

# Balsam Fir

**abies balsamea** 10ml

Canadian Balsam Fir has the Latin name *Abies balsamea*; the meaning of the genus name "Abies" is "living for a long time" or "great longevity".

*Abies balsamea* is only found in North America; there are fir species in Europe, but not the *Abies balsamea*. It is unique because of the oleoresin called balsam that oozes from the bark. Balsam resin has two primary uses. Firstly, it is a wound healing substance used first by the Native Americans. Secondly, it is used in the optical industry because its refraction index is very near that of glass, minimizing image distortion.\*

Balsam Fir has a powerful psychological influence; it helps release many of the emotional issues behind illness. It helps to open and free the mind and heart. It is believed by Dr. Daniel Péroël to protect the healthcare worker from picking up negative energy released by their clients and patients.\*

Balsam Fir gives exceptional mental clarity, assisting us to let go of old mental patterns that are detrimental.\*

## USES

### aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser to bring the relaxing, grounding aroma of the forest into your home. Especially nice around the winter holidays!
- **Misting:** Mix 5 drops per 1 ounce of distilled water in an amber glass or PET plastic bottle, shake well, and mist into environment as desired.\*

### bath

- **Bath:** Add 8 to 10 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water.\*

### topical

- **Massage:** To assist the body with sinus infections, apply diluted Balsam Fir on each forefinger and, beginning at the outside end of the eyebrow massage very gently just under the eyebrow towards the top of the nose. Be extremely careful not to get any into the eyes.\*
- **Massage:** Apply 2-3 drops neat (undiluted) on painful muscles or joints.\*
- **Massage/Lotion:** Add to hand & body lotion or the carrier oil of your choice for an invigorating yet relaxing massage with anti-inflammatory benefits.\*

### 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.

## properties

*Organic*

**Producing Organ:** Needles, young twigs, and cones

**Extraction:** Steam Distillation

**Country of Origin:** Canada

**Main Chemical Constituents:**

*Monoterpenes, pinene, phellandrene*

**Therapeutic Properties:** Antiseptic (genito-urinary, pulmonary), antitussive, astringent, cicatrizant, diuretic, expectorant, purgative, regulatory, sedative (nerve), tonic, vulnerary [Julia Lawless, "The Illustrated Encyclopedia of Essential Oils" (Rockport, MA: Element Books, 1995), 72.]

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing
- 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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# Compassion

NOVEMBER: BLEND 9 15ml

Compassion is a character trait innate in humans, but not necessarily being used by all humans. There are many ways to express compassion, but we will stick with just these three.\*

**First and foremost, motivate others.** Many people find motivation to be something they struggle with, and in turn, they find it challenging to take action. Not taking action is like pulling over on the side of the road, not knowing what you are waiting for. With your help and the help of your group, encouraging words and positivity can uplift someone's spirit and get them back on the road.\*

**Second, say encouraging words.** The world we live in today is absorbed by negativity. For many, it seems that nothing they do is right or working out for them. Instead of dwelling on everything they are doing wrong, use your words to tell them what they are doing right and encourage them to continue working toward their goals.\*

**Third, nurture your relationships.** Nurture relationships by taking time to listen to others. Sometimes, a relationship can be built and nurtured simply by listening. You can contribute to the conversation using your encouraging words, but try to not take over the conversation; if you do, you are no longer listening. It's easy to be the only person talking, and it's much more difficult to hear the contributions of others. Listening builds a strong sense of caring and trust.\*

## uses

### topical

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

#### Compassion Intention

*I forgive myself for the times I may have been unkind in action or spoke unkindly without compassion to myself or others. I understand that unkindness destroys relationships, and encouraging words of kindness build long-lasting relationships. As I compassionately lift up others, I raise myself up, and we all succeed.*

- **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 to release resistance to expanding the aspect of yourself that wants to open more fully to giving and receiving love.\*
- **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 enhance emotional balance and support loving compassion for yourself and others.\*

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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

*Pogostemon cablin (Patchouli), Origanum majorana (Sweet Marjoram), Citrus paradisi (Pink Grapefruit), Simmondsia chinensis (Jojoba), Cananga odorata (Ylang Ylang Complete), Salvia sclarea (Clary Sage), Santalum album (Sandalwood), Lavandula angustifolia (Lavender, vera), Cocos nucifera (Fractionated Coconut)*

## 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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# Citrus Joy

protective blend 10ml

Citrus Joy is formulated with essential oils that contain constituents known to calm and relax while strengthening the immune system and improving overall well-being.\*

Citrus Joy has an uplifting, invigorating aroma that is enjoyed by both children and adults alike. It may assist with mental clarity, concentration, and creativity.\*

If mixed with water, Citrus Joy imparts an uplifting, fresh scent when used to clean countertops and other hard surfaces. It's the perfect replacement for chemical-laden degreasing products.\*

## USES

### aromatic

- **Diffuser:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser for up to 15 minutes per hour as desired to impart an invigorating, fresh scent to the home.\*
- **Inhalation:** Put 1 to 2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed for a quick 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 around your body or into the environment as desired. Can be used as an invigorating perfume or to freshen areas like closets, basements, or cars where stale odors may linger.\*

### bath

- Add 10 to 15 drops to ½ cup Pink Himalayan or Dead Sea salts and mix into warm bath water to soak away the stresses of the day\*

### internal

- Add 1 to 2 drops to a glass or bottle of water for an extra zing; may assist with cleansing the liver and the blood, and is especially good for weight loss.\*

### topical

- **Perfume:** Apply 1 to 2 drops to pulse points as a refreshing perfume.\*
- **Reflexology:** Apply 1 to 2 drops to the soles of the feet in the morning for an invigorating start to the day.\*

### 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 2<sup>nd</sup> 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 2<sup>nd</sup> trimester.

## ingredients

*Citrus sinensis* (Sweet Orange), *Citrus reticulata* (Tangerine), *Citrus paradisi* (Pink Grapefruit), *Citrus reticulata* var *deliciosa* (Red Mandarin), *Citrus reticulata* var *deliciosa* (Green Mandarin), *Citrus aurantifolia* (Lime), *Citrus bergamia* (Bergamot)

## responsible cautions

- Will cause sunburn if skin is exposed to sunlight right after application; wait several hours before exposing skin to sunlight after application.
- 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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# Lavender Ice

lavender apothecary blend    AromaStix

Headaches are a painful, recurring experience for many people. They may be caused by stress, eyestrain, allergies, sinus congestion, hormone imbalances, and many other causes.\*

Nonsteroidal anti-inflammatory drugs (usually abbreviated as NSAIDs) are a class of drugs that provide analgesic (pain-killing) and antipyretic (fever-reducing) effects, and, in higher doses, anti-inflammatory effects.\*

At least one study has examined a potential link between the usage of non-steroidal anti-inflammatory drugs (NSAIDs) and autism in children (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3673819/>). Additionally, some physicians have concerns that ibuprofen and other NSAIDs can cause kidney damage.\*

Whatever the cause of your headache, Lavender Ice may bring the nonprescription, non-drug relief you seek.\*

## ingredient highlights

**Lavender Vera:** Well-known for its powerful anti-inflammatory and sedative properties, both of which can assist in resolving headache and migraine issues quickly and naturally.\*

**Peppermint:** Has been shown in clinical studies to improve circulation and relax stiff muscles, which may provide relief from tension headaches and migraines.\*

## uses

### topical

- For headache, apply Lavender Ice neat (undiluted) to the temples, forehead, and over the ear, following the hairline and across the back of the neck. Be careful not to get it too close to the eyes. This can be repeated as needed.\*
- Apply Lavender Ice neat (undiluted) to areas of the body experiencing pain due to tight muscles, strains or sprains, or from blunt trauma such as slamming a finger in a door or stubbing a toe. Gently massage in; repeating as necessary.\*

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## application methods

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 2<sup>nd</sup> trimester.

## ingredients

*Lavendula angustifolia (Lavender, vera),  
Mentha piperita (Peppermint), Cocos  
Nucifera (Fractionated Coconut)*

## responsible cautions

- Not for use on babies or children under age three; on young children be very cautious to keep away from the eyes.
- Not recommended for those with atrial fibrillation.
- Should not be used in conjunction with homeopathic remedies as it may neutralize the homeopathic effects.
- Peppermint oil residue can remain on the fingers even after washing, and can inadvertently be rubbed into eyes or sensitive areas of skin. Applying Peppermint with your little finger will reduce the likelihood of the oil residue accidentally contacting the eyes.
- 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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