

Essential Oil's ~ Blends & Singles ~ Mini-Guide

Essential Oil Blends

Abundance:

Created to enhance and stimulate the frequency of the energy fields that surround us, including Law of Attraction.

Acceptance:

Stimulates the mind, compelling it to open and accept new things. Helps overcome procrastination and denial.

Aroma Life:

Supports cardiovascular, lymphatic, and circulatory systems, helping to lower high blood pressure.

Aroma Siez:

May help relax, calm and relieve tight, sore, tired, and aching muscles resulting from sports injuries or stress.

Australian Blue:

Is a powerful, aromatic essence that unites ancient aboriginal wisdom with today's scientific knowledge about essential oils to uplift and inspire the mind and heart. This exotic essential oil blend has sweet, earthy undertones responsible for its calming and stabilizing effect.

Awaken:

A formulation of other blends. It brings one to inner knowing in order to make changes and desirable transitions.

Believe:

Is an uplifting blend of essential oils that have a steady balancing effect on emotions, helping you to overcome feelings of despair and move beyond them to a higher level of awareness. It helps release the unlimited potential everyone possesses, making it possible to experience health, happiness, and vitality more fully. Believe also has antiseptic properties and is nourishing and supportive to the skin.

Brain Power:

May increase mental potential, mental clarity, and long term use may retard the aging process.

Chivalry:

Essential oil blend was formulated to promote bravery valor; daring, confidence, and feelings of wellbeing. The ideals of courage and nobility can be unleashed through this refreshing blend.

Christmas Spirit:

Fragrance reminds one of Christmas joy. Contains powerful anti-viral and anti bacterial oil.

Citrus Fresh:

Stimulates the right brain, bringing about more creativity, a sense of wellbeing. An air purifier.

Clarity:

Designed to promote a clear mind and mental alertness. Use for headaches. A Stimulant for low energy.

Di-Gize:

Blended to assist in relieving digestive irregularities and disturbances (heartburn, upset stomach, bloating).

Dragon Time:

Blend of single oils that historically have been used to alleviate pre-menstrual and menstrual cramping.

Dream Catcher:

This formula may help open the mind and enhance dreams.

EndoFlex:

Designed to balance and support the endocrine system. May stimulate weight loss and alleviate hot flashes.

En-R-Gee:

Traditionally used for vitality, circulation, and alertness, in the body, also mental alertness.

Envision:

Helps bring renewed faith in the future and maintain the emotional fortitude to achieve your goals and dreams.

Evergreen Essence:

Takes you back to nature by combining the scents of a variety of aromatic, pine, cedar, and spruce trees. Crisp and invigorating it refreshes your senses. This blend changes slightly from season to season. Evergreen Essence is a seasonal item that is now available year around.

Exodus II:

Used by Moses to protect the Israelites from the plague. Contains immune-stimulating and antiviral compounds.

Forgiveness:

May help release negative memories, thereby allowing one to get on with their life. Apply to heart and navel.

Gathering:

Contains Galbanum, one of Moses favorite oils when he prayed. Oxygenate the pineal and pituitary glands.

Gentle Baby:

It is comforting, soothing, relaxing, and may be beneficial to the birthing process. Helps reduce stretch marks.

Gratitude:

Is a soothing blend of therapeutic-grade essential oils designed to elevate the sprit, calm emotions, and bring relief to the body while helping to foster a grateful attitude. Add it to bathwater for a peaceful and liberating experience that provides the additional benefits of nourishing and supporting the skin.

Grounding:

"Grounds one to their task." Helps to deal with distressing situations logically,

Harmony:

Promotes physical and emotional healing by bringing a harmonic balance to the body's energy centers.

Highest Potential:

Is an exotic blend of therapeutic-grade essential oils designed to increase your capacity to achieve your highest potential. It combines the uplifting and inspirational qualities of Australian Blue, with the power of Gathering to help bring greater unity of purpose. Jasmine is added to enhance self-confidence, while ylang ylang calms, soothes, and helps release feelings that might otherwise get in the way.

Hope:

Helps reconnect with a feeling of strength and grounding, allowing one to go forward with their life.

Humility:

Assists with the forgiveness process, which helps seek a closer relationship with God.

Immupower:

Anti-microbial, antiviral, builds, strengthens, and protects the body, supporting its defense mechanisms.

Inner Child:

Designed for those suffering abuse. Effects of calming the nerves with a feeling of inner peace.

Inspiration:

Used by Native Americans to increase their spirituality, enhancing their prayer and inner awareness.

Into the Future:

This helps one leave the past behind in order to go forward with vision and excitement.

Joy:

Opens the heart for self-love and brings joy into the heart. May help overcome grief and depression.

JuvaCleanse:

Provides support for the liver through a carefully formulated blend of oils for cleansing and detoxifying the liver

Juva Flex:

Supports liver and lymphatic system detoxification as well as supports digestion. Supports breaking addictions.

Lady Sclareol:

Was designed as an exquisite fragrance. Lady Sclareol is a seductive blend of nature's most aromatic and skin pampering essential oils. Together these oils create a beguiling and alluring perfume.

Legacy:

Is a breathtaking blend of 91 essential oils that has a unique, rich aroma.

Live With Passion:

Stimulates the feelings of passion. May help to overcome depression, mood swings, and loss of drive.

Longevity:

Contains oils that rank among the most powerful anti-oxidants known. Anti-oxidants are elements that help to neutralize free radicals and lessen the day-to-day oxidative damage we are all subject to. Anti-oxidants are thought to protect the skin by attaching themselves to free radicals, which minimizes the harm they do and is important for youthful-looking skin. Longevity contains ingredients that score 1,500,000 on the ORAC scale.

Magnify Your Purpose:

Designed to stimulate the endocrine system, creating energy flow to increase right brain. Creativity.

Melrose:

Antiseptic-like properties when used for cleaning cuts, scrapes, bumps, and bruised tissue.

M-Grain:

Contains oils traditionally used to relieve headaches, nausea, depression, and problems related to severe migraines.

Mister:

Thought to help decongest the prostate and promote greater hormonal balance.

Motivation:

The electrical frequency may help one to overcome feelings of fear and procrastination, and move forward.

PanAway:

Many people have had relief from arthritis symptoms, sports injuries, sprains, muscle spasms, bumps, and bruises.

Peace & Calming:

Best diffused. Promotes relaxation. Used to help treat hyperactivity.

Present Time:

Gives the feeling of being in the moment Disease developed when we live in the past.

Purification:

Cleans air, neutralizes mildew. Cuts and scrapes. Neutralizes poison from insect bites, wasps, spiders, etc.

Raven:

Assists in fighting respiratory disease and infections. May alleviate symptoms of TB, asthma, and pneumonia.

RC:

Formulated to help give relief from colds. Bronchitis, sore throats, sinusitis, and respiratory congestion. Diffuse.

Release:

Helps in letting go of negative emotions. Apply to liver and bottoms of feet.

Relieve It:

Contains a high anti-inflammatory action to relieve deep tissue pain. Alleviates skin and muscle soreness.

Sacred Mountain:

Extracted >from conifer trees. Anti-bacterial and soothing to the respiratory, system.

SARA:

Helps unlock traumatic experiences, such as physical and emotional abuse.

SclarEssence:

Combines the soothing effects of peppermint with the balancing power of fennel and clary sage, and the gentle calming action of Spanish sage for an extraordinary dietary supplement.

Sensation:

Nourishing and hydrating for the skin and in beneficial for various skin problems.

Surrender:

Creates the feeling of surrendering one's aggression, emotion, and controlling attitude.

Thieves:

Potent anti-microbial. Weber State University test found 99.6% kill rate against airborne bacteria. Anti-infectious.

3 Wise Men:

Designed to open the subconscious through pineal gland stimulation to help release deep seated trauma.

Trauma Life:

May help release buried emotional trauma as well as upsets such as death of a loved one. assault, abuse, etc.

Transformation:

Empowers and upholds changes you want to make in your belief with revitalizing new thought patterns, a transformation in behavior is possible.

Valor:

Balances electrical energies, gives conscience and courage. Has changed anaerobic mutated cells back to aerobic state.

White Angelica:

Blend of 10 oils that is calming and brings a feeling of protection. Its frequency neutralizes negative energy.

Single Oil Mini-Guide

Balsm Fir (Idaho) :

Is a conifer oil distilled in northern Idaho that has a refreshing and uplifting scent. Used in massage, it has a soothing effect on muscles and body aches and pains associated with exercise.

Basil:

Anti-inflammatory, helps intestinal problems, muscle spasms, headaches, and mental fatigue. Dilute with carrier oil.

Bergamot:

Analgesic, anti-depressant, anxiety, female hormone balance. Anti-fungal, anti inflammatory, allergies, sedative.

Cardamon:

Diuretic, anti-bacterial, normalizes appetite, colic, coughs, heartburn, nausea, menstrual period. . :

Cedar (Canadian red):

Anti-bacterial, antiseptic, follicle stimulant, helps dandruff, hair loss, respiratory system.

Cedarwood:

Purifies animal odors. Helps cellulite, bronchitis, hair loss, dandruff, and oily hair. Tones lymph system.

Chamomile (roman):

Skin care, acne, boils, rashes, and hair care. Helps relieve migraine headaches and inflamed joints.

Cinnamon Bark:

Always dilute with carrier oil. Helps with strep and virus conditions. Strengthens circulatory system.

Cistus:

Stops viruses from mutating, anti-microbial, works directly on immune system. ' *

Clary Sage:

May help PMS and hot flashes, helps regulate hormones and relieves menstrual cramps. Use during labor.'

Clove:

Used in Egypt to strengthen respiratory system. Improves memory, anti-viral helps toothaches and gum pain.

Coriander:

[Cairo University research: lowers glucose levels by normalizing insulin levels, supports pancreas function.

Cypress:

Anti-bacterial, anti-microbial, lymphatic decongestant. Used for arthritis, bronchitis, circulation, cramps, parasites.

Dill:

Helps lower glucose levels by normalizing insulin levels. Pancreas support bronchial congestion and liver deficiencies.

Douglas Fir:

Invigorating, woodland pine aroma that is spiritually realigning. Used in massage, it helps relieves muscles after exercise.

Elemi:

Has a spicy, incense-like scent that is soft and somewhat balsamic. A member of the same botanical family as frankincense and myrrh, it has been used traditionally in Europe for the skin and is included in celebrated healing ointments such as baume paralytique Seventeenth-century physician J.J. Wecker use it on the battle wounds of soldiers. Elemi is highly regarded for smoothing wrinkles, skin protection, and for soothing muscles after exercise.

Eucalyptus Dives:

Is high in piperiton (40-50%, which gives the oil a minty flavor.) In contrast to some other keytones, piperitone is well-tolerated and relatively nontoxic.

E. Dives is also high in phellandrene (30% which generates air-purifying ozone that kills airborne bacteria and viruses Dr. Penoel recommends E. Dives for sinusitis, ear infection, kidney infection, vaginitis. Because this oil is the strongest and most caustic of the eucalyptus oils, it is best used in topical applications. Although it can be diffused, avoid direction inhalation. Avoid using on infants and young children or pregnant mothers.

Eucalyptus Polybractea CT cineol :

This chemotype boasts a cineol content over 80% the highest of any eucalyptus oil. It is also low in aldehyde. Which can irritate mucus membrane. Next E. Radiata, it is the least irritating yet one of the most antimicrobial eucalyptus oils. This makes it suitable for most kinds of respiratory conditions, since it can be diffused, directly applied on the skin or used in an enema or douche application. It can also be diluted in Agava or vegetable oil, and used as a dietary supplement. Daniel Penoel M.D. recommends E. Polybractea for infection of the nasal membranes and chronic bronchitis.

Eucalyptus Radiata:

Is the gentlest and most effective eucalyptus oil. It is high in Eucalyptol (60-70%) and low in irritating aldehydes (less than 1%)-a characteristic that distinguishes it from E. Globulus, or E. Dives. This makes E. Radiata ideal for treating pulmonary conditions since it can be administered by direct inhalation and even prolonged aromatic exposure without irritating the mucus membranes or bronchial tubes. It is one of the best oils for diffusing.

Dr. Penoel recommends E. Radiata for rhinitis, Otitis, bronchitis, cough, pulmonary infections, acnes athma, and vaginitis. The first sign of a cold or flu, a drop of oil should be added to a tablespoon of Agava and taken every hour for the first five hours and 5 times a day there after until symptoms abate. Dr. Penoel states. A drop or two of oil can also be sprinkled on a handkerchief or washcloth and inhaled directly as needed to help with respirator or sinus conditions. In cases of serious respiratory conditions or yeast infections, you can do an enema or vaginal application which is recommended by Dr. Penoel. Add 1-2 drops of essential oils to 2-4 tablespoons of grape seed oil or V-6 massage oil.

Fennel:

Assists the adrenal cortex, helps break up toxins and fluid in tissue. Balances pituitary, thyroid and pineal glands.

Frankincense:

Has helped some cases of cancer. Works on immune system. Has reduced tumors and external ulcers.

Galbanum:

Helps wounds, boils and abscesses. Calms mind for meditation. ...

Geranium:

Anti-depressant, may assist dissolving stones, helps shingles and ulceration, deodorant, bug repellent.

Ginger:

Anti-parasitic, relieves sprains, breaks up chest congestion, colic and indigestion, For motion sickness and chills.

Goldenrod:

Supports the circulatory system, urinary tract, and liver functions. It has relaxing and calming effects. The genus name, Solidago, comes from the Latin solido, "which means to make whole."

Grapefruit:

Good for acne, flabby arms, reduces cellulite. Relieves water retention.

Helichrysum:

Anti-bacterial, reduces bleeding in accidents, skin regenerator, helps repair nerves.

Hyssop:

Don't use on children. Thins mucous, for bruises, immune stimulator, anti-viral. May help asthma sufferers.

Jasmine:

Helps childbirth, labor pain, frigidity, and coughs. Anti-spasmodic, muscle spasms and uterine disorders.

Juniper:

A nerve stimulator, natural diuretic and cleanser. Reduces dermatitis, eczema and acne.

Laurus Noblis:

Has a spicy scent similar to the bay leaves used in cooking. Uplifting, calming, and grounding. It supports the digestive and respiratory systems. Ancients Greeks and Romans used leaves of the laurel tree to crown their victors, and the Greeks crowned their scholars with them as well

Lavender:

Universal oil, can use pure. May help allergies, all types of burns, ulcers, insomnia, diaper rash, to name a few.

Lavender (St. Maries) :

Is highly regarded for skin and beauty. It may be used to cleanse cuts, bruises, and skin irritations, Lavender is great for winding down before bedtime, yet it has balancing properties that make it just as beneficial for boosting stamina and energy. This lavender is grown on the Young Living Farm in St. Maries, Idaho, where the plants are carefully nurtured and stabilized.

Lemon:

Germicide, purifies air and water. Relieves heartburn, anti-parasitic, stimulates white and red blood cell formation.

Lemongrass:

Mosquito repellent, helps connective tissue repair and regenerate. Reduces varicose veins. Sedative

Marjoram:

Especially good for tight muscles, may calm spasms and respiratory problems. Insomnia.

Melaleuca alternifolia :

Used in war for gangrene and wounds. Can be taken before, during and after radiation treatment.

Melaleuca erififolia:

Is a variety of melaleuca oil that is exceptionally gentle and non-irritating to the skin. It has calming properties and is supportive of the respiratory system.

Melissa:

Powerful anti-viral, anti-depressant, skin problems and eczema. Regulates menstrual cycle and calms emotions.

Mountain Savory:

Kills all airborne bacteria and viruses. Discovered in 1996 lab studies. Best to diffuse. Anti-bacterial

Myrrh:

Helps gum infections, mouth ulcers, skin rashes, wrinkles, and hemorrhoids.
Can help abnormal vaginal discharge.

Myrtle:

Helps treat hypothyroidism. Used for chronic coughs as an expectorant.
Fights colds and flu.

Nutmeg:

Good for chronic bowel disorder. Eases digestion difficulties. Good for
circulation, gout, flatulence, neuralgia.

Orange:

Reduces fluid retention, overcomes sadness, calming to children, aid
digestion, mouth ulcers and gas. :

Oregano:

Strong anti-viral and anti-fungal. It stimulates and helps protect the immune
system.

Patchouli:

Helps relieve anxiety, influences physical and sexual energies. Used for
centuries for skin care and wrinkles.

Pepper:

Has a pungent, crisp aroma that is comforting and energizing. It supports the
digestive system and has been studied for its effects on cellular oxygenation.
It is useful for soothing muscle discomfort following exercise.

Peppermint:

Keeps one mentally alert and awake. Relieves some headaches. Digestion.
Reduces fever, nausea, and vomiting.

Petitgrain:

Antiseptic, calming, brings mood up, helps heartburn, and insomnia. Nerve
equilibrium. Petitgrain has a fresh, floral, citrusy scent that is revitalizing yet
relaxing and uplifting. Derived from the orange tree rather than the blossoms
or fruit, it is beneficial for skin, and hair. It is also supportive of the nervous
system, having the ability to help re-establish emotional equilibrium.

Pine:

Hormone-like, anti-diabetic, cortisone-like, antiseptic, anti-fungal, used on
sore muscles.

Ravensara:

From Madagascar, the oil that heals, helps flu and hay fever, respiratory problems and walking cramps. Rose: Anti-aging, anti-depressant. Great for skin.

Rose:

Essential oil has a beautiful, strong floral and sweet fragrance that is intoxicating and highly romantic. It helps bring balance and harmony with stimulating and uplifting properties that create a sense of well-being and self-confidence. Used for skin care for thousands of years. It is perfect for dry and/or aging skin and wrinkles.

Rosemary:

Mental stimulant, fights Candida, good for dandruff helps open bile duct. Helps reduce cholesterol

Rosewood:

Known for slowing the aging process. Used for skin care, acne, eczema, vaginitis.

Sage:

Oral infection and skin condition. Asthma, bronchitis, menopause, and menstrual irregularities.

Sandalwood:

Stimulates pineal and pituitary glands to enhance meditation. Helps with cystitis and urinary tract infections. Spearmint: Helps to reduce weight. Good for colic, diarrhea, nausea, helps balance metabolism, stimulates gallbladder.

Spikenard:

Antibacterial, anti-fungal, anti-inflammatory, used as a deodorant and skin tonic.

Spruce:

Helps reduce weight. Beneficial for bone pain, arthritis, rheumatism, aching joints, prostatitis.

Tangerine:

Assists dissolving of cellulite, improves circulation, treats dizziness, laxative, cleansing the lymphatic system.

Tansy (Blue):

Anti-inflammatory, Reduces pain, relieves itching, antihistamine. soothing nerves.

Tarragon:

Relief and balance to intestinal tract. Neuromuscular antispasmodic.
Anti-microbial and antiseptic. Colitis, hiccups.

Thyme:

Anti-bacterial. Respiratory problems, digestive complaints, treatment for gastritis, bronchitis, asthma, laryngitis.

Tsuga:

Has a fresh, clean scent. The oils is distilled from the needles and twigs of conifer trees. The bark from these trees was used historically by Native Americans to make poultices for wounds and sores.

Valerian:

Sedative and tranquilizing to the central nervous system. Treats sleep disorders, insomnia, stress, tension.

Vetiver:

Anti-spasmodic and anti-inflammatory used for arthritic symptoms.
Antiseptic, warming properties to help hypothermia.

Western Red Cedar:

Is nourishing to the skin. This oil is different from the bark-derived Canadian red cedar, which is also *Thuja plicata*. Western red cedar oil is clear. It can be used as an alternative to mothballs by adding to wood chips or cotton balls and placing in closets or dressers away from clothing.

White Fir:

Has a fresh, crisp scent and is high in d-limonene, a powerful antioxidant. Supportive of the immune system, it is an aid in maintaining normal cellular regeneration. When used in massage, it help relieve aches associated with exercised muscles.

Wintergreen:

Has a sweet minty scent. It contains the same active ingredient (methyl silylate) as birch and is beneficial in massage for supporting head tension and muscles after relaxing.

Ylang Ylang:

Anti-depressant, alleviates headaches, hot flashes, and hypertension.
Is very calming.