

Cedarwood Atlas

cedrus atlantica 10ml

Cedarwood Atlas appears repeatedly in the Bible, and according to the Song of Solomon was used to build Solomon's temple. It came to symbolize abundance, fertility, and spiritual strength. The name cedrus originated from the Arabic word kedron, meaning "power".*

Cedarwood Atlas can help to give us immovable strength in times of crisis. Steadying the conscious mind, it helps us to resist the sudden events and powerful emotions that threaten to undermine our confidence and morale. It can "buck-up" the ego when we feel alienated or destabilized – when we find ourselves, for example, suffering from "culture shock" in a foreign country or in a strange situation. The oil's virile woody-balsamic aroma is one that helps us to take a negative or threatening situation, and transform it into an experience from which we can derive strength and wisdom.*

Cedarwood Atlas essential oil is strengthening and a powerful tonic for both the kidneys and spleenpancreas; it may assist the body with general lethargy, nervous debility, lower backache, and poor concentration.*

Cedarwood Atlas is decongesting for the lymphatic system and encourages drainage and stimulates the breakdown of accumulated fats. Mildly diuretic in action, it may be used for excessive weight gain, cellulite, and edema. The decongestant nature of the oil combined with its anti-infectious properties make it helpful when assisting the body with genito-urinary and respiratory concerns.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser for 10 minutes per hour for a grounding, calming environment.*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale deeply to calm and ground in times of stress.*
- **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 for a cleansing, calming effect.*

bath

- **Bath:** Add 10 to 15 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm water for a soothing, relaxing bath.*

topical

- **Massage/Lotion:** Add to hand & body lotion or the carrier oil of your choice, adhering to recommended dilution guidelines. Use for a soothing massage.*
- **Shampoo/Skincare:** Add 15 drops to 1 ounce of carrier oil to improve oily skin, acne, dandruff, and seborrhea of the scalp.*

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

Wildcrafted

Producing Organ: Wood sawdust

Extraction: Steam Distillation

Country of Origin: Morocco

Main Chemical Constituents: Atlantone, caryophyllene, cedrol

Therapeutic Properties: Antiseptic, antiputrescent, antiseborrheic, aphrodisiac, astringent, diuretic, expectorant, fungicidal, mucolytic, sedative (nerous), stimulant (circulatory), tonic

responsible cautions

- Not recommended for use during pregnancy.
- 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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Seeing The Big Picture

JUNE: BLEND 4 15ml

On your way to being all you can be, you must see the bigger picture and think outside the box. Enjoy the personal freedom you are creating by taking back your power. Set goals and go beyond limitations. Own your personal power, envision your perfect life, and accomplish anything.*

Most people who criticize are stating how they feel about their own life. If they believe a better life is impossible for themselves, they can't see a better life for you. No matter what anyone says negatively to discourage you, remember that is just their opinion and it doesn't need to become yours unless you choose it.*

People who want you to think small are not helpful to be around. They may think they are helping, but they can make you doubt yourself. Associate with people who support your dream. It may not be their dream, but they will offer you positive help and support.*

USES

topical

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

Seeing The Big Picture Intention

I will honor my dream and work toward it. I believe in myself and know that I can make my dream come true. Having a dream gives purpose and excitement to my life like I have never experienced before. I am building a dream team of like-minded individuals and together we will change many lives including our own. "Team work makes the dream work."

- **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, close your eyes, and mist around your body to find the freedom of thought to dream big, and use your increased analytical thinking to form a solid plan to turn your dreams into reality.*
- **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. Especially helpful during meetings when "seeing the big picture" is needed to further collaborative efforts.*

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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.

ingredients

Helichrysum italicum (Helichrysum), Commiphora myrrha (Myrrh), Cymbopogon citratus (Lemongrass), Citrus limon (Lemon), Mentha spicata (Spearmint), 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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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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