

*The Essential Guide to*  
**Essential Oils**

HOW TO CHOOSE AND  
USE THE BEST OILS  
FOR RELIEVING MINOR  
STRESS, FIGHTING  
FATIGUE, BOOSTING  
MIND-BODY BALANCE,  
AND MORE.

yoga journal

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essential oils



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# yoga journal

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# Essential Oils 101

Navigating the essential oil aisle at your local pharmacy or grocery store can be overwhelming, with hundreds of scents and blends to choose from. This indispensable guide will help you pick the oils that best suit you and your needs. Plus, you'll learn how to use essential oils effectively (and creatively), figuring out when to diffuse, apply topically, mix into your bath, or blend for restorative, purifying, and health-giving benefits.

## The Science of Aromatherapy

Using aromatic plants to help support health and uplift mood has been a mainstay of holistic practitioners for thousands of years. The ancient Egyptians used essential oils from aniseed, cedar, and myrrh in cosmetics and ointments, and ancient Chinese and Indian herbalists called on the beneficial properties of cinnamon, ginger, and sandalwood. Aromatherapy is the practice of using essential oils for a restorative benefit and modern research now backs this ancient wisdom, showing that soothing scents can ease feelings of tension and melancholy, support better sleep, boost mood, and even affect perceptions of pain.

Before we dive into the science-backed benefits of aromatherapy, let's take a closer look at its primary agent. An essential oil is the compound that gives a plant its fragrance. This potent product has to be steamed, squeezed, or pressed out of the plant, and, depending on the species, it could take pounds of leaves, stems, bark, roots, and flowers to produce a single ounce of essential oil.

Once the oil is extracted from the plant, it can be used and diluted in a variety of ways to deliver its benefits. But once inside the nose, the smell of the essential oil triggers olfactory nerves to send messages to the limbic system and the hypothalamus—the parts of the brain that regulate emotional and behavioral responses and release hormones. From there, serotonin, endorphins and other neuro messengers help the nervous system relax or provide a jolt of energy.

Aromatherapy isn't intended as a cure for any ailment; rather, it helps the body maintain a sense of equilibrium and well-being. For example, the essential oil of lavender, known for its calming effects, has a strong linalool component that accompanies the oil's floral scent and is thought to help activate the sympathetic nervous system, or relaxation response. Linalool and lavender oil have also been studied for their potential to decrease the perception of pain.

Scientific research shows how linalool and other common essential oil

constituents, including limonene and pinene, may ease tension and melancholy. Frankincense, bergamot, neroli, geranium, rose oils, to name a few, have been studied for their mood boosting properties. Some essential oils, including ylang-ylang, have antioxidants that are being researched for enhancing cognitive function and mental focus, and clary sage, roman chamomile, and rosemary have all been linked to better memory.

When it comes to cleaning, your mat or your kitchen sink, essential oils have longed been used to keep things fresh. The essential oils of lemongrass, peppermint, lavender, oregano, tea tree, eucalyptus, thyme and more have all been shown to have cleansing properties.

Your essential oil collection is a literal garden of wellness, tranquility, and inspiration with, ready to support your health, mind-body balance, and sacred space. All you have to do is dial in your desired affect and find a delivery method that works for you (and your oils).



## What to Look for When Shopping for Essential Oils

The options can be overwhelming, but with these simple strategies, you can buy oils that are good for you and the environment. As you read labels and research companies, look for:

### 1 HIGHLY CONCENTRATED

From the very beginning of the process, the way an essential oil is extracted will affect its chemical profile and quality. Steam distillation and cold press extraction are natural extraction methods that either convert the volatile essential oils into vapor before condensing them into liquid form or press them out of the plant. Cold press extraction is most commonly used for citrus oils.

### 2 RIGOROUSLY TESTED FOR PURITY

Some of these testing measures include evaluating an oil's specific gravity, refractive index, optical rotation, flash point, infrared absorption, ultraviolet/visible spectroscopy for pigment detection, solubility, odor, color, appearance, heavy metals, and active chemical components. These all help ensure that you are getting the essential oil that is on the label and that a product isn't contaminated.

### 3 NON-GMO

The Non-GMO Project Verified seal will let you know that your oils are free from genetically modified ingredients.

### 4 NON-SYNTHETIC

Shop for natural ingredients when possible. In the case of rare or unusually expensive plants, synthetic may be your only choice.

### 5 ORGANIC

Look for oils that are certified organic by Quality Assurance International and the U.S. Department of Agriculture to make sure that essential oil botanicals are grown in soil that is free of pesticides, synthetic fertilizers, and herbicides.

# Using Essential Oils Safely and Effectively

Different oils are best used in different ways. Here's the 411 on how to get the most out of your essential oils and how to use them safely.

**Topical Use** Essential oils can be highly concentrated, so they are not recommended for direct topical use. But there are myriad creative ways to unlock the benefits of your favorite oil without risking irritation. Dilution is the solution—through carrier oils, bath blends, spray mists, and more.

**Carrier oils** including jojoba, shea nut, and sweet almond are perfect for mixing with essential oils to create your own **massage-ready mixes or roller applications**. When mixing essential oils with carrier oils, never go above five percent essential oil. For every fluid ounce of carrier oil, this would mean adding 30 or fewer drops of essential oil.\*

When adding a comforting essential oil to a warm **bath**, first dilute up to a dozen drops in a tablespoon of emulsifier, such as castile soap, or vegetable oil, then swirl into the tub, so that they disperse safely in the water. Without this prep, the non-water-soluble oils will sit on top of the water, causing potential skin irritation. Experts advise avoiding the following oils for your bath: basil, black pepper, camphor, cassia, cinnamon bark, clove, ginger, hyssop, marjoram, oregano, pennyroyal, peppermint, spearmint, wintergreen, juniper berry, pine needle, and balsam fir.

You can also find DIY recipes for **lotions, body washes, toners, shampoos, mists**, and more that call for drops of enhancing essential oils. When building a beauty routine with these formulas, be sure to use the dilution guidelines above.

**Diffusers** Diffusing your essential oils provides a consistent and continuous aromatherapy experience. For the easiest use, look for an ultrasonic diffuser that uses vibration instead of heat to create steam. This way you don't have to worry about buying distilled water. Instead, just fill your diffuser as directed with tap water and add a few drops of oil. As you can with bath or massage oils, blend different oils for a custom scent and desired mind-body benefits. There are no oils off-limits when it comes to diffusion, just choices to make about aesthetic preferences. Some can look like works of art, while others simply get the job done.

**Cleaners** If you're looking for a quick way to freshen up your house or apartment, try leaving a couple of drops of lemon oil in the toilet bowl or into the garbage disposal. Or add 15 drops of your favorite oil to a cup of baking soda for a pre-vacuum sprinkle. Add salt for a satisfying tile scrub. You can keep bugs away by mixing lemongrass and eucalyptus oils with water and a bit of dish soap, and a couple drops of peppermint oil can revitalize any stinky shoe. If your yoga mat needs a refresh, create a spray with your favorite oils, unscented dish soap, and water. The possibilities are endless!

(\*These recommended dilutions are for adults 18 and older. Please talk to your health practitioner before using essential oils with children and teens, or when pregnant or nursing.)



# The Benefits of Essential Oils

## BOOST ENERGY

Reclaim some pep in your step the natural way with energizing and uplifting essential oils that boost mood, melt away tension, and support whole-body health and well-being.

**Oils:** Organic lemon, grapefruit, organic orange, organic rosemary, cardamom, ginger, organic clove, organic eucalyptus, balsam fir

Try



### Nature's Shield Oil Blend

Made with clove bud, cinnamon bark, eucalyptus and rosemary oils, this blend is ideal for using in cleaning products or diffusing as an air freshener, particularly during winter months. It's a contemporary version of the famed Four Thieves Vinegar—a legendary herbal combination that was used during times of plague.

Make

### Stress Ease Body/Facial Mist

When you need an invigorating boost to keep your energy flowing all day long, try this easy recipe for an uplifting body or facial mist.

1. Dilute 6 drops lemon oil, 5 drops citronella oil, 3 drops tea tree oil, 3 drops eucalyptus oil in 2 oz warm water and ½ tsp liquid coconut oil.
2. Combine in a spritzer bottle, shake, and spray.

## PROMOTE RECOVERY & RELIEF

From backaches to headaches, we all experience pain differently. Essential oils can soothe the senses and trigger a relaxation response that affects how we perceive soreness, aches, stings, and more.

**Oils:** Organic lavender, organic peppermint, chamomile, organic eucalyptus, frankincense, blue tansy, helichrysum, sandalwood, clary sage, black pepper, cypress

Try



### Head Relief Essential Oil Blend Roll-On

Take this convenient roll-on blend in your purse or carry-on for instant calm. A blend of lavender, eucalyptus, chamomile oils, Head Relief Oil can help you restore and reset.

Make

### A Seasonal Chest Rub

When you just can't shake the chill or winter, this DIY chest rub, made with potent clarifying oils, can be just what you needed to breathe easy.

1. In a glass bowl, mix 1 tbsp jojoba or almond oil, 1 drop lemon oil, 2 drops eucalyptus oil, and 1 drop rosemary or hyssop oil
2. Apply to chest, neck, and near nose.

*Discontinue use if irritation occurs. Not for use on children under 12 years of age.*

## ACCESS CLARITY

These are go-to oils for clearing your head of cluttered thoughts, calling on inspiration, and finding your center. Try diffusing one during your next meditation session, or make any activity mindful when you incorporate these scents.

**Oils:** Frankincense, peppermint, rosemary, sandalwood, lemon, cardamom, juniper berry

*Try*



### Mental Focus Oil Blend

Sharpen your senses and feel balanced and whole with this powerful blend of lemon, peppermint, wintergreen, basil, rosemary, and grapefruit oils.

*Make*

### **A Clarity and Focus Essential Oil Diffuser Blend**

Try this simple diffuser recipe at home, at work, or in the studio for feeling focused and ready to get down to work.

Add 3 drops cardamom oil, 3 drops eucalyptus oil, and 4 drops frankincense oil to your diffuser and enjoy.



## KEEP IT CLEAN

Access the serenity of a clean, fresh-smelling space. Purifying and cleansing oils help keep you and your environment reinvigorated. Try diffusing and feel the negativity and stale air clear.

**Oils:** Lemon, thyme, tea tree, pine needle

*Try*



### Clean the Air Oil Blend

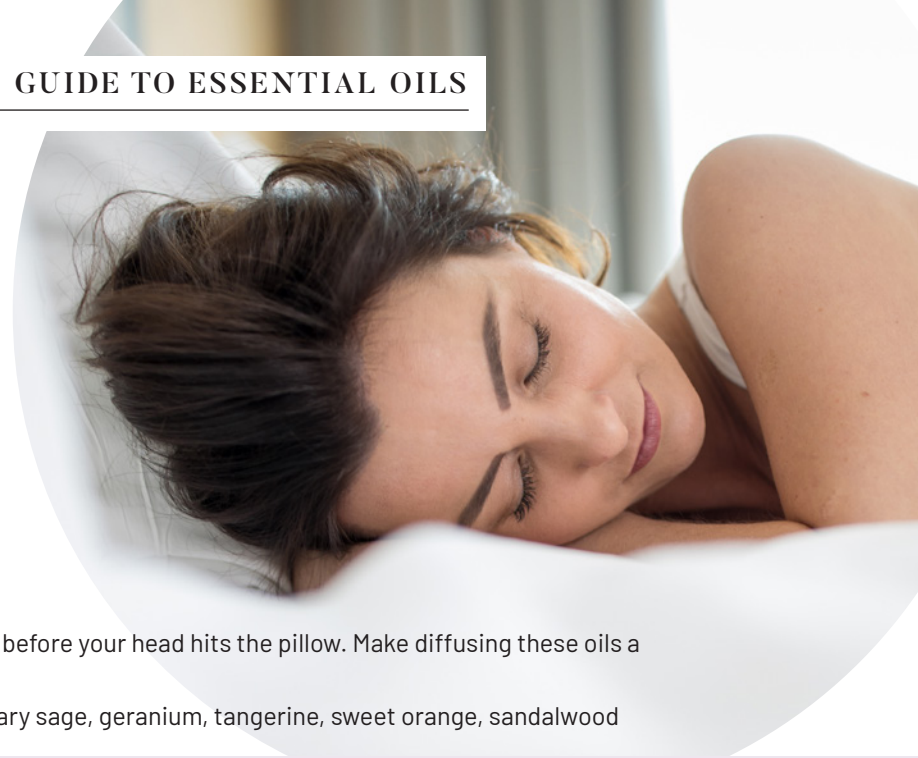
Purify and refresh your space with this minty blend of eucalyptus, hyssop, peppermint, and rosemary oils. Perfect for diffusing.

*Make*

### **Fresh and So Clean Mat Spray**

Keep your yoga mat in shape and ready for any crowded class with this classic mat spray formula.

1. In a clean, empty 2 oz spray bottle, mix 1 tbsp witch hazel or vinegar, 3 tbsp distilled or filtered water, 4 drops tea tree oil, and 14 drops lavender oil.
2. Shake before each use. Spray mat generously on each side and wipe down with a cloth or hand to dry completely.



## SLEEP SOUNDLY

The secret to good sleep is de-stressing and unwinding before your head hits the pillow. Make diffusing these oils a part of your bedtime ritual for lasting peace.

**Oils:** Lavender, chamomile, vetiver, atlas cedarwood, clary sage, geranium, tangerine, sweet orange, sandalwood

*Try*



### Peaceful Sleep Oil Blend

This citrus and floral blend of orange, tangerine, lavender, chamomile, ylang ylang, and sandalwood oils will help calm your senses and have you counting sheep in no time.

*Make*

### **A Soothing Tea Time Bath**

Let your worries dissolve in a fragrant, warm bath. The addition of magnesium flakes in this bath blend help soften the skin.

1. In a large bowl, combine  $\frac{3}{4}$  cup magnesium flakes,  $\frac{1}{4}$  cup sea salt,  $\frac{1}{4}$  cup baking soda, and  $\frac{1}{2}$  cup dried lavender, chamomile, or calendula flowers. Stir.
2. Add 10-15 drops lavender oil, 5 drops peppermint oil, and 1 tbs liquid coconut, almond, or jojoba oil.
3. Fill 6 re-usable teabags with the above mixture and close tightly.
4. Draw a warm bath and drop in 2 teabags while the water is running. Leave the teabags in until you are down with your bath. Compost.

## BALANCE BODY & MIND

When you're balanced, you can handle most anything that comes your way. These essential oils have calming and centering properties that can help foster harmony in your life.

**Oils:** Frankincense, rose absolute, helichrysum, lavender, bergamot, sandalwood, chamomile, vetiver, sandalwood

*Try*



### Woodland Walk Oil Blend

We know that being in nature can bring out the best in us, helping us feel grounded and connected. The woody oils in this blend, including pine needle, cedarwood atlas, juniper berry, frankincense, and myrrh, allow you to take the woods with you, wherever you go.

*Make*

### **Peace Essential Oil DIY Roll-On Blend**

Give peace a chance with this custom oil blend recipe perfect for a roll-on bottle so that you can have it on hand in any less-than-serene situation.

1. In a 10 mL glass roll-on bottle, combine 8 drops orange oil, 5 drops geranium oil, 4 drops atlas cedar oil, and 1 drop vetiver oil.
2. Fill the remainder of the bottle with jojoba, sweet almond, or liquid coconut oil.
3. Shake well before use. Patch test a small area for any reactions or sensitivities. If there are none, apply the blend 3 to 4 times a day to neck, temples, chest, palms, shoulders, or the soles of your feet.



# Essential Oils & Yoga Pairings

Yoga and essential oils go together like the redwoods and retreat centers. The right oil can enhance your serenity, bring out the subtle benefits of your practice, and create calm. Here, essential oil pairing for three practices that will help you find your Zen.



## Meditation: Find Serenity in Stillness

**Oils:** Frankincense, lavender, myrrh, cedarwood, sandalwood

*Make* **A Centered and Grounding Diffuser Blend**

Add 10 drops sandalwood oil, 3 drops ginger oil, and 5 drops patchouli oil to a diffuser and drop in.

*Practice* **Meditate on Your Senses**

Find a comfortable seat on a meditation cushion, pillow, or chair. Make sure your sit bones or feet are rooted to the floor, chair, or cushion, and sit up tall, creating a clear channel for your breath. You can close your eyes or keep them open. Take several deep breaths to settle in, then start to notice how your body feels—where it is holding on to tension or experiences aches and pains, and where it feels open and liberated. Notice what parts of it are **touching** the floor or cushion and how that feels. On the inhalations, send your breath to one or all of those places. On your exhalations, relax deeper into your seat, letting your shoulders drop away from your ears and your jaw and eyes relax.

When you are ready, bring your attention to your sense of **hearing**. Notice what you can hear outside your space, and then in your room. Start to fine-tune your sense so you can pick up on more subtle sounds, even the ones your body makes as you sit in meditation. Name the sounds as you hear them, to yourself, then bring your attention back to what you hear moment to moment. Stay for at least 10 breaths.

Next, bring your awareness to what you can **smell**. Stay here for at least 10 breaths noticing what affect different smells have on your body, thoughts, and emotions. Register those feelings, then bring awareness back to smells moment to moment.

Turn your attention to your sense of **taste**. Notice if there are any lingering tastes in your mouth and what memories, thoughts, or feelings they conjure. Then bring your attention back to tasting moment to moment. Enjoy this sense for at least 10 breaths.

Lastly, if your eyes were closed, slowly open them and start to notice what is around you—near and far. What do you **see** and how does it make you feel? Take in the sights and your awareness of them for 10 breaths, then gently close your eyes again, closing with five deep breaths as you focus on complete inhalations and exhalations. When you are done, open your eyes and carry this awareness with you into your day.

## Pranayama: Breathe for Balance

**Oils:** Eucalyptus, lemon, peppermint, rosemary, sweet orange, juniper berry, balsam fir

*Make* **A Breathe Easy Diffuser Blend**

Add 1 drops cedarwood oil, 1 drop pine needle oil, 5 drops eucalyptus oil, and 5 drops hyssop oil to a diffuser and relax into your breath.

*Practice* **Try Alternate Nostril Breathing for Balance**

Find a comfortable seat. Beginning pranayama, or breath work, students may have some difficulty holding their raised arm in position for the length of the practice. You can put a bolster across your legs and use it to support your elbows.

Gently close your right nostril with your thumb. Inhale through your left nostril, then close it with your ring and little fingers. Open your right nostril and exhale slowly.

Keep the right nostril open, inhale, then close it, and open and exhale slowly through the left.

This is one cycle. Repeat 3 to 5 times, then release your hands and return to normal breathing.



## *Rolling in Essential Aromatherapy*

Get that blissed out moment of zen on-the-go with pre-blended essential oil roll-ons from NOW<sup>®</sup> Solutions. From soothing and calming to energizing and clarifying, we have a blend to suit almost any need, all purity tested and quality assured.



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# Asana: Find Your Flow

**Oils:** Ginger, Rose absolute, cedarwood, rosemary, geranium



*Make*

## A Strength and Stabilize Diffuser Blend

Add 4 drops cedarwood oil, 10 drops sandalwood oil, and 3 drops ginger oil to a diffuser and start to flow.

*Practice*

## Try This 15-Minute Energizing Sequence

This rejuvenating 16 pose sequence, by yoga teacher Alanna Kaivalya, will help you jumpstart your mornings, or refresh midday.



### 1 Sukhasana Easy Pose

Sit with your legs crossed and rest your hands on your knees. Place your left hand on your right knee and twist to the right. Inhale and lengthen your spine; exhale and tone your belly. After 5 breaths, switch sides.



### 2 Cat-Cow

Come into Tabletop—on your hands and knees, with your knees under your hips, and wrists under your shoulders. Inhale, drop your belly, and arch your back. Exhale, draw your belly in, and round your back. Repeat 5 times.



*Do poses 3 and 4 on the right side, then repeat on the left.*



### 3 Parighasana Gate Pose, variation

Kneel and extend your right leg to the side. Reach your left hand to the sky as you slide your right hand down your right leg. Stay for a breath.

### 4 Ardha Chandrasana Half Moon Pose, variation

From Gate Pose, place your left hand on the floor. Extend your right hand and lift your right leg until it's nearly parallel to the floor. Stay for a breath.

Do poses  
5–8 on  
the right  
side, then  
repeat on  
the left.



**5 Adho Mukha Svanasana**  
Downward-Facing Dog Pose, variation

Come to Tabletop. Tuck your toes and lift your hips up and back to Down Dog. Slowly raise your right leg to the sky, bend your right knee, and open your right hip. Relax your gaze.



**6 Utthan Pristhasana**  
Lizard Pose

From Downward Dog, step your right foot between your hands. Bring both hands inside your right foot, and keep your right knee over your right ankle. To go deeper into the pose, lower onto your forearms (or use a block).



**7 High Lunge**

Come out of Lizard Pose by bringing your hands back to either side of your right foot. Inhale, lift your torso, and reach your arms toward the sky.



**11 Tarasana**  
Star Pose, with side stretch

Sit with the soles of your feet together and knees open. Hold your ankles with your left hand and nestle your left elbow inside your left knee. Reach your right arm over your right ear, hold for a breath, then switch sides.



**12 Purvottanasana**  
Upward Plank Pose, variation

From Star Pose, lift your knees and put your feet flat on the floor. Place your hands behind your hips, fingers facing forward; keep your knees above your ankles, and your shoulders above your wrists. Inhale and raise your hips. Stay here for a breath, then rest.



**13 Supta Baddha Konasana**  
Reclining Bound Angle Pose

Lower to the floor and bring your feet together, knees apart. Turn your palms up and slow your breath. If your knees don't touch the floor, support them by placing blocks or blankets underneath them. Stay here for 5 breaths.



### 8 Half Moon Pose

Place your right hand on the floor in front of your right foot. Straighten your right leg as you lift your left leg and then left arm into Half Moon. To come out, step your left leg back softly to High Lunge. Then, return to Downward Dog.



### 9 Uttanasana

#### Standing Forward Bend

From Down Dog, step to the top of your mat and come into a forward fold, with your feet hip-width apart. Cradle your elbows in your hands and feel a release in your upper spine. Tuck your chin slightly to lengthen your neck.



### 10 Malasana Garland Pose

Step your feet wider than hip-width, turn your toes out, and lower into a squat. Bring your palms together and press your upper arms into your thighs. If your heels lift, place a blanket under them for support.



### 14 Ananda Balasana

#### Happy Baby Pose

Hug your knees to your chest and take your hands behind each knee (or use your hands to grab the outer edges of your feet). Release your knees toward your armpits and relax your tailbone toward the floor. Stay here for 5 breaths.



### 15 Jathara Parivartanasana

#### Revolved Abdomen Pose

Bring your right knee into your chest and lengthen your left leg out in front of you. To twist, bring your right knee across your body to the left side of your mat; place your left hand on your right thigh, and extend your right arm to the right at shoulder height. Gaze at the ceiling or, if it feels OK for your neck, toward your right shoulder. Stay here for 5 breaths, then switch sides.



### 16 Savasana

#### Corpse Pose

Roll up a blanket and slide it under your knees. Lie back and relax deeply. Feel free to place a pillow under your head for support, or cover yourself with a blanket for warmth. Stay here for 5 minutes—or longer, if possible.

# Essential Oils for Each Season

The change in seasons marks transitions worth celebrating. And, in Ayurveda, yoga's sister science, the week beginning and ending each season is a time to be diligent about your health, as seasonal switch overs mark our most vulnerable time for imbalance and poor health. Prepare mind and body for the next phase with these DIY essential oil diffuser blends and skincare products.



## SPRING: DETOX & RESET

*Make*

### A Spring Cleaning Diffuser Blend

Add 5 drops lemon oil, 10 drops lemongrass oil, and 1 drop eucalyptus oil to a diffuser and clear the air.



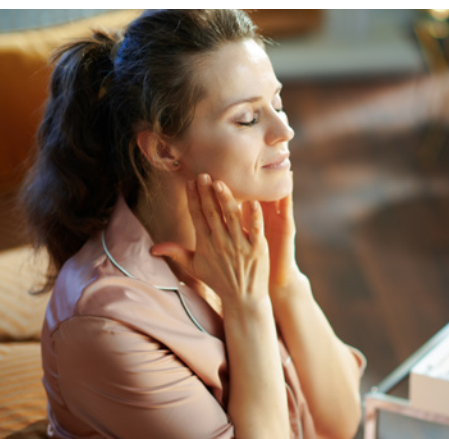
## SUMMER: STAY COOL

*Make*

### A Skin Brightening Toner

1. In a glass bottle, combine 4 tbsp distilled water, 1 tsp rose hip seed oil, 4 drops lemon oil, and 3 drops lavender oil.
2. Shake well before use and use a cotton ball to apply to facial area after cleansing.
3. Apply moisturizer as needed.

*\*Can create antioxidant toner by steeping water with green tea bag prior and letting cool.*



## FALL: FEEL ROOTED

*Make*

### A Relaxing Self-Massage Oil

1. In a bowl, combine 1 fl oz jojoba or sweet almond oil, 1 tsp marula oil, 2 drops vitamin E oil, and 10 drops each of frankincense and lavender oils.
2. Carefully pour into a glass container and store in a cool, dark place until use.
3. Shake well before each use. Pour a small amount of oil into your hands to warm and then gently massage into skin.



## WINTER: WARM YOUR SENSES

*Make*

### A Cinnamon and Spice Diffuser Blend

Add 1 drop orange oil, 1 drop cinnamon bark oil, 1 drop clove oil, 5 drops vanilla oil, and 1 drop nutmeg oil to a diffuser to spice things up.



# Find Your Essential Oil

ESSENTIAL OIL	AROMA	MIXES WELL WITH	ATTRIBUTES
Anise	Licorice-like, spicy	Cedarwood, Lime, Orange, Vanilla	Uplifting, balancing, comforting
Atlas Cedar	Sweet, woody	Chamomile, Cypress, Eucalyptus, Sandalwood	Grounding, centering, balancing
Balsam Fir	Pleasant, woody	Frankincense, Myrrh, Pine, Sandalwood Oil Blend	Empowering, balancing, strengthening
Basil	Warm, spicy	Bergamot, Citrus Oils, Hyssop	Uplifting, energizing, purifying
Bergamot	Sweet, fruity	Lavender, Nutmeg, Citrus Oils	Lively, inspiring, uplifting
Black Pepper	Dry, spicy, sharp	Geranium, Lavender, Frankincense, Citrus and Spice Oils	Warming, stimulating, focusing, cleansing
Camphor	Penetrating, medicinal	Cinnamon, Frankincense, Rosemary	Purifying, energizing, invigorating
Cardamom	Spicy, warm	Bergamot, Cedarwood, Clary Sage, Clove, Frankincense, Ginger, Orange, Ylang Ylang	Revitalizing, warming
Carrot Seed	Earthy, woody, sweet	Citrus Oils, Cedarwood, Lavender, Geranium	Soothing, rejuvenating, grounding
Cedarwood	Warm, woody, balsamic	Cypress, Juniper, Rose, Sandalwood	Stress relief, strengthening, empowering
Chamomile	Intense sweet, delightful	Bergamot, Grapefruit, Lemon, Tea Tree	Relaxing, calming, revitalizing
Cinnamon Bark	Warm, spicy	Clove, Nutmeg, Ginger, Vanilla	Warming, comforting, energizing
Cinnamon Cassia	Warm, spicy	Clove, Ginger, Orange	Warming, stimulating, refreshing
Citronella	Pungent, musky, citrus-like	Cedarwood, Lavender, Lemon, Lemongrass	Clarifying, freshening, purifying
Clary Sage	Herbaceous, lavender-like	Frankincense, Patchouli, Lime, Pine	Focusing, stimulating, balancing
Clove	Warm, pungent	Geranium, Ginger, Lavender, Lemon	Warming, soothing, comforting
Cypress	Sweet balsamic, warm overtones of pine/juniper berry	Cedarwood, Citrus Oils, Clary Sage, Ylang Ylang	Balancing, clarifying, centering
Eucalyptus	Strong aromatic, camphoraceous	Cedarwood, Cypress, Rosemary, Thyme	Revitalizing, invigorating, clarifying
Eucalyptus Radiata	Fresh, camphorous, slightly sweet and minty	Cinnamon, Rosemary, Tea Tree, Lavender, Clove	Repelling, clarifying, cleansing
Frankincense	Mild camphor and citrus	Balsam Fir Needle, Myrrh, Orange, Sandalwood	Relaxing, focusing, centering
Geranium	Subtly sweet, floral	Clary Sage, Peppermint, Rose	Purifying, soothing, normalizing
Ginger	Spicy, warm	Clove, Citrus Oils, Eucalyptus, Patchouli	Balancing, clarifying, stabilizing
Grapefruit	Sweet, citrus	Bergamot, Eucalyptus, Lemon, Thyme	Purifying, cheerful, uplifting
Hyssop	Camphor-like	Clary Sage, Geranium, Rosemary, Sage	Clarifying, refreshing, purifying
Juniper Berry	Floral	Cypress, Eucalyptus, Rosemary, Sage	Restoring, empowering, balancing
Lavender	Floral	Lemongrass, Peppermint, Marjoram, Tea Tree	Soothing, normalizing, balancing
Lemon	Fresh lemon peel	Chamomile, Eucalyptus, Frankincense, Lavender	Refreshing, cheerful, uplifting
Lemon Eucalyptus	Citronella-like with subtle floral undertones	Geranium, Lavender, Cedarwood, Rosemary, Mint and Tree Oils	Refreshing, cleansing, stimulating
Lemongrass	Strong, lemon-like	Citrus Oils, Geranium, Marjoram, Thyme	Purifying, stimulating, cleansing
Lime	Fresh citrus lime	Citrus Oils, Sage, Eucalyptus, Peppermint, Clove	Uplifting, refreshing, elating
Marjoram	Camphoraceous, slightly medicinal	Basil, Clary Sage, Rosemary, Thyme	Normalizing, comforting, warming
Myrrh	Musky, warm	Frankincense, Patchouli, Sandalwood, Vanilla	Focusing, centering, meditative
Nutmeg	Spicy, nutty, soft, sweet aroma	Cinnamon, Clove, Orange, Vanilla	Energizing, stimulating, warming
Orange	Fresh, sweet orange peel	Citrus Oils, Clove, Cinnamon, Nutmeg	Refreshing, uplifting, invigorating
Oregano	Spicy, camphoraceous	Chamomile, Eucalyptus, Tea Tree, Spearmint	Purifying, comforting, invigorating
Patchouli	Musky, earthy	Cedarwood, Geranium, Lavender, Lemongrass	Romantic, soothing, stimulating
Pennyroyal	Fresh, minty-like	Lemon, Eucalyptus, Lavender, Tea Tree	Repelling, stimulating
Peppermint	Fresh, strong mint	Eucalyptus, Juniper, Pine, Rosemary	Revitalizing, invigorating, cooling
Pine	Balsamic, pine scent	Balsam Fir Needle, Cedarwood, Juniper Berry, Rosemary	Purifying, cleansing, refreshing
Rosemary	Warm, camphoraceous	Bergamot, Lemongrass, Peppermint, Thyme	Purifying, uplifting
Sage	Warm, camphoraceous	Citrus Oils, Hyssop, Lavender, Rosemary	Normalizing, balancing, soothing
Spearmint	Refreshing, minty	Bergamot, Lavender, Lime, Rosemary	Cooling, invigorating, stimulating
Spike Lavender	Herbaceous, floral, fresh	Florals, Pine, Tea Tree, Balsam Fir Needle	Clarifying, balancing, comforting
Tangerine	Pleasant, orange-like	Cinnamon, Citrus Oils, Nutmeg, Vanilla	Cheerful, inspiring, invigorating
Tea Tree	Potent, warm, spicy	Basil, Cypress, Eucalyptus, Lemon, Lavender, Thyme	Cleansing, purifying, renewing
Thyme, White	Pleasant, pungent	Basil, Lavender, Lemon, Marjoram	Uplifting, empowering, clarifying
Vetiver	Sweet, earthy, woody	Bergamot, Black Pepper, Patchouli, Rose Absolute, Sandalwood, Ylang Ylang	Grounding, relaxing, balancing
Wintergreen	Warm, sweet	Eucalyptus, Lemon, Peppermint, Tangerine	Stimulating, refreshing, uplifting
Ylang Ylang Extra	Pleasant, floral	Citrus Oils, Clove, Jasmine, Patchouli, Rose	Soothing, romantic, comforting
<b>ESSENTIAL OIL BLENDS</b>			
Blue Tansy	Sweet, fresh, herbaceous	clary sage, geranium, juniper berry, lavender, spearmint, ylang ylang	Soothing, calming
Bottled Bouquet	Sweet, warm and floral with fresh citrus notes	Pre-blended and ready for use	Romantic, balancing, calming
Bug Ban™ Blend	Pleasant citrus, citronella-like	Pre-blended and ready for use	Insect repellent
Cheer Up Buttercup!	Citrus with light herbal	Pre-blended and ready for use	Uplifting, refreshing, energizing
Clear the Air	Fresh mint	Pre-blended and ready for use	Purifying, cleansing, refreshing
Frankincense 20%	Mild camphor and citrus	Balsam Fir Needle, Myrrh, Orange, Sandalwood	Relaxing, focusing, centering
Good Morning Sunshine!	Citrus with slightly spicy undertone	Pre-blended and ready for use	Energizing, focusing, soothing
Helichrysum	Sweet, herbaceous, earthy	Lavender, Bergamot, Rose, Cypress	Soothing, rejuvenating, stimulating
Jasmine Absolute 7.5%	Warm, sweet floral	Citrus Oils, Ylang Ylang, Vanilla, Rose	Romantic, relaxing, calming
Lavender & Tea Tree	Soft, floral	Eucalyptus, Rose Absolute	Renewing, cleansing, stimulating
Lemon & Eucalyptus	Citronella-like	Thyme, Lavender, Rosemary, Lemon	Clarifying, cleansing, invigorating
Mental Focus	Minty citrus with wintergreen	Pre-blended and ready for use	Balancing, centering, focusing
Myrrh 20%	Mild, musky, warm aroma	Frankincense, Patchouli, Sandalwood Oil Blend	Focusing, grounding, meditative
Naturally Loveable	Sweet floral citrus	Pre-blended and ready for use	Romantic, comforting, calming
Nature's Shield	Sweet, invigorating, camphoraceous	Pre-blended and ready for use	Uplifting, energizing, freshening and cleansing
Neroli 7.5%	Deep, floral aroma	Citrus Oils, Chamomile, Patchouli, Ylang Ylang	Calming, soothing, centering
Oil of Oregano 25%	Spicy, camphoraceous	Chamomile, Eucalyptus, Tea Tree, Spearmint	Purifying, comforting, invigorating
Peace & Harmony	Minty floral herb	Pre-blended and ready for use	Centering, calming, balancing
Peace, Love and Flowers	Sweet, floral	Pre-blended and ready for use	Calming, soothing, uplifting
Peaceful Sleep	Floral citrus	Pre-blended and ready for use	Calming, relaxing, soothing
Rose Absolute 5%	Pleasant rose	Bergamot, Jasmine, Lavender, Lemon, Sandalwood	Romantic, uplifting, comforting
Sandalwood 14%	Subtle, floral, undertones of wood and fruit	Citrus Oils, Frankincense, Jasmine, Vanilla, Lavender	Grounding, focusing, balancing
Smiles for Miles	Citrus with light herbal	Pre-blended and ready for use	Uplifting, refreshing, energizing
Vanilla	Sweet, warm	Citrus Oils, Jasmine, Rose, Sandalwood, Ylang Ylang	Comforting, relaxing, nurturing



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