

Essential Oils

Priced in 5ml cobalt blue bottles.

Amber - *Pinus succinifera* Premium dark amber extract. Blissful, full bodied, and enticing. Calmative, analgesic, antispasmodic. Encourages harmony. \$12

Angelica - *Angelica archangelica* Opens the sinus passages, reduces stress, deepens breathing. Opens the heart center and awakens wisdom within the heart and your well-being. \$12

Basil - *Ocimum basilicum* Restorative, general stimulant, anti-spasmodic, digestive tonic, intestinal antiseptic, anti-infectious. Used to encourage positivity, purposefulness, concentration, assertiveness, decisiveness, straight-forwardness, integrity, clarity, cheerfulness, and strength. \$9

Benzoin - *Sytrax toninensis* Anti-inflammatory, astringent, primarily used for respiratory difficulties; asthma, bronchitis, coughs, and lung infections. Emotionally, relieves sadness, grief, and sorrow. \$9

Bergamot - *Citrus aurantium bergamia* Antiseptic, anti-spasmodic, anti-depressant, calmative. Used to encourage concentration, confidence, balance, strength, joy & harmony. Gentle yet powerful anti-depressant. Uplifting. Excellent antiseptic for urinary tract. Aids digestion. \$10

Cardamom - *Elettaria cardamomum* Digestion, immunity booster. Used to assist with mental fatigue, emotional chills. \$9

Cedarwood - *Juniperus virginiana* Antiseptic, tonic, anti-spasmodic, regenerative. Used to encourage strength, focus, balance, fortitude, persistence, confidence, protectiveness, and concentration. \$7

Chamomile G - *Matricaria chamomilla* Analgesic, anti-inflammatory, digestive and nerve sedative. Used for acne, allergies, earache, eczema. Calming, relieves stress. \$18

Cinnamon - *Cinnamomum zeylanicum* Warming Oil and excellent for circulation. Regulates menstruation and eases diarrhea and colitis related symptoms. Skin: Astringent. \$7.20

Cistus - *Cistus ladaniferus* Anti-infectious, antibacterial, anti-arthritis. Used for mature skin and wrinkles. Emotionally balancing. \$16

Clary Sage - *Salvia sclarea* Very calming oil. Balances hormones and menstrual flow, relieves PMS related symptoms including cramps and muscle spasms. Emotions: Soothing, stimulates dreams. Skin: Cell regenerative for aging skin. \$10

Clementine - *Citrus clemantina* Delicate, sweet citrus. Used for calming nerves, relieving anxiety and promoting relaxation. \$8.40

Clove Bud - *Eugenia caryophyllata* Used for bronchitis, nausea, flatulence, analgesic, antiseptic, toothache. Emotions: Grounding, clears negative energy, warm and peaceful. \$7.20

Coriander - *Coriandrum sativum* Sweet and slightly camphoraceous. analgesic, antibacterial antidepressant, digestive stimulant, general tonic. Emotions: Imparts a feeling of security peace and earth permanence. \$7.20

Cucumber - *Cucumis stavia* Anti-inflammatory, firms and tones skin, cleanser. Emotions: Emotionally uplifting, promotes peace and serenity. \$7.20

Cypress - *Cupressus sempervirens var. stricta* Fresh, piney, balsamic. Used as an astringent, calmative, mild diuretic, decongestant. Emotions: Instills optimism and helps us to flow with life's fluctuations. \$8.25

Elemi - *Cnarium species* Anti-viral, anti-fungicidal, nervine, strengthens immune system, promotes restful sleep. \$12

Eucalyptus - *Eucalyptus globules* Anti-bacterial, antiviral, stimulates fluid circulation, expectorant, mucolytic. Emotions: warming and stimulating...calming and restorative. Skin: helps to breakdown acne and skin congestion. \$7.20

Fennel - *Foeniculum vulgare* Used for digestion, constipation, nausea, hormonal imbalance, fluid retention. \$9

Frankincense - *Boswellia thurifera* Used for respiratory problems, fears, nightmares, meditation. \$14

Galbanum - *Ferula galbaniflua* Used for bronchitis, respiratory infections, tension, nervous conditions. \$11

Geranium, Rose China - *Pelargonium asperum* Regulates PMS and Menopause. Diuretic. Eases diabetes and urinary infections. Stems bleeding, reduces stress, calms the spirit. Astringent Skin Cleanser. Good for eczema, burns, shingles, weeping skin. \$9.20

Grapefruit - *Citrus paradisi* Assists with oily skin, weight loss, lethargy, depression, negativity. \$7.20

Ginger - *Zingiber officinalis* Used for digestion, bruises, nausea, muscle aches and pains, cold hands and feet. \$9

Helichrysum - *H. augustifolium* Used to relax, reduce stress, open sinus and breathing passages. Antispasmodic, analgesic, restores connective tissue. \$14

Jasmine - *Jasminum officinalis* Used for emotional dilemmas, dry, sensitive skin, dermatitis, menstrual pain. \$18

Juniper - *Juniperus communis* Assists with mental clarity, aches and pains, swelling, detoxifying. \$7

Kunzea - *Kunzea ambigua* Analgesic, antibacterial, anti-arthritis, helps to diffuse deep emotional pain. \$12

Lavender - *Lavendula vera, France* Balancer, the most versatile and useful essential oil. Anti-bacterial, anti-inflammatory, analgesic. Regulates nervous system, helps high blood pressure & blood sugar. Emotions: Relieves stress, fatigue and depression. A few drops combats insomnia at night. Start the day with lavender and feel strength and clarity. Known as an adaptogen. \$7.20

Lemon - *Citrus limonum* Used for oily skin, colds and flu, immune booster, mental alertness. Emotions: Happy and fresh! \$5.20

Lemon Verbena - *Aloysia triphylla* Stimulating, refreshing, inspiring, cleansing, detoxifying, skin tonic. Emotions: Fresh, sweet and mellow. \$24.00

Lemongrass - *Cymbopogon Citratus* Tonic. Stimulates circulation. Uplifting, rejuvenating. Terrific deodorant. Emotions: Energizes and Uplifts spirits. Skin: Tones skin. Terrific on loose skin after dieting. Balances oily skin and acne. \$6.00

Lime - *Citrus aurantifolia* Assists mental fatigue, oily skin, lack of energy, anxiety, depression, digestion. Emotions: Happy and uplifting. \$7.20

Mango Ginger - *Cucuma amada* Extract from rhizomes. Spicy, warm, woody aroma. Used in Ayurvedic medicine as an anti-inflammatory, analgesic and antioxidant. \$9

Marjoram, Sweet - *Origanum marjorana* warm & spicy, herbaceous. Analgesic, antispasmodic, vasodilator. Encourages calm, balance, and perseverance. \$11.

May Chang - *Litsea cubeba* Refreshing citrus scent. Powerful relaxant, used for meditation and grounding. Excellent for digestive system. Used in treatments for acne. \$7.20

Melissa - *Melissa officinalis* Used to stimulate the immune system. antiviral, Assists nausea, menstrual problems, anxiety, depression, hypertension, insomnia, migraine and nervous tension. \$21.00

Myrrh - *Commiphora myrrh* Assists eczema, athlete's foot, dry skin, coughs, colds, diarrhea, cold sores. Emotionally grounding, meditative. \$14.00

Orange - Citrus aurantium, sinensis Used for digestion, constipation, dry skin, lack of energy stress. \$7.20

Blood Orange, - Citrus sinensis Anti-depressant, fungicidal, nervous sedative, lymphatic stimulant, harmonizes the physical and mental bodies. \$8.40

Mandarin - Citrus reticulata Decongestant, diuretic, tranquilizing, uplifting. Used for skin tone for oily skin and acne. Relieves emotional stress and tension and used in asthmatic blends to control bronchial spasms. \$8.40

Orange Sweet - Citrus aurantium Softens thick, chapped or fissured skin, bronchitis, chills, palpitations, colds, flu, constipation. Harmonizes the physical and mental bodies. Can release negative energy. \$8.40

Oregano - Origanum vulgare Analgesic, anti-infectious, antiseptic, antiviral, bactericidal, fungicidal. Used for infected cuts, wounds, parasites, waterlogged skin, asthma, colds, flu, migraines. \$10

Palmarosa - cymbopogon martinia Assists erratic emotions, rashes, detoxification of the body, labour. \$8

Patchouli - pogostemon patchouli Assists cracked skin, cellulite, fluid retention, stress, anxiety. Also used as an aphrodisiac. \$8

Peppermint - Mentha piperita, United States Used for indigestion, colds and flu, tired feet, mental fatigue, aches and pains, mental acuity. \$7.20

Pettigrain - Citrus hystrix Anti-depressant, anti-septic, astringent, calmative refreshing. Used for acne, excessive perspiration, oily skin and hair, insomnia, nervous exhaustion. Used to cool and calm the nerves. \$7.40

Ravensara - Ravensara aromatica Used in anxiety, stress and related illnesses such as Insomnia, nervous fatigue. Stimulates lymphatic and blood flow and revitalizes physical and mental stamina. \$10

Rose Attar - Rosa damascene Excellent for meditation and positively influences aura and chakras immediately. Where rose fragrance lingers, love and peace prevail. Wonderful skin tonic for all types of skin. \$14

Rosemary - Rosemarinus officinalis Assists memory, mental exhaustion, muscle aches and pains, hair growth. Increases blood pressure. \$7.20

Rosewood - Bois d'rose Tonic, coughs, headache, anti-depressant. \$8.40

Sage - S. officinalis Used to improve circulation and digestion, purify, reduce stress, improve alertness, lessen aches, relax sore muscles. Clears negative emotion. \$7.20

Sandalwood - Santalum album Assists cystitis, dry itchy skin, stress, sore throat. Calming and meditative. \$22.00

Spearmint - Mentha spicata Flatulence, indigestion, intestinal cramps, fevers, nausea. \$7.20

Spruce - Picea mariana Used to calm, reduce stress, open sinus and breathing passages, uplift moods, improve mental clarity, encourage communication, disinfectant. \$8.40

Tangerine - Citrus reticulata Digestive. Acts as a tonic to digestive and circulatory system. Emotions: soothing, calming, assists in alleviating anxiety and stressed nervous system. Skin: Smooths stretch marks. \$7.20

Tea Tree - Melaleuca alternifolia, Australia #1 First Aid Oil, traditional medicine in Australia, warming and stimulating. Properties: antibacterial, antiviral, anti-fungal, anti-inflammatory, analgesic, calmative, sedative. Common Uses: Cuts, stings, bites, cold sores, acne, athlete's foot, nail fungus, Colds and flu. \$7.20

Thyme Thymus serpyllum Used for acne, impetigo, abscesses, wounds, flu, coughs, asthma, muscular aches and pains, upset stomach, edema. Anti depressant. \$7.20

Turmeric - Curcuma longa Analgesic, anti-arthritis, anti-inflammatory, diuretic. Used for arthritis and muscular aches and pains. Increases circulation, warms, calms, relaxes, uplifts moods, increases sexual desire, improves mental clarity. \$9

Vanilla - Vanilla planifolia Used to reduce stress, ease tension and anger, uplift mood, strengthen sexual system and to help recall dreams. \$9

Vetiver - Vetiveria zizanioides Used for dry skin, menopause, stress, anxiety, insecurities. \$9.20

Violet - Viola odorata Used for insomnia, nervous exhaustion, strengthening and comforting the heart. \$21

Wintergreen - Gaultheria fragrantissima Sweet, woody aroma. Used as a pain reliever, Use only in moderation, possibly toxic and irritating. Consult an aroma therapist before using. \$7.20

Yarrow - Achillea millefolium Used to calm, open sinus and breathing passages, improve mental clarity, lessen inflammation. Balances oily skin and scalp, head and sinus congestion, and a pain reliever for arthritis. \$7.20

Ylang Ylang #1 - Cananga odorata Mellows. Balances hormones, aphrodisiac. Excellent for high blood pressure and insomnia. Emotions: Eases feelings of panic, fear, anxiety and anger. Brings joy and emotional calming. \$7.20

CHARACTERISTICS OF ESSENTIAL OILS

- They are highly volatile, which means they readily evaporate. That is why they are kept in dark bottles, tightly capped and away from light.
- They have a consistency more like water than oil, some oils are more viscous than others are, e.g. Vetiver is very thick while lavender is more like water.
- Essential oils are soluble in alcohol and fixed oils. They are not soluble in water.
- Most essential oil is antibacterial.
- The power of penetration through the skin is great. The time of absorption is about 20-70 minutes and varies depending on the fat content of the individual.
- Some essential oils are adaptogenic. This implies that the essential oil increases resistance and resilience to stress, enabling the body to avoid reaching collapse.
- Essential oils have minimal, if any, unwanted side effects and in fact are known to support and enhance the body's own innate healing.
- Essential oils are potent and should be used in drops rather than spoonfuls. The premise, **LESS IS MORE**, applies to essential oils. Essential oils are used externally and never internally. Consult an Aromatherapy Practitioner before treating self.
- Never use aromatherapy as an alternative for medical treatment but rather as a compliment.

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