

Sweet Basil

ocimum basilicum 10ml

Sweet Basil is in many ways a strengthening oil, having a pronounced effect on focus and concentration when inhaled in small amounts throughout the day. It encourages the mind to stay on task rather than wandering or succumbing to distractions, making it an excellent aid for work or study. Just a drop or two is sufficient, as in large amounts Sweet Basil can actually have a stupefying effect.*

Sweet Basil is considered one of the best aromatic nerve tonics for its ability to assist with nervous tension, stress, anxiety, and depression.*

It may also be of use in supporting the body with insomnia and migraine headaches. When added to carrier oil, its antispasmodic and analgesic abilities make Sweet Basil an effective pain reliever and muscle relaxant.*

It may be quite helpful in relieving menstrual cramps, rheumatism, gout, and muscular aches and pains. Sweet Basil has historically been used as a digestive tonic for stomach cramps, hiccups, ulcers, gastritis, vomiting, and constipation. It is also beneficial for respiratory ailments like asthma, bronchitis, colds, cough, or sinus infections.*

USES

aromatic

- **Diffusion:** Diffuse 5 to 10 drops in a cool mist essential oil diffuser for 15 minutes per hour as desired throughout the day.*
- **Misting:** Mix 15 to 20 drops in 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well and spray for a refreshing aroma.*

bath

- **Bath:** Combine 8 to 10 drops with ½ to 1 cup of Pink Himalayan or Dead Sea bath salts and add to warm water for a relaxing bath.*

internal

- **Internal:** Can be used in cooking, instead of Basil herb, at the rate of 1 drop per ½ teaspoon dried herb seasoning.*

topical

- **Massage/Lotion:** Can be massaged on specific joints; or diluted with carrier oil for larger areas, adhering to recommended dilution guidelines.*
- **Massage:** Apply neat (undiluted) on location for minor insect bites.*

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 • Internal • 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: Flowering Plant

Extraction: Steam Distillation

Country of Origin: India

Main Chemical Constituents: Methyl chavicol, linalol, cineol

Therapeutic Properties: Antidepressant, antiseptic, antispasmodic, carminative, cephalic, digestive, emmenagogue, expectorant, febrifuge, galactagogue, nervine, prophylactic, restorative, stimulant of adrenal cortex, stomachic, tonic

responsible cautions

- If used in large doses, it can bring on a miscarriage.
- Should not be used as a single oil over a long period of time by anyone.
- 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.*

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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Self Aware

SEPTEMBER: BLEND 7 15ml

Being self-aware is very important to prevent undoing what you have accomplished so far. You must be aware when you may be allowing someone to manipulate you into making poor decisions, or when those close to you are casting doubt in your mind about what you are doing.*

Self Aware helps you immediately realize what is happening before you go down that path with others. The Self Aware blend is also beneficial when you have any mental work to do, like accounting or other business tasks, as it can help you stay focused on your assignment, be accurate, and make fewer mistakes.*

USES

topical

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

Self Aware Intention

I am self-aware. I know when someone steers me away from my healing and success, I move forward. I am also building skills in managing my financial affairs and experiencing greater focus and insight. When inhaling the Self Aware blend while working, I experience less mental fatigue.

- **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 whenever needed to bring clarity and focus.*
- **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, allowing your mind to clear and focus on the next best decision for your path forward.*

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application methods

Aromatic • Bath • Topical

safety group: 3

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ingredients

Ocimum basilicum (Sweet Basil), Citrus limon (Lemon), Rosmarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Mentha piperita (Peppermint), Pelargonium graveolens (Rose Geranium), Rosa damascena (Rose)

responsible cautions

- Not recommended for use during pregnancy or while breastfeeding.
- Not recommended for use by those taking blood thinners.
- 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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