

Align

balance blend 10ml

Align essential oil blend is one of our most popular products and a favorite of formulator Alexandria Brighton. Its earthy and uplifting scent comes from Alexandria's proprietary blend of Black Spruce, Frankincense, and Tanacetum Annuum.*

"This is structural alignment in a bottle. It is great as a foundation oil to be used before other essential oils due to its ability to relax and prepare the body to assimilate other oils more effectively." ~ Alexandria Brighton

USES

aromatic

- **Diffusion:** Diffuse 10-12 drops in 15 minute increments throughout the day.*
- **Inhalation:** Apply 1 to 2 drops on a tissue or cotton ball, or apply to the wrists, and inhale deeply as needed.*

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.*

topical

- **Massage:** For topical use add 8 to 10 drops of Align and 4 to 6 drops Trauma Relief.*
- **Massage:** To restore balance to your emotions add 8 to 10 drops of Align and 4 to 6 drops Lavender.*
- **Reflex Points:** Apply to feet and/or spinal area before a chiropractic alignment or a massage.*

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

- 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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Osteo

soothing blend 10ml

Osteo is formulated to address nearly any form of discomfort, and contains essential oils known for their anti-inflammatory, antispasmodic, anti-hematoma, and pain-relieving properties. Whether chronic or acute, this blend is a favorite among many people with conditions like rheumatism, arthritis, and gout.*

"Naturally assists the body with pain in a non-toxic manner. Instead of just masking the pain, it has the potential to resolve the root cause of the pain."

~ Alexandria Brighton

USES

aromatic

- **Diffusion:** Diffuse 10-12 drops in 15 minute increments throughout the day.*
- **Inhalation:** Apply 1 to 2 drops on a tissue or cotton ball, or apply to the wrists, and inhale deeply as needed.*

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.*

topical

- **Massage:** For topical use on large areas add 10 to 12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.*
- **Massage:** Gently massage 5-6 drops neat (undiluted) along the spine. Apply a warm compress for 10 to 30 minutes.*

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: 4

Never recommended for children or while pregnant or nursing.

ingredients

Eugenia caryophyllata (Clove Bud), Helichrysum italicum (Helichrysum), Rosmarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Origanum majorana (Sweet Marjoram), Gautheria fragrantissima (Wintergreen), Cocos nucifera (Fractionated Coconut Oil)

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- May increase the anticoagulant action of blood thinners when applied topically; not recommended for those facing major surgery, hemophilia, or other bleeding disorders.
- 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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Sensory

soothing blend 10ml

Sensory strengthens, supports, and acts as a tonic to nourish the nervous system, our very important system for body-wide communication. Sensory contains essential oils that are historically known to reduce inflammation, assist vascular dilation, and support the body with neuralgia, nervous exhaustion, and stress-related disorders.*

"The nervous system is essential to any healthy body; its importance can't be overstated. This is our most powerful blend to assist the body with healing throughout the body and the nervous system." ~ Alexandria Brighton

USES

aromatic

- **Diffusion:** Diffuse 10-12 drops in 15 minute increments throughout the day.*
- **Inhalation:** Apply 1 to 2 drops on a tissue or cotton ball, or apply to the wrists, and inhale deeply as needed.*

bath

- **Bath:** Add 8 to 10 drops to bath salts and mix into warm bath water and soak. Works well to assist with pain relief, aching muscles and sore joints.*

topical

- **Massage:** For topical use on large areas add 10-12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.*
- **Massage:** Apply 3-5 drops to the soles of each foot to assist with restless leg syndrome and the pain caused by neuropathy.*

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

Eucalyptus radiata (Eucalyptus Radiata), Helichrysum italicum (Helichrysum), Citrum Limon (Lemon), Cinnamomum camphora ct. 1,8 cineole (Ravintsara), Melaleuca alternifolia (Tea Tree), Cymbopogon martinii (Palmarosa), Cocos nucifera (Fractionated Coconut Oil)

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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FlexAble

soothing blend 10ml

Formulated to support and communicate with the muscular system, FlexAble contains three primary oils - Balsam Fir, Black Spruce, and Sweet Marjoram - that each have powerful analgesic and anti-spasmodic properties.*

"Perfect blend for sore and strained muscles, rheumatic pain, and anti-spasmodic benefits. This blend is a true therapeutic blend for all forms of bodywork, injuries and healing." ~ Alexandria Brighton

USES

aromatic

- **Diffusion:** Diffuse 10-12 drops in 15 minute increments throughout the day.*
- **Inhalation:** Apply 1 to 2 drops on a tissue or cotton ball, or apply to the wrists, and inhale deeply as needed.*

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.*

topical

- **Massage:** For topical use on large areas add 10-12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.*
- **Massage:** Apply 3-5 drops to the soles of each foot to assist with restless leg syndrome and the pain caused by neuropathy.*

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

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ingredients

Abies balsamea (Balsam, fir), Picea mariana (Spruce, black), Cedrus atlantica (Cedarwood Atlas), Cupressus sempervirens (Cypress), Simmondsia chinensis (Jojoba), Origanum majorana (Sweet Marjoram), Pinus pinaster (Ocean Pine), Pinus sylvestris (Scotch Pine), Abies sibirica (Siberian Fir), Cocos nucifera (Fractionated Coconut Oil)

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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Connect

soothing blend 10ml

Connect is formulated to support and communicate with the tendons, cartilage, and connective tissue of the body. Whether for use in easing spasms, sprains and strains, or for building strength in the connective tissues of the body, this powerful blend does what it is intended to do. Great for use in massage as it eases muscular spasms, sprains, and strains; and is useful after exercise as it improves muscle tone and disperses lactic acid throughout the body.*

"Connect's ability to assist the body with muscular spasms, sprains, and strains make it a great massage choice. Also a great pick-me-up due to its fresh and distinct aroma." ~ Alexandria Brighton

uses

aromatic

- **Diffusion:** Diffuse 10-12 drops in 15 minute increments throughout the day.*
- **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 pick-me-up.*

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.*

topical

- **Massage:** For topical use on large areas add 10 to 12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.*
- **Massage:** Gently massage 5 to 6 drops neat (undiluted) along the spine. Apply a warm compress for 10 to 30 minutes.*

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

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ingredients

Cymbopogon citratus (Lemongrass), Cinnamomum zeylanicum (Cinnamon Bark), Cupressus sempervirens (Cypress), Zingiber officinale (Ginger Root), Mentha piperita (Peppermint), Rosmarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Melaleuca alternifolia (Tea Tree), Cymbopogon martinii (Palmarosa), Cocos nucifera (Fractionated Coconut Oil)

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.
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Circulate

soothing blend 10ml

Circulate is formulated with oils that target the cardiovascular and circulatory systems. It is particularly powerful as an aid for varicose veins, cellulite, cystitis, and all things 'circulatory' due to its tonifying, regulating, detoxifying, and decongesting properties.*

"A circulatory system that functions less than optimally may cause a selection of problems, and with this in mind, we developed our Circulate Blend."

~ Alexandria Brighton

USES

aromatic

- **Diffusion:** Diffuse 10-12 drops in 15 minute increments throughout the day.*
- **Inhalation:** Apply 1 to 2 drops on a tissue or cotton ball, or apply to the wrists, and inhale deeply as needed.*

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.*

topical

- **Massage:** For topical use on large areas add 10 to 12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.*
- **Massage:** Gently massage 5 to 6 drops neat (undiluted) along the spine. Apply a warm compress for 10 to 30 minutes.*

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

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safety group: 3

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ingredients

Cupressus sempervirens (Cypress), Gardenia taitensis (Monoi), Pelargonium graveolens (Rose Geranium), Santalum album (Sandalwood), Rosa damascena (Rose), Pogostemon cablin (Patchouli), Cananga odorata (Ylang Ylang Complete), Simmondsia chinensis (Jojoba), Cocos nucifera (Fractionated Coconut Oil)

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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Clear

balance blend 10ml

Clear is formulated to bring balance and harmony after bodywork of all kinds as it has been the experience of many massage therapists, body workers, practitioners, and individuals that manipulating, adjusting, and massaging the body can give rise to emotional experiences. Most effective when used as a massage immediately after a chiropractic adjustment, body work, or massage as it allows the body the opportunity to clear both stored physical and emotional experiences.*

"Clear's positive, uplifting nature can also be gently energizing. The Rockrose will warm and invigorate you, the Elemi will revitalize and refresh you, and the Black Spruce will anchor and strengthen you."

~ Alexandria Brighton

uses

aromatic

- **Diffusion:** Diffuse 10-12 drops in 15 minute increments throughout the day.*
- **Inhalation:** Apply 1 to 2 drops on a tissue or cotton ball, or apply to the wrists, and inhale deeply as needed.*

bath

- **Bath:** Add 8 to 10 drops to bath salts and mix into warm bath water and soak after body work, exercise, or just to unwind.*

topical

- **Massage:** For topical use on large areas add 10 to 12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.*
- **Massage:** Gently massage 5 to 6 drops neat (undiluted) along the spine. Apply a warm compress for 10 to 30 minutes.*

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

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safety group: 3

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ingredients

Abies balsamea (Balsam, fir), Picea mariana (Spruce, black), Salvia sclarea (Clary Sage), Canarium luzonicum (Elemi), Pelargonium graveolens (Rose Geranium), Inula helenium (Inula), Cistus ladanifer (Rockrose), Pogostemon cablin (Patchouli), Lavandula angustifolia (Lavender Vera), Cananga odorata (Ylang Ylang Complete), Origanum majorana (Sweet Marjoram), Citrus paradisi (Pink Grapefruit), Salvia officinalis (Sage), Nardostachys jatamansi (Spikenard), Rosa damascena (Rose), Simmondsia chinensis (Jojoba), Santalum album (Sandalwood), Citrus reticulata (Tangerine), Copaifera langsdorffii (Balsam Copaiba), Tanacetum annuum (Tanacetum Annuum), Cocos nucifera (Fractionated Coconut)

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
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- Store away from sunlight, at room temperature, with the lid securely tightened.

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