

Clay & Tea Tree

deodorant 2.5oz

Sweating is a natural and necessary function of our bodies, and we all do it. Sweating helps control body temperature and assists in detoxifying the body, but when sweat comes in contact with bacteria on our skin body odor is the result.*

Traditional chemical-laden deodorants often contain aluminum compounds that prevent the body from sweating and tend to block pores. But if we prevent our skin from sweating, bacteria can become trapped and cause even worse body odor. Natural deodorants, on the other hand, help keep the pores open allowing the skin to breathe, and also help kill the bacteria that causes the odor.*

Our aluminum-free Clay & Tea Tree Deodorant is an incredibly effective, natural formula to nourish and deodorize the skin.*

This gentle, natural deodorant features Kaolin Clay to absorb moisture and help balance the skin's pH levels combined with Tea Tree Oil for its incredible bacteria-fighting properties.*

ingredient highlights

Kaolin Clay: With an ability to absorb impurities from deep within the skin, Kaolin Clay can help restore and balance the skin's pH levels. It may also benefit skin issues like irritation, redness, and acne.*

Tea Tree: With scientifically-proven antibacterial and antimicrobial properties, Tea Tree is an ideal alternative to commercial deodorants. It kills odor-causing bacteria quickly and naturally, and may reduce underarm pores. Tea Tree oil is also high in natural astringents that can help reduce perspiration.*

Grapeseed Oil: Extracted from real grape seed, this oil has several important health benefits, and is a good source of essential fatty acids and vitamin E. It's packed with antioxidant benefits to nourish and moisturize skin.*

Tapioca Root Powder: Well-known for absorbing moisture and neutralizing odor, tapioca root powder helps keep underarms dry without aluminum or artificial fragrances, and without clogging the pores.*

Castor Seed Oil: This oil is rich in ricinoleic acid, a monounsaturated fatty acid known for its moisturizing properties and its ability to assist with skin inflammation.*

uses

- For external use only. Apply to underarms only; re-apply as needed throughout the day.*

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ingredients

Vitis Vinifera (Grape) Seed Oil, Beeswax, Cocos Nucifera (Coconut) Fruit Oil, Maranta Arundinacea (Tapioca) Root Powder, Ricinus communis (Castor) Seed Oil, Kaolin (Rose) Clay, Rosmarinus officinalis (Rosemary) Flower Oil, Mentha piperita (Peppermint) Leaf Oil, Laurus nobilis (Bay Laurel) Oil, Organic Eucalyptus globulus (Eucalyptus) Leaf Oil, Citrus paradisi (Pink Grapefruit) Oil, Ocimum basilicum (Basil) Leaf Oil, Mentha spicata (Spearmint) Leaf Oil, Organic Lavandula angustifolia (Lavender) Flower Oil, Citrus limon (Lemon) Fruit Oil, Zingiber officinale (Ginger) Root Oil, Melaleuca alternifolia (Tea Tree) Leaf Oil, Melaleuca leucadendron cajaput (Cajeput) Leaf Oil, Cinnamomum zeylanicum (Cinnamon) Leaf Oil, Cymbopogon flexuosus (Lemongrass) Leaf Oil, Citrus aurantifolia (Lime) Fruit Oil, Helichrysum italicum Flower Oil, Anthemis nobilis (Roman Chamomile) Flower Oil, Organic Sesamum indicum (Sesame) Seed Oil

responsible cautions

- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Keep out of reach of children and pets.
- Store in a cool, dry place.
- Discontinue use if any adverse reactions occur.

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Organic Hair & Body Bars

paraben-free. vegan. phthalate-free.

Clean & Moisturize From Head To Toe.

Emerge renewed, with nourished skin, shiny hair, and a calm, relaxed mind.

Treat yourself to spa-quality bathing with our luxurious all-in-one hair & body bars. After just one use, you'll wonder how you ever lived without them. The rich, creamy lather rinses clean while nourishing hair and skin with luxurious softness. The gentle plant-based cleansers lift dirt and oil without over-drying or irritation. Give your hair and skin the spa treatment you deserve!*

Cassia & Clove

Our luxurious, handcrafted organic Cassia & Clove bar will invigorate and beautify your hair and skin. Cassia & Clove combine to give this bar a subtle yet spicy aroma. The organic ground cloves and oatmeal in this bar provide gentle cleansing along with skin-healing exfoliation that may help the appearance of fine lines and wrinkles. Perfect for all skin & hair types.*

Charcoal & Cacao

Our luxurious, handcrafted organic Charcoal & Cacao bar will detox and beautify your hair and skin. Activated Charcoal and organic Cacao strengthen hair follicles while removing toxins, oils, and pollutants. Added Plantain Leaf and Cocoa Butter moisturize hair bringing luster and shine to every strand. Perfect for all skin types and great for shaving too!*

Geranium & Clay

Our luxurious handcrafted organic Geranium & Clay bar will soothe and rejuvenate your hair and skin. Rose Geranium and Pink Clay soothe inflammation and redness while helping to minimize pores and repair damaged skin cells. This bar is perfect for all skin types and is great for shaving as well!*



Cassia & Clove Ingredients: Saponified Organic Sunflower (*Helianthus annuus*) Oil, Saponified Organic Coconut (*Cocos nucifera*) Oil, Water, Saponified Organic Palm (*Elaeis guineensis*) Oil, Saponified Organic Safflower (*Carthamus tinctorius*) Seed Oil, Clove Bud (*Eugenia caryophyllata*) Essential Oil, Organic Clove (*Syzygium aromaticum*), Organic Oat Kernel (*Avena sativa*), Cassia (*Cinnamomum cassia*) Essential Oil, Rosemary (*Rosmarinus Officinalis*) Leaf Extract



Charcoal & Cacao Ingredients: Saponified Organic Sunflower (*Helianthus annuus*) Oil, Saponified Organic Coconut (*Cocos Nucifera*) Oil, Saponified Organic Palm (*Elaeis guineensis*) Oil, Saponified Organic Safflower (*Carthamus tinctorius*) Oil, Water, Cocoa (*Theobroma cacao*) Butter, Sweet Orange (*Citrus sinensis*) Essential Oil, Tea Tree (*Melaleuca alternifolia*) Essential Oil, Organic Bergamot (*Citrus aurantium bergamia*) Essential Oil, Activated Charcoal, Plantain (*Plantago major*) Leaf, Cacao (*Theobroma cacao*), Organic Rosemary (*Rosmarinus Officinalis*) Leaf Extract



Geranium & Clay Ingredients: Saponified Organic Sunflower (*Helianthus annuus*) Oil, Saponified Organic Coconut (*Cocos Nucifera*) Oil, Saponified Organic Palm (*Elaeis guineensis*) Oil, Saponified Organic Safflower (*Carthamus tinctorius*) Oil, Water, Sweet Orange (*Citrus sinensis*) Essential Oil, Cedarwood Atlas (*Cedrus atlantica*) Essential Oil, Lavender (*Lavandula angustifolia*) Essential Oil, Geranium (*Pelargonium*) Essential Oil, Pink (Kaolin) Clay, Himalayan Pink Salt (Mineral Halite), Apricot (*Prunus Armeniaca*) Kernel Oil, Rosemary (*Rosmarinus Officinalis*) Extract

Organic Hair & Body Bars

paraben-free. vegan. phthalate-free.

Lavender & Comfrey

Our luxurious, handcrafted organic Lavender & Comfrey bar will moisturize and beautify your hair and skin. Lavender's fresh, floral scent has a soothing effect on both the skin and the senses while Comfrey contains allantoin, a natural skin cell regenerator, to help restore your skin to its natural balance and glow. Perfect for all skin & hair types.*

Orange Blossom

Our luxurious, handcrafted organic Orange Blossom bar will invigorate and beautify your hair and skin. This bar is great for muscle aches and pains, and its bright, citrus scent will invigorate and uplift. Perfect for all skin & hair types.*

Patchouli

Our Patchouli bath bar is a luxurious blend of essential oils and botanical extracts in a hypoallergenic, vegan soap base of organic palm, coconut, olive, and palm kernel oils. It will surely delight your skin and sweeten your soul. With a classic Patchouli aroma, it's a favorite among men for shaving. Perfect for normal, combination, and oily skin.*

suggested usage

Wet bar and rub directly onto hair and body, or rub on hands or a washcloth and apply lather to hair & body. Gently cleanse your body from head to toe. Rinse well.*

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.

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Lavender & Comfrey Ingredients: Sodium Cocoate, Sodium Sunflowerate, Aqua, Sodium Palmate, Sodium Safflowerate, Glycerin, Lavender Grosso (*Lavandula hybrid*) Oil, Lavender (*Lavandula angustifolia*) Oil, Alkanet (*Alkanna tinctoria*) Root, Rosemary (*Rosmarinus Officinalis*) Leaf Extract, Organic Comfrey (*Symphytum officinale*) Root



Orange Blossom Ingredients: Saponified Organic Sunflower (*Helianthus annuus*) Oil, Saponified Organic Coconut (*Cocos nucifera*) Oil, Water, Saponified Organic Palm (*Elaeis guineensis*) Oil, Saponified Organic Safflower (*Carthamus tinctorius*) Seed Oil, Rosemary (*Rosmarinus officinalis*) Leaf Extract, Organic Annatto (*Bixa orellana*) Seed, Madder (*Rubia tinctorum*) Root, Blood Orange (*Citrus sinensis*) Essential Oil, Bergamot (*Citrus bergamia*) Essential Oil, Tangerine (*Citrus reticulata*) Essential Oil, Orange (*Citrus sinensis*) Essential Oil, Lemongrass (*Cymbopogon flexuosus*) Essential Oil, Lime (*Citrus aurantiifolia*) Essential Oil



Patchouli Ingredients: Saponified Organic Palm (*Elaeis guineensis*) Oil, Saponified Organic Coconut (*Cocos Nucifera*) Oil, Saponified Organic Olive (*Olea europaea*) Oil, Saponified Organic Palm (*Elaeis guineensis*) Kernel Oil, Water, Patchouli (*Pogostemon cablin*) Essential Oil, Hemp (*Cannabis sativa*) Essential Oil, Organic Rosemary (*Rosmarinus Officinalis*) Leaf Extract

Fresh

bentonite clay tooth cleansing powder 2oz

Fresh mouth. Clean ingredients. Now you can have healthy, clean teeth and gums without artificial flavorings, artificial sweeteners, fluoride, carrageenan, triclosan, and sodium lauryl sulfate. Fresh Tooth Powder refreshes and cleans with powerful calcium bentonite clay, pink Himalayan salt, pure essential oils, and healing herbs.*

ingredient highlights

Bentonite Clay: Montmorillonite (Bentonite) Clay is a form of volcanic ash that is antibacterial and anti-inflammatory. It is a rich source of trace minerals like calcium, iron, copper, and zinc. When Bentonite Clay gets wet, it expands, changes its electrical charge to a negative charge, and becomes like a big sponge that can absorb toxins. It also has an alkalinizing effect that is beneficial for the health of teeth and gums.*

Pink Himalayan Salt: This all-natural salt is estimated to contain as many as 84 trace minerals that are naturally anti-inflammatory and antibacterial. Brushing with Pink Himalayan Salt can assist in removing bacteria from the teeth and gums, which helps in preventing the buildup of plaque and tartar.*

Peppermint Essential Oil: This tried-and-true remedy has been used all around the world for more than a thousand years. It kills bacteria and fungus, both of which can cause infections in the mouth or lead to the development of cavities. Peppermint oil is especially effective against anaerobic bacteria, which love a low-oxygen environment such as the spaces between teeth or below the gum line where cavities can form and thrive. Studies have shown that peppermint oil is more effective in reducing cavities than many of the active chemical ingredients used in commercial mouthwashes.*

Clove Essential Oil: Used in traditional Indian and Chinese medicine for centuries to relieve tooth pain, modern clinical research has indicated that clove oil can relieve tooth pain and bad breath, as well as help reduce gum disease. Clove oil also has the natural ability to restrict the development of bacteria and can help fight mouth and throat infections.*

Spearmint Essential Oil: An excellent antifungal and breath freshener. Studies show that using spearmint and/or peppermint oil for oral hygiene can help delay the process of gum disease and gingivitis. It is believed by some to have the ability to assist with toothaches as well.*

USES

- Wet toothbrush. Dip in powder and brush as you normally would. Rinse.*

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ingredients

Extra Fine Montmorillonite (Bentonite) Clay, Extra Fine Pink Halite (Pink Himalayan Salt), Eugenia caryophyllata (Clove Bud) Essential Oil, Cinnamomum zeylanicum (Cinnamon) Essential Oil, Thinopyrum intermedium (Wheatgrass) Juice Powder, Mentha spicata (Spearmint) Essential Oil, Citrus sinensis (Sweet Orange) Essential Oil, Mentha piperita (Peppermint) Essential Oil, Citrus paradisi (Pink Grapefruit) Essential Oil

responsible cautions

- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Keep out of reach of children and pets.
- Store in a cool, dry place.

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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

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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

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

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.
- 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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Frankincense

boswellia carteri 10ml

Frankincense trees grow in rocky, desert-like soil. They are seldom more than 20 feet tall, and some have bizarre shapes. Each tree has its own personality. Everything about them is a testimony to the unforgiving sun of this land. They chose a location where the mountains provide protection from the wind, and mountain dew is the only moisture they receive. Average rainfall must be below 4 inches in order for them to thrive. Frankincense essential oil is steam distilled from the resin produced by these trees.*

Frankincense has been used for thousands of years as an incense, and was once considered as valuable as gold. In ancient Egypt it was utilized in cosmetics, perfumes, and rejuvenating skin treatments. Medicinally, Frankincense has been used in both the East and West for a wide range of concerns including nervous complaints, digestive issues, rheumatic conditions, and respiratory infections.*

In the last few years, Western science has become aware of the ability of Frankincense to lessen the pain caused by rheumatism. A study conducted at the University of Munich was able to prove the effects of Frankincense on joint pain. The age-old healing and incense-burning substance can give many people who suffer from rheumatism hope and help.*

Other experiments, conducted at the University of Tübingen, have also proven that Frankincense can reduce infections. According to pharmacological research, Frankincense has strong anti-inflammatory properties that could make it a natural remedy for inflammation-rooted diseases.*

uses

aromatic

- **Diffuser:** Diffuse during meditation to promote peace and relaxation.*
- **Direct Inhalation:** Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.*

bath

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

internal

- **Internal:** Put 2-3 drops in a veggie capsule, adding carrier oil. Take one capsule one or two times daily, as desired, to support healthy cellular function.*

topical

- **Wrists & Feet:** Apply 2 to 4 drops to wrists and/or soles of the feet to support emotional balance and relaxation.*
- **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:** Apply 1 to 2 drops on location to assist with inflammation.*
- **Topical Dilution Guidelines:** Topical dilution for healthy individuals ages 10 and over is 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.
 - **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: Resin

Extraction: Steam Distillation

Country of Origin: Somalia

Main Chemical Constituents: *α-pinene, limonene, α-thujene*

Therapeutic Properties: *Anti-inflammatory, antiseptic, astringent, carminative, cicatrizant, cytophylactic, digestive, diuretic, emmenagogue, expectorant, sedative, tonic, uterine, vulnerary [Julia Lawless, "The Illustrated Encyclopedia of Essential Oils" (Rockport, MA: Element Books, 1995), 97.]*

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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