

# Eucalyptus Citriodora

eucalyptus citriodora 10ml

Also known as Lemon Eucalyptus, this variety is a highly effective natural insect repellent, excellent for use instead of products containing DEET. It is often preferred over citronella oil due to its citronellal and citronellol content.\*

Historically used in sachets and cupboards to repel moths, cockroaches, and silverfish. Also used to repel mosquitoes. An excellent aid for insect bites and lice.\*

Of great benefit as an air purifier and freshener when diffused. Excellent in musty or humid areas, particularly where mold is a problem. A potent anti-fungal, antiviral, and antibacterial oil.\*

Helpful aid for respiratory conditions and infectious diseases such as asthma, laryngitis, chickenpox, colds, fever, sore throat, and Staphylococcus aureus.\*

Effective against fungal infections (including athlete's foot); beneficial to skin problems such as burns, blisters, wounds, herpes, and has been helpful in eliminating dandruff.\*

## USES

### aromatic

- **Diffusion:** Diffuse 10 minutes per hour throughout the day to refresh the air and repel insects.\*
- **Misting:** To create an insect repellent, add 15 to 20 drops to 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well before each use. Spray into the environment as desired to repel flying insects.\*

### topical

- **Massage:** Apply neat to soles of the feet to uplift and brighten mood.\*
- **Shampoo/Lotion:** Add 2 drops per ounce of shampoo or lotion for an invigorating pick-me-up.\*

### 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 • 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.

## properties

*Wildcrafted*

**Producing Organ:** Leaves and twigs

**Extraction:** Steam Distillation

**Country of Origin:** China

**Main Chemical Constituents:** citronellal, citronellol, geraniol

**Therapeutic Properties:** Antiseptic, antiviral, bactericidal, deodorant, expectorant, fungicidal, insecticide

## responsible cautions

- Not for internal use. Safe for external use when used in moderation.
- Not recommended for use during pregnancy.
- Do not use within 2 hours of homeopathic treatments, as it may neutralize them.
- 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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# Seasons of Success



The Seasons of Success oil blends assist in overcoming negative emotions and beliefs that limit you from thoroughly enjoying success and happiness.\*

From the first day of Spring, and following the natural cycle of creative energy, each unique blend reflects the energy of a specific month of the year. We start with the Spring Equinox, a time of planting and creating. We then move to the Summer Solstice, a time of nurturing what you have created. From there we enter the Fall Equinox, a time to harvest what you created and nurtured, ending the Seasons of Success line with the Winter Solstice, a time of reflection and review of what you have accomplished and making plans for the future.\*

Even though the blends reflect the months of the year with a natural flow of energy, you do not have to wait until Spring to start your pathway to success; you can start any time. The blends contain the energy that naturally occurs in the month they were created. Start by using the blend created for the current month.\*

You probably know that if you want to change a habit, you need to practice a new way of thinking consistently for at least 28 days for it to stick. With these fantastic blends and the intention that goes with them, you have a partner on your success journey to creating a new you. If used as intended, at the end of twelve months you should be a happier person in every area of your life; family, health, financial, and business relationships. As with anything, you will get out of it what you are willing to put into it; time, dedication, and, most of all, an unwavering commitment to your success.\*



## spring Prosperity • Letting Go Of Fear • Personal Power

Here, we have outflowing energy giving us inspiration and freedom from limitation. This is where we experience the power of discovery and the birth of new projects. This is the period of the Earth's natural cycle when the energy to initiate a start-up, or start over, naturally supports your efforts. Using the three blends coinciding with the three months of Spring, you can align with this natural energy.\*

## summer Seeing The Big Picture • Joy • Stop Self Sabotage

Summer is the definition of joy, fun and the inner child. The good weather gives us optimism and is a great time to "see the bigger picture". Sunlight always helps us feel like we can accomplish anything we set our mind to. Take your inner child out to play and when you return to work you will be happier and more effective than ever. Keep in mind, your business partners will follow the example you give them.\*

## fall Self Aware • Gentle Change • Compassion

We generally associate Fall with harvest time, cooler nights, shorter days, and pumpkin pies. At this point you can reflect on your family, friends, partners, and loved ones who have joined you on this journey. You have worked through the first six emotional blends and increased your potential for emotional healing and success while guiding others to do the same. In Spring, you planted the first seeds of emotional healing and success, and in Summer you nurtured those seeds into a robust and self-empowered circle. It is now time to consider what comes next. It is important to remember that people don't always do what you say, they do what you do. The blends for Fall will help you refine how you move forward to even more significant emotional healing and success for everyone.\*

## winter Gratitude • Hope • High Vibe

The season of Winter is where you gain wisdom from the experience you had in the seasons before, and start anew with that experience embodied. It is about the gathering of energy to begin preparing for a new beginning and a return to the season of Spring to start the cycle afresh. Winter represents letting go of the old and accepting new opportunities with a chance to do things differently come Spring. If you need to end some relationship or project or cleanse and purify your life of any negativity that no longer serves your highest good; now is the time.\*

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# Letting Go Of Fear

APRIL: BLEND 2 15ml

Fear can paralyze us, create constant worry, cause panic attacks, keep us in a state of anxiety, and prevent us from moving forward to live our best lives. It can ruin families and relationships, destroy our health and cause deadly heart issues. Fear is contagious to others. Fear disguised as over-protection can instill fear in children. Our fight-or-flight response can keep us on high alert at all times, causing muscle and nerve tension. Stress is suspected as a contributing factor in some auto-immune diseases. Severe fear can cause PTSD (Post Traumatic Stress Injury). Alexandria does not call this a disorder because she believes a person's experience of extreme trauma has injured them emotionally and mentally, and should be recognized as such.\*

Letting Go of Fear blend has helped many people reduce or alleviate their fears over time to move forward and live productive and successful lives. The best part is that it is not a drug, has no side effects, and is non-addictive.\*

## uses

### topical

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

#### Letting Go Of Fear Intention

*Fear will no longer rule my life. Those things that caused me anxiety in the past are behind me and cannot hurt me today unless I drag them into the present state of my mind. Some things I am afraid will happen tomorrow don't exist today unless I pull them into my today. I am safe, secure, and more vital every day. I will stay in the present moment and not let fear control my life. The present moment is the only place where I can live successfully.*

**Note:** If you suffer severe trauma that is disabling, feel suicidal, or have deep depression leading you to hurt yourself, seek professional help. You can still use your Letting Go of Fear blend, but it should not replace professional mental health services when needed.

- **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 when feeling fearful.\*
- **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. Makes a great "monster spray" for kids' rooms.\*

### 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 help cleanse negative beliefs held in your personal energy field.\*



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## application methods

Aromatic • Bath • Topical

## safety group: 3

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## ingredients

*Vetiveria zizanioides (Vetiver), Pelargonium graveolens (Rose Geranium); Rosa damascena (Rose), Cymbopogon martinii (Palmarosa), Citrus aurantium var. amara (Neroli), Cocos nucifera (Fractionated Coconut)*

## responsible cautions

- Keep out of reach of children and pets.
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