applying to large areas.\*

### topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.\*

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## application methods

Aromatic • Bath • Topical

## safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified Aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

## ingredients

*Cupressus sempervirens* (Cypress), *Santalum album* (Sandalwood), *Cedrus atlantica* (Cedarwood Atlas), *Sesamum indicum* (Sesame Seed)

## responsible cautions

- Not recommended for use in children under 10 years of age.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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# Gratitude

DECEMBER: BLEND 10 15ml

Gratitude is a blend you should never be without. The more grateful you are for what you have, the more is given to you, whether it be money, health, loving relationships, opportunities, or success in your work.\*

Gratitude helps stave off negativity when times get hard or lean, and things are at their lowest. Gratitude can save the day and keep you from worrying and imagining the worst so that you don't lose what you already have. This blend reminds you of the blessings still being found around you. Be open to miracles and new possibilities.\*

## USES

### topical

- **Wrists:** Apply 2 to 4 drops to wrists and inhale as you repeat the following intention each day for 28 days:\*

#### Gratitude Intention

*I am very grateful for the opportunities I have been given. I am blessed with so much that has improved me and my life. And I am excited to be that blessing in someone else's life. Grateful for those who have helped me on my journey and continue to help me and those I will have the opportunity to help.*

- **Feet:** Apply 2 to 4 drops on bottoms of big toes on each foot. Because the soles of the feet are commonly less sensitive than other areas of the body due to their thicker skin, essential oils can generally be applied to the feet without irritation, and are quickly absorbed into the body.\*
- **Perfume/Cologne:** For a safe, healthier alternative to synthetic fragrances, apply 2 to 4 drops on pulse points behind the ears, at the base of the throat, on the wrists, inside the elbows, and behind the knees.\*
- **Massage/Lotion:** Add a few drops to unscented/perfume-free lotions, creams, and massage oils. Patch-test before applying to large areas.\*

### aromatic

- **Diffuser:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for 5 to 8 minutes per hour as desired, throughout the day.\*
- **Body Spray:** Mix 15 to 20 drops into 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Shake vigorously and mist around yourself for protection when around anyone whose energy is negative or caustic. Spray around your personal energy field at night to rid yourself of negative energy before sleeping, and again in the morning in preparation for and protection from the daily challenges of life.\*
- **Room Spray:** Mix 15 to 20 drops into 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Shake vigorously and spray into the environment as desired.\*

### bath

- **Bath:** Add 5 to 10 drops to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to warm bath water. Soak 10 to 20 minutes to support a shift of inner awareness to all the blessings in your life.\*

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## application methods

Aromatic • Bath • Topical

## safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

## ingredients

*Rosa damascena (Rose), Cananga odorata (Ylang Ylang Complete), Pelargonium graveolens (Rose Geranium), Simmondsia chinensis (Jojoba), Santalum album (Sandalwood), Citrus paradisi (Pink Grapefruit)*

## responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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# Primal

romance ready blend 10ml

Inhaling essential oils stimulates an area of the brain called the Limbic System, which governs moods and emotions. The inhalation can trigger varying emotional and physical responses in people, and essential oils with aphrodisiac properties have the ability to invoke romantic feelings.\*

Primal is a refreshing, masculine scent that isn't overpowering. It can be used as a cologne, added to a bath, or diluted for use as a body or room spray.\*

## uses

### aromatic

- **Misting:** Mix 6 to 8 drops in a 2-ounce amber glass or PET plastic spray bottle of distilled water. Mist generously whenever you need emotional support and to give yourself permission to give and receive love. Shake well before each use.\*

### bath

- **Bath:** Mix 10 to 15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 10 to 20 minutes for best results. Soaking in the Primal bath warms and energizes the heart chakra, creating a feeling of being loved and cared for.\*

### topical

- **Reflexology:** Apply 1 to 3 drops to pulse points. Applying to pulse points on the wrists is a powerful way to affect your heart chakra as the meridian for the heart runs through the wrists.\*

## topical dilution guidelines

Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.\*

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## application methods

Aromatic • Bath • Topical

## safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

## ingredients

*Vetiveria zizanioides (Vetiver), Pogostemon cablin (Patchouli), Lavandula angustifolia (Lavender vera), Citrus aurantium var. amara (Neroli), Pelargonium graveolens (Rose Geranium), Cocos nucifera (Fractionated Coconut Oil)*

## responsible cautions

- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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# Prosperity

MARCH: BLEND 1 15ml

The first blend of Spring combats and eliminates the central negative beliefs and emotions that prevent us from success, happiness, and living up to our full potential. Until we believe we can be prosperous and overcome the fear of moving forward, we will handicap ourselves from getting the most out of our lives.\*

People have many varied, and usually negative, feelings about their ability to be prosperous. Of course, we all want to be successful, but somewhere along the way we begin to doubt our ability. Maybe it was a parent who told us we would never amount to anything, or perhaps no one in our family had an opportunity for higher education and so resigned themselves to a dead-end job that depresses their soul. Or maybe you have felt too afraid to take the first step to a new you. This blend has hundreds of testimonies behind it.\*

## uses

### topical

- **Wrists:** Apply 2 to 4 drops to wrists and inhale as you repeat the following intention each day for 28 days:\*

#### Prosperity Intention

*I believe I will be prosperous in all areas of my life and will not listen to any negativity regarding my ability to do so. I am in command of my destiny, and no one can prevent success except myself.*

- **Feet:** Apply 2 to 4 drops on bottoms of big toes on each foot. Because the soles of the feet are commonly less sensitive than other areas of the body due to their thicker skin, essential oils can generally be applied to the feet without irritation, and are quickly absorbed into the body.\*
- **Perfume/Cologne:** For a safe, healthier alternative to synthetic fragrances, apply 2 to 4 drops on pulse points behind the ears, at the base of the throat, on the wrists, inside the elbows, and behind the knees.\*
- **Massage/Lotion:** Add a few drops to unscented/perfume-free lotions, creams, and massage oils. Patch-test before applying to large areas.\*

### aromatic

- **Diffuser:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for 5 to 8 minutes per hour as desired, throughout the day.\*
- **Body Spray:** Mix 15 to 20 drops into 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Shake vigorously and mist around yourself as desired.\*
- **Room Spray:** Mix 15 to 20 drops into 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Shake vigorously and spray surroundings such as drapes next to an open window, or on upholstery in the work or home office (use caution on delicate fabrics). Mist on purse, wallet, bills, mail, money, and all places where the attraction of money is desired.\*
- **Car Freshener:** Put 2 to 3 drops on a cotton ball and tuck in the air vents of your car. When the heater or air conditioner is used, the scent will be released to freshen your vehicle's interior.\*

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## application methods

Aromatic • Topical

## safety group: 4

Never recommended for children or while pregnant or nursing.

## ingredients

*Pogostemon cablin (Patchouli), Citrus sinensis (Orange, sweet), Cinnamomum zeylanicum (Cinnamon Bark), Zingiber officinale (Ginger Root), Picea mariana (Spruce, black), Myristica fragrans (Nutmeg)*

## responsible cautions

- Dilute before applying topically.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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# Sun

## male hormone balance blend 10ml

Sun is a strengthening, grounding, and emotionally uplifting essential oil blend formulated to enhance physical and emotional intimacy for men and bring balance to male hormones.\*

Sun supports male physical performance and allows them to be more available emotionally for their partner.\*

Although formulated for men, women also have some male hormones and many women must be both mother and father to their children. This blend can help those women access their more masculine side and have the strength and authority necessary to provide the guidance and discipline a child would normally receive from their father.\*

### uses

#### aromatic

- **Inhalation:** Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale as needed for general debility, mental and emotional exhaustion, or for its aphrodisiac effects.\*

#### bath

- **Bath:** Mix 8 to 10 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water to help restore energy and physical vigor.\*

#### topical

- **Massage:** Dilute 10 to 12 drops in 1 ounce of carrier oil and massage over the lower abdomen area to support and vitalize reproductive energy.\*
- **Reflexology:** Apply 1 to 2 drops on the foot reflex points for the reproductive organs, gently stimulating the points as you massage in the oil.\*

### topical dilution guidelines

Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.\*

- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.\*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.\*
- **Pregnancy:** Safe when used as directed starting in the 2<sup>nd</sup> trimester at 3% dilution(15 drops/1 ounce).\*

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### application methods

Aromatic • Bath • Topical

### safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

### ingredients

*Nardostachys jatamansi (Spikenard), Boswellia carteri (Frankincense), Cedrus atlantica (Cedarwood Atlas), Canarium luzonicum (Elemi), Cupressus sempervirens (Cypress), Santalum album (Sandalwood), Coriandrum sativum (Coriander Seed), Zingiber officinale (Ginger Root), Cocos nucifera (Fractionated Coconut)*

### responsible cautions

- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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