

Oregano

origanum vulgare 10ml

Oregano is considered to be the "heavy artillery" when waging war against bacterial infections. Many studies have confirmed it as a potent antibiotic, antifungal, antiseptic, antispasmodic, and antiviral, and it is unmatched in its ability to kill a wide range of pathogenic bacteria.*

Some aromatherapists advise against using Oregano Essential Oil because it's so powerful, but when used responsibly it can be even more effective than antibiotics in eliminating harmful bacteria. It also rivals morphine as a powerful pain reliever.*

Although Oregano essential oil is truly impressive as a natural antiseptic, it contains a high amount of phenols which make it extremely strong. It has the potential to burn skin and mucous membranes if used undiluted. Always dilute 1 part Oregano to 10 parts carrier oil before applying it topically. When taken internally, it should only be used in capsules diluted with carrier oil (maximum of 3 drops Oregano per capsule). Ingesting Oregano Essential Oil by mouth without using capsules can potentially damage the lining of the esophagus.*

uses

aromatic

- **Diffusion:** Should only be diffused under extreme circumstances, with great caution, to kill black mold or environmental toxins. Make sure everyone is out of the room during diffusion and for 8 hours afterwards.*

internal

- **Capsules:** For clearing intestinal parasites, take 3 drops daily in a capsule with carrier oil; six days on and one day off, for a total of 6 weeks.*

topical

- **Feet:** The best place to apply Oregano topically for systemic benefit is the soles of the feet. Apply 6 drops of the diluted mixture on each foot twice a day for immune support in fighting infections.*
- **Massage:** Dilute 60 drops of Oregano in 1 ounce of carrier oil and apply down the spine to support the immune system or relieve pain.*

topical dilution guidelines

- Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).*

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application methods

Aromatic • Bath • Topical

safety group: 4

Never recommended for children or while pregnant or nursing.

properties

Wildcrafted

Producing Organ: Leaves and flowering tops

Extraction: Steam Distillation

Country of Origin: Hungary

Main Chemical Constituents: Carvacrol, thymol, cymene

Therapeutic Properties: Analgesic, antelmintic, antirheumatic, antiseptic, antispasmodic, antitoxic, antiviral, bactericidal, carminative, choleric, cytopylactic, diaphoretic, diuretic, emmenagogue, expectorant, febrifuge, fungicidal, parasiticide, rubefacient, stimulant, tonic

responsible cautions

- Oregano is a very "hot" oil, making it a strong skin and mucous membrane irritant. In case of undiluted contact with skin, immediately apply carrier oil or olive oil; do not attempt to wash off with water as this will drive the oil further into the skin tissue and magnify the problem.
- Do not use during pregnancy or if there is compromised liver function.
- Not for use in children under the age of 10 years.
- 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.

**The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

BLACK SEED OIL



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Black Seed oil (*Nigella sativa*), also known as Black Cumin or the “Blessed Seed,” is a nutrient-rich oil known for its powerful health benefits. Its key compound, thymoquinone, offers antioxidant, anti-inflammatory, and immune-supporting properties. Used for centuries across many cultures, it supports digestion, respiratory health, balanced blood sugar, and skin wellness. Free of CBD and THC, it remains widely studied for its therapeutic potential.*



DIRECTIONS

- Shake well before each use. Start slowly with a low dose and gradually build up the dosage amount. Take by mouth.*

ADULTS

- Start with up to 10 drops once daily for 2 to 7 days.*
- Increase to 5 to 10 drops twice daily for 2 to 7 days.*
- Gradually build up to 10 to 20 drops twice daily.*

CHILDREN 12 & UP

- Start with 1 to 5 drops once daily for 2 to 7 days.*
- Increase to 2 to 5 drops twice daily for 2 to 7 days.*
- Gradually build up to 5 to 10 drops twice daily.*

CHILDREN 6 & UP

- Start with ½ to 2 drops once daily for 2 to 7 days.*
- Increase to 1 to 3 drops twice daily for 2 to 7 days.*
- Gradually build up to 1 to 3 drops twice daily.*

Nutrition Facts			Serving Size: 30 drops/1ml (1 full dropper)	Servings per container: 30
Amount per serving			Ingredients: Concentrated Unrefined Organic Cold-Pressed Nigella Sativa (Black Seed) Oil	
Calories		12		
	Amount Per Serving	% Daily Value*	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Total Fat	1g	1%	**Daily Value not established.	
Calories From Fat	12		Caution: If pregnant or nursing, consult your physician before using this or any other supplement. Keep out of reach of children.	
Linoleic Acid (Omega 6)	505mg	**		
Alpha Linoleic Acid (Omega 3)	235mg	**	This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes.	
Oleic Acid (Omega 9)	190mg	**		
Total Carbohydrate	0g	0%		
Protein	0g	0%		

MEDICINAL CONSTITUENTS

- **Thymoquinone:** The primary active compound in Black Seed oil (*Nigella sativa*) is known for its powerful health benefits. It has been extensively studied for its antioxidant, anti-inflammatory, and immune-boosting properties, and shows promise in supporting respiratory health, blood sugar balance, and cellular protection.*

Clinical studies for Black Seed:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5633670/>
- <https://pubmed.ncbi.nlm.nih.gov/29962349/>
- <https://pubmed.ncbi.nlm.nih.gov/27364039/>
- <https://pubmed.ncbi.nlm.nih.gov/37605475/>
- <https://pubmed.ncbi.nlm.nih.gov/36815641/>
- <https://pubmed.ncbi.nlm.nih.gov/31143688/>
- <https://pubmed.ncbi.nlm.nih.gov/25829334/>
- <https://pubmed.ncbi.nlm.nih.gov/34297870/>

CAUTIONS

- **Safety Group 2:** Generally regarded as safe when used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.*
- May increase the effect of anticoagulant drugs.
- Keep out of reach of children.*
- A doctor’s advice should be sought before using this and any supplemental dietary product.*

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Align

balance blend 10ml

Align, the first blend in our WholeBody Collection, is one of our top-selling products, and a personal favorite of our formulator, Alexandria Brighton. This unique blend, carefully crafted by Alexandria herself, features the grounding and refreshing scents of Black Spruce, Frankincense, and Tanacetum Annuum.*

Known as "structural alignment in a bottle," Align helps relax the body and prepare it to absorb other essential oils more effectively, making it an ideal foundation oil for your wellness routine.*

Align's soothing yet invigorating scent is just what you need on those challenging days when extra support is essential. Whether you're tackling difficult tasks or navigating tough conversations, let its comforting aroma help you center yourself and tap into your inner strength. You can do hard things!*

uses

aromatic

- **Diffusion:** Diffuse 10-12 drops in 15 minute increments throughout the day to support confidence and assist with challenging projects or conversations.*
- **Inhalation:** Apply 1 to 2 drops on a tissue or cotton ball, or apply to the wrists, and inhale deeply as needed for a quick, uplifting confidence boost.*

bath

- **Bath:** Add 8 to 10 drops to bath salts and mix into warm bath water and soak after body work, exercise, or sports workouts, or to relax before bed.*

topical

- **Massage:** For topical use mix 8 to 10 drops of Align and 4 to 6 drops of Trauma Relief and apply directly to areas of concern.*
- **Massage:** To restore balance to your emotions add 8 to 10 drops of Align and 4 to 6 drops of Lavender. May be added to your favorite massage oil or lotion and used as a relaxing, whole-body moisturizer.*
- **Reflex Points:** Apply to feet and/or spinal area before a chiropractic alignment or a massage. Can also be applied to the soles of the feet before bed to promote relaxation.*

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

Abies balsamea (Balsam, fir), Picea mariana (Spruce, black), Boswellia carteri (Frankincense), Aniba rosaeodora (Rosewood), Tanacetum annuum (Tanacetum Annuum), Cocos Nucifera (Fractionated Coconut Oil)

responsible cautions

- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.
- Non-toxic, non-irritant, non-sensitizing.
- The blue color of this blend could potentially discolor clothing or bedding.
- 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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Rosemary ct. 1,8 cineole

rosmarinus officinalis ct. cineole 10ml

The use of Rosemary Essential Oil in alternative medicine is increasingly popular. Modern research is verifying many of the medicinal properties of Rosemary. Research suggests that free radical oxygen molecules play an important part in Alzheimer's Disease. Rosemary possesses at least 24 antioxidants (among them, the powerful rosmarinic acid), compounds that consume free radicals. It also contains at least six compounds that prevent the breakdown of acetylcholine. Acetylcholine plays a crucial role in the transmission of impulses from one nerve fiber to another across synaptic junctions.*

Of all the plants in the plant kingdom, Rosemary Essential Oil has the highest content of hydrogen. This explains the oil's strong, warming effect. Applied externally, Rosemary Essential Oil assists the body with warmth and blood circulation. It is a wonderful antidote for cold feet, tired or weak legs, circulatory concerns, sore muscles, rheumatic pain, arthritis, and gout. Wonderfully fresh and stimulating, Rosemary is known for its ability to wake up the body and spirit.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser in 15-minute intervals throughout the day to improve cognitive skills.*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.*
- **Misting:** Mix 20 drops with 4 ounces of distilled water in an amber glass or PET plastic bottle, shake well, and mist into the environment as desired.*

bath

- **Bath:** Add 8 to 10 drops to ½ cup of Pink Himalayan or Dead Sea bath salts and mix into warm bath water.*
- **Shower:** Drizzle 2 to 5 drops on shower floor (in a corner, well away from where you're standing to avoid slipping), turn the hot water on, and inhale the steam to ease a cough.*

internal

- **Capsules:** Add 2 drops in a veggie capsule with carrier oil and take 1 capsule orally 1 to 2 times per day to assist the liver and gall bladder. Can be added to a liver cleanse or used independently.*

topical

- **Shampoo:** Add a few drops to shampoo and rinse through the hair, paying attention to the scalp to help stimulate hair follicles.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).*
- **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 2nd trimester at 3% dilution (15 drops/1 ounce).*

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application methods

Aromatic • Bath • Internal • 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.

properties

Wildcrafted

Producing Organ: *Flowers and Leaves*

Extraction: *Steam Distillation*

Country of Origin: *Spain*

Main Chemical Constituents: *Pinenes, camphene, limonene, cineol*

Therapeutic Properties: *Analgesic, antimicrobial, anti-oxidant, antirheumatic, antiseptic, antispasmodic, aphrodisiac, astringent, carminative, cephalic, cholagogue, choleric, cicatrizing, cordial, cytophylactic, diaphoretic, digestive, diuretic, emmenagogue, fungicidal, hepatic, hypertensive, nerve, parasiticide, restorative, rubefacient, stimulant (circulatory, adrenal cortex, hepatobiliary), stomachic, sudorific, tonic (nervous, general), vulnerary*

responsible cautions

- Should be avoided by those prone to epileptic seizures or hypertension.
- 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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