

Nature's Spirit

Doreen DeSerres began her original essential oil business on Earth Day in 1988 in the back room of her store "The Downtown Bookshoppe" in Ft. Myers Florida. Doreen's intent is to celebrate Earth Day everyday by emphasizing holistic health. Primary focus is on emphasizing the whole of the self through education, understanding and application of essential oils.

Nature's Spirit Oils contain only the highest quality ingredients. The essential oils are carefully chosen from their preferred morphogenic zones and are imported from world wide. These oils are certified to be wildcrafted and/or organic whenever possible. Doreen uses 100% pure, extra virgin, cold-pressed jojoba as a "base oil" for blending except for the "neat" blends. Jojoba, an odorless cosmetic quality liquid wax has a very long shelf life and is unparalleled for holistic skin care. All blending is done by hand.

Nature's Spirit, in addition to providing pure organic botanical oils and blends shown in this catalog, can create your own special personal blend or an entire product line upon request.

Please use with free will and knowledge.

Always keep away from children.

Most essential oils should not be taken internally.

Some essential oils should be avoided during pregnancy.

Use essential oils that have been poured

*into either amber or blue bottles,
keep lids tight and the bottles out of direct sunlight.*

Remember, there is often great disparity in common oil names.

Any reputable seller will have the true botanical name on the product label or immediately available.

*Thank you for your awareness of Nature Spirit. I have used my own creations for 20 years now
and desire to share the knowledge I continue to gain.*

Realize I speak with my truth and knowledge.

Your use is with free will.

*It is our choice to live and heal as we decide. Healing is part of life.
These plants impart a life force to our wellness that is outstanding and extraordinary.
I have seen phenomenal results with the use of Nature's Spirit!*

How to Choose/Use Botanical Blends

The **Therapeutic Strength Blends** are for specific health applications and for use as pure parfums. These blends are actually unguents that contain a high concentration (15% to 20%) of pure essential oils in a base of jojoba to help alleviate problems, promote healing, and enhance well-being (such as a pulled muscle).

The **Light Essences** (LE) are for general well-being, some skin care and offer extremely subtle, soothing scents. Blended in jojoba, a full body massage with this concentration introduces the same amount of essential oils into the body as a localized application of Therapeutic Strength (suggested for general muscle relaxation).

All of the blends in jojoba are made to be applied to the skin, immediately after a shower or bath is best, while the pores are still open. Jojoba is the primary base oil for the Therapeutic and Anointment Blends as it has a chemical makeup very similar to the naturally occurring sebum in skin and thus promotes good sebum regulation and skin care. Also, because it is actually a liquid wax, it has a very long shelf life, an important consideration for those blends used only occasionally for applications such as for headaches (SEE **HEAD - EASE**). The “neat” blends (those not in a base oil) require only a small dab for blemish control and relief (SEE **REFINE**).

It is always a good idea to shake a blend well before using it. Different oils have different specific gravities and may tend to separate between uses. For health applications, apply enough to cover the affected/desired area. Usually a dab on the tip of the index finger will cover an area the size of the back of the hand. To stimulate the limbic system and memory centers (the internal physiological systems), inhale and/or massage into the back of the neck and temples. For parfum use, apply these blends to the pulse points. After applying any blend topically, rub hands together briskly and inhale the scent.

Nature's Spirit consists of only 100% pure natural wildcrafted/organic essential oils. They are (usually) not for internal use. Please use with caution, some essential oils may be extremely potent and contraindicated for various conditions such as pregnancy. Prices are subject to change and do not include shipping. For larger quantities or those not listed, please call for pricing and availability.

Synergistic Body Blends

LIFE'S TOTEMS

Intellectually stimulating, vitalizing and healing. An empowering and enlightening mixture of vibrational essences which will open up the mind, breath, and life's possibilities. Botanicals containing healing herb spirits.

Hyssop, sage, ylang-ylang & clove in jojoba.

<u>Therapeutic</u>			<u>LE</u>
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>4 oz</u>
\$7.00	\$20.00	\$35.00	\$18.00

MOOD UP!

Uplifting. Stimulating. Improves mental clarity. Fortifies. Detoxifies. Relieves tension. Relaxes. Moves the blood. Vitalizes. Assists breathing.

Bergamot, patchouli, pine, cypress & ylang-ylang in jojoba.

<u>Therapeutic</u>			<u>LE</u>
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>4 oz</u>
\$7.00	\$20.00	\$35.00	\$18.00

FOCUS/CONCENTRATION

For concentration. Generates brain messages which stimulate, invigorate, balance, and center ideas with actions and ambitions. Uplifting. Encouraging. Positive healing energies aligning the body with spirit and soul.

Bergamot, basil, rosemary, geranium, grapefruit, mandarin, petitgrain, hyssop, lemon, coriander, nutmeg and sandalwood in jojoba.

<u>Therapeutic</u>		
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>
\$7.00	\$20.00	\$35.00

EMOTIONAL UPLIFT

A soothing heart tonic. Helps alleviate anxieties, depression, sadness, grief, and low emotional energies. Boosts vitality and self-confidence.

Jasmine, geranium, rosewood, elemi, ylang-ylang, Melissa, sandalwood, neroli, rose, petitgrain & wild chamomile in jojoba.

<u>Therapeutic</u>		
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>
\$15.00	\$43.00	\$85.00

HEAD - EASE

Eases headaches by reducing stress and tension. Balances blood pressure. Regulates hormones. Promotes a feeling of well being. Vitalizes the life forces. Especially beneficial when used with the pressure points.

Grapefruit, lavender, lemon, geranium, sage, patchouli & petitgrain in jojoba.

<u>Therapeutic</u>			<u>LE</u>
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>4 oz</u>
\$7.00	\$20.00	\$35.00	\$18.00

Synergistic Body Blends

RELEASE/CLEARING

Not for use during pregnancy

Detoxifies. Purifies. Enhances vitality. Nourishes the entire system as it lets out negativity. Heals with soothing, balancing, immune enhancing positive natural forces. Works on the body, mind, spirit, and soul to heal astrally, emotionally, and metabolically.

Juniper, fennel, rosemary, lavender, grapefruit, sage, cypress, petitgrain, neroli, orange, lemon grass & patchouli in jojoba.

<u>Therapeutic</u>			<u>LE</u>
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>4 oz</u>
\$7.00	\$20.00	\$35.00	\$18.00

ALL TOGETHER TONIC

Rejuvenates cells. Regulates hormones. Tones the body systems. Balances and uplifts mood and vitality. Gently heals delicate inner conflicts and deep psychological and emotional issues such as alcoholism and self abuse.

Grapefruit, geranium, petitgrain, rosemary, juniper, cedarwood, neroli & sandalwood in jojoba.

<u>Therapeutic</u>			<u>LE</u>
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>4 oz</u>
\$7.00	\$20.00	\$35.00	\$18.00

IMORTELLE SOL

Deals with healing of recurring “willful internal wounds”. Harmonizing and centering of the Solar Plexus, reaching depths of physical and soulful atonement.

Elemi, frankincense, myrrh, neroli, rosemary, chamomile, immortelle, cistus, yarrow, blue chamomile, angelica in jojoba.

<u>Therapeutic</u>			
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	
\$15.00	\$43.00	\$85.00	

NITE – NITE

Relaxing, calming, soothing. Eases aching muscles and nerves. A wonderful blend to rub the entire being with to calm and settle into sleeptime, dreamtime, and lovetime.

Lavender, sandalwood, petitgrain, rose & wild chamomile in jojoba.

<u>Therapeutic</u>			<u>LE</u>
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>4 oz</u>
\$7.00	\$20.00	\$35.00	\$18.00

EARTH STEPS

Strengthens the physical being while enlightening and empowering psychic energies aid the surrounding astral forces. Grounds with earth energies while uplifting with the spiritual forces of ancient cultures.

Lemon grass, frankincense, hyssop, myrrh, vetyver & yarrow in jojoba.

<u>Therapeutic</u>			<u>LE</u>
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>4 oz</u>
\$7.00	\$20.00	\$35.00	\$18.00

Healing Blends

JOYFUL HEALER

Not for use during pregnancy

Helps to alleviate pain by penetrating deeply into muscle tissue to reduce swelling, inflammation, aches, soreness, rheumatism, arthritis and fatigue. Relaxes muscles, tendons, and joints. Circulates the life forces within.

Marjoram, cypress, ginger, juniper, frankincense, thyme & rosemary in jojoba.

<u>Therapeutic</u>		<u>LE</u>	
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>4 oz</u>
\$7.00	\$20.00	\$35.00	\$18.00

WELLNESS

Nourishing with vitamins to repair, restore, and replenish body cells. Will calm nerves and soothe the skin, the spirit, and the soul.

Lavender, rose geranium, clary sage, carrot seed, ylang-ylang, frankincense, rose, neroli & cistus in jojoba.

<u>Therapeutic</u>		<u>LE</u>	
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>4 oz</u>
\$7.00	\$20.00	\$35.00	\$18.00

RESPIRY

Not for use during pregnancy

Relief from sinus and chest congestion. Made for massage, and to apply on sinuses, temples, key accupressure points, and the feet.

Sage, sandalwood, marjoram, bergamot, juniper, thyme, cedarwood & cypress in jojoba.

<u>Therapeutic</u>		<u>LE</u>	
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>4 oz</u>
\$7.00	\$20.00	\$35.00	\$18.00

PEACEFUL BREATH

Alleviates the symptoms of asthma by oxygenating and soothing the entire respiratory system. Enhances lung performance. Assists in detoxifying the inner organs on the cellular level. Eases the symptoms of ulcers.

Bergamot, rosemary, hyssop, juniper & frankincense in jojoba.

<u>Therapeutic</u>		<u>LE</u>	
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>4 oz</u>
\$7.00	\$20.00	\$35.00	\$18.00

SAGE WEB

Assists breath and energy flow emphasizing healing throughout the entire respiratory system. Purifies. Strengthens. Calms. Assists cardiovascular functions.

Sage, lemon, sandalwood, neroli & rosewood in jojoba.

<u>Therapeutic</u>		<u>LE</u>	
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>4 oz</u>
\$7.00	\$20.00	\$35.00	\$18.00

Especially for Women

MOON PEACE

Not for use during pregnancy

Eases the physical and emotional pains during the feminine “moontime” as well as other sensitive times. Calms as it knits together the surrounding forces uniting heart, soul, body, and mind.

Grapefruit, geranium, yarrow, hyssop, frankincense, patchouli, spikenard & myrrh in jojoba.

<u>Therapeutic</u>		
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>
\$15.00	\$43.00	\$85.00

WOMANS WISDOM OF THE WAYS

Not for use during pregnancy

A tonic containing plant estrogens for balancing hormones and relieving menopause symptoms. A nervine and cardiac alterative. Cellular rejuvenation. Uplifting. Eases anxieties. Controls palpitations. Regulates hot flashes as it tones the body systems. Fortifies.

Rose, jasmine, geranium, hyssop, juniper, marjoram, fennel, cypress, rosemary, nutmeg, black pepper, coriander, carrot seed, cistus, angelica & immortelle in jojoba.

<u>Therapeutic</u>			<u>LE</u>
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>4 oz</u>
\$15.00	\$43.00	\$85.00	\$22.00

POSITIVE MENTAL STATE

Directs and enhances positive female body rhythms. Balances and regulates hormones, premenstrual symptoms, menopause, hot flashes, and female anxieties. Blood pressure regulator. Generates self love. Promotes well being.

Geranium, clary sage, bergamot & rose in jojoba.

<u>Therapeutic</u>			<u>LE</u>
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>4 oz</u>
\$7.00	\$20.00	\$35.00	\$18.00

GOLDEN LADY LUMINARY

Hormone and mood balancing. Uplifting. Helps regulate blood pressure. Brings in positive healing energies to help create a sense of well being and optimism.

Ylang-ylang, bergamot & geranium in jojoba.

<u>Therapeutic</u>			<u>LE</u>
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>4 oz</u>
\$7.00	\$20.00	\$35.00	\$18.00

ARI

Ancient Egyptian female guardian spirit. Uplifts. Strengthens. Attracts proper energies. Sacred. Centering. Empowering.

Sandalwood, ylang-ylang, geranium, frankincense & marjoram in jojoba.

<u>Therapeutic</u>			<u>LE</u>
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>2 oz</u>
\$15.00	\$43.00	\$85.00	\$22.00

Your Pregnancy and Your Baby

CITRUS MAMA

An excellent skin tonic which strengthens the cellular structure supporting the epidermis inside and out, helping to prevent stretch marks. Nourishes the fetus. Prevents colic. Euphoric. Uplifting.

Mandarin, grapefruit, orange, palmarosa, geranium & lemon in jojoba.

<u>Therapeutic</u>			
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>LE</u>
\$7.00	\$20.00	\$35.00	\$18.00

PERINEUM GATE

Helps elasticize muscles to ease childbirth and reduce/prevent tearing. Especially designed to soften, lubricate, and strengthen this delicate area. Massage gently every day, during the last trimester of pregnancy.

Geranium, lavender, chamomile & rose in jojoba.

<u>Therapeutic</u>
<u>1 oz</u>
\$35.00

Therapeutic Strength in a 4 oz. squeeze bottle (recommended 3 month supply) \$120.00

EUPHORIC “ENTERING”

Adds euphoric atmospheric enhancement & increases mental alertness. Conscious brain waves releasing fear & embracing the next moment of intrigue. Add to compress for birthing or use in the air. Clary Sage and Jasmine

1 ml “Neat” blend of pure Clary Sage and Jasmine \$30.00 (approximately 30 drops)

1 oz Clary Sage and Jasmine extended in Jojoba \$33.00

2 oz Neroli hydrosol infused with Clary Sage and Jasmine \$22.00

ROSE HYDROSOL

Use for intimate cleansing (as an antibacterial). It is pure, smells great and is natural for personal hygiene.

Rose hydrosol in a 2oz cobalt blue bottle with a spray mister top. \$12.00

Aromatic Cosmetics

MORNING DEW

Beautifies and nourishes face. Rejuvenates cellular activity. Invigorates and awakens energies. Hormone balancing. Love. A luxurious skin benefactor intended for face, delicate areas and parfum points.

Rose, neroli, geranium, sandalwood, frankincense, myrrh, sage, patchouli & rosemary in jojoba.

<u>Therapeutic</u>		
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>
\$25.00	\$68.00	\$120.00

RESILIENCE

Facial and body blend. Stimulates cellular regeneration. Moisturizes delicate skin. Regulates sebum production. Tones complexion. Smooths wrinkles. Eases scarring and stretch marks. Heals thread veins.

Jasmine, neroli, palmarosa, sandalwood, petitgrain, blue chamomile & juniper in jojoba.

<u>Therapeutic</u>		
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>
\$25.00	\$68.00	\$120.00

BEAUTIFUL BABY FACE

For all ages but particularly gentle enough for infants. Helps to clear up rashes, cradle cap, chapped skin, and redness. Especially for the face, sensitive and delicate areas. Rub on baby's face to relieve stress and pain during teething or any trauma.

Lavender, chamomile & rose in jojoba.

<u>Therapeutic</u>		
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>
\$15.00	\$43.00	\$85.00

LIPS TO KISS

Moisturizing and soothing lip treatment. Helps heal cracked lips and cold sores.

Geranium, lavender, rose & chamomile in jojoba.

<u>Therapeutic</u>		
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>
\$7.00	\$20.00	\$35.00

EYE SEE

Soothing and nutritive. Improves complexion as it tones and adds elasticity to the skin. Helps soothe wrinkles. Promotes cellular regeneration & rejuvenation.

Lavender, lemon, palmarosa & carrot seed in jojoba.

<u>Therapeutic</u>		
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>
\$7.00	\$20.00	\$35.00

LES SEINS

Nourishing to the breasts. Firms, smooths, uplifts & enlivens. Wrinkle preventative. Heals broken capillaries. Balances female hormones. Cellular regeneration.

Lavender, clary sage, rose geranium, carrot seed, bergamot, wild chamomile, palmarosa & rose in jojoba.

<u>Therapeutic</u>		
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>
\$15.00	\$43.00	\$85.00

Pure and Natural Perfums

SWEET PERSUASION

A seductive vitalizer. Opens and enhances emotions. Flows through the system removing any emotional or psychic blocks allowing sensual energies to be enhanced on this earthly plane. A tonic for the glandular and nervous system.

Ylang-ylang, cypress, patchouli, neroli & cedarwood in jojoba.

			<u>LE</u>
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>2 oz</u>
\$15.00	\$43.00	\$85.00	\$22.00

VERY SWEET, VERY SENSUOUS

A spiritually uplifting aphrodisiac. Feminine floral energies. Pure parfum attracting ‘high’ energies. Love, luck and fertility.

Ylang-ylang & neroli in jojoba.

			<u>LE</u>
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>2 oz</u>
\$15.00	\$43.00	\$85.00	\$22.00

VISIONS OF VENUS

Celestial goddess of love and femininity. Healing. Nurturing. Harmonious. Artistic. Guiding. Ability to mediate and make whole. Rules the metamorphosis of the cells. Reproduction and enrichment of substances. Tissue formation. Preservation of the body. Enlivening. Complexion toner and rejuvenator. Face. Abdomen. Throat. Kidneys. With this essence the parathyroid glands stabilize the metabolism.

Geranium, rose, sandalwood, clary sage, ginger, yarrow, peppermint & thyme in jojoba.

			<u>LE</u>
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>2 oz</u>
\$15.00	\$43.00	\$85.00	\$22.00

INTRIGUE

A passionate spicy mixture designed to excite and stimulate the senses. Yin and yang.

Bay laurel frankincense, vetiver, cypress, juniper, cinnamon, cardamon, nutmeg, jasmine, Melissa, cistus, helichrysum in jojoba.

<u>1 Dram</u>	<u>½ oz</u>
\$15.00	\$43.00

Intrigue “Neat” contains all essential oils with no base oil.

<u>1ml</u>	<u>4ml</u>
\$25.00	\$60.00

FRAGRANT EARTH

Very sensual earthy pure parfum. Use this mixture directly on the hair and add it to a jojoba base for an exotic and erotic massage. Yin and yang. Great for intimacy.

Vanilla, ylang-ylang and vetiver in jojoba.

<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>
\$25.00	\$68.00	\$120.00

Fragrant Earth “Neat” contains all essential oils with no base oil.

<u>1ml</u>	<u>4ml</u>
\$25.00	\$60.00

“Scentual” Aphrodisiacs

CUPID’S QUIVER

Yummy, edible aphrodisiac. Stimulating and sensual. Induces romance. Mentally and physically invigorating and uplifting. A delectable treat to share intimately with your lover.

Vanilla, nutmeg, mandarin, frankincense, clove, coriander, myrrh & ginger in jojoba.

			<u>LE</u>
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>2 oz</u>
\$15.00	\$43.00	\$85.00	\$22.00

FEBRIS

Candlemas creation for the goddess. For the passions of love. Strengthens and aligns the spirit within and surrounding our bodies with the vibrational forces of pure, natural energies. Suited for sensual stimuli. Euphoric.

Vanilla, nutmeg, mandarin, hyssop, yarrow spikenard & myrrh in jojoba.

			<u>LE</u>
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>2 oz</u>
\$15.00	\$43.00	\$85.00	\$22.00

ENIGMATIC ELIXIR OF LOVE

Sensual passion. Love potion. Euphoric aphrodisiac.

Ylang-ylang, jasmine, rose, patchouli, lavender, sandalwood, vanilla, geranium, myrrh, cardamon, frankincense & coriander in jojoba.

			<u>LE</u>
<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>2 oz</u>
\$25.00	\$68.00	\$120.00	\$33.00

SLIPPERY SWEETNESS

Personal body anointment for massage, lubrication, aromatic sensual enhancement, love & joy. Ylang-ylang jasmine, rose, vetyver & cardamon in jojoba.

Available in Light Essence (LE) only	<u>4 oz</u>	\$33.00
	<u>2 oz</u>	\$20.00

“Scentual” Aphrodisiacs

STAR NIGHT

A very yin, feminine perfume. A euphoric, exotic, erotic, enticing, aphrodisiac which let’s the mind, body, spirit, and emotions soar to the heights of the stars while experiencing earthly pleasures and sensual delights.

Jasmine, ylang-ylang, sandalwood, frankincense, myrrh, vetyver, lavender, marjoram, neroli, petitgrain, geranium & benzoin in jojoba.

<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>LE</u>
\$25.00	\$68.00	\$120.00	<u>2 oz</u>
			\$33.00

Star Night “Neat” contains all essential oils with no base oil.

<u>1ml</u>	<u>2ml</u>	<u>4ml</u>
\$33.00	\$62.00	\$122.00

MYSTIQUE

Exciting the sensual senses arouses inspiration. Feminine and spicy.

Sandalwood, bergamot, rose, jasmine, amber, vetyver, cardamon, angelica, basil & rosemary in jojoba.

<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>LE</u>
\$25.00	\$68.00	\$120.00	<u>2 oz</u>
			\$33.00

Mystique “Neat” contains all essential oils with no base oil.

<u>1ml</u>	<u>2ml</u>	<u>4ml</u>
\$33.00	\$62.00	\$122.00

MOONLIGHT

Enhancing “Celestial Magic”. Increases the flow of femininity. Parfum.

Rose Geranium, clary sage, jasmine, neroli, nutmeg, benzoin, hyacinth, angelica in jojoba.

<u>1 Dram</u>	<u>½ oz</u>	<u>1 oz</u>	<u>LE</u>
\$25.00	\$68.00	\$120.00	<u>2 oz</u>
			\$33.00

Moonlight “Neat” contains all essential oils with no base oil.

1 ml
\$33.00

Aromatherapy for Your Environment...

All of these synergetic mixtures are blended with pure “neat” botanical essential oils. These totally neat essential oils are blended together to enliven & enrich their individual traits through their combined qualities. These blends are intended to be used in the atmosphere, added to a hydrosol mist for the air and/or body, added to the bath, placed in atomizers and/or added to a pure base, such as jojoba, to be used for body anointment and massage. Please use with proper knowledge, peace, love and of course your own free will. (Some should be avoided during pregnancy and it is not recommended to take internally or apply to body without a carrier base.) These are highly concentrated. Enjoy!

FLORAL INTERLUDE (contains pure essential oils only, no base)

Ease away tension and soothe your senses as your surroundings come into full bloom with exquisite floral aromas.

Ylang ylang, lavender, rose geranium, clary sage & frankincense.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$15.00	\$35.00	\$100.00

ROOM TO BREATHE (contains pure essential oils only, no base)

A “neat” blend for use in a diffuser to ionize and condition the surrounding environment. Happy. Uplifting. Soothing. Cleansing. Euphoric. Mood regulating.

Palmarosa, bergamot, geranium, grapefruit & mandarin.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$10.00	\$22.00	\$69.00

KITCHEN KLEEN (contains pure essential oils only, no base)

Aromatizes and disinfects surfaces as you clean. Great for kitchens, bathrooms, countertops, cupboards, closets, and shelves. Use on damp sponges while cleaning.

Lavender, thyme, grapefruit & juniper.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$9.00	\$20.00	\$61.00

SUNSHINE MIND (contains pure essential oils only, no base)

Invites the positive energetic healing vibration of the sun into the atmosphere. This allows the passage via our olfactory system directly to the brain; empowering our minds, soothing the soul, healing our bodies and embracing universal spirit.

Bergamot, juniper, elemi, frankincense, bay laurel, petitgrain and cardamom.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$14.00	\$33.00	\$90.00

...Bath,...

SPA STUFF

(contains pure essential oils only, no base)

Opens up the sinus and relaxes the respiratory system while it stimulates the metabolism and clears the senses of both body and mind. Oxygenates the lungs. Clears up the mucus membranes to improve respiratory health.

Sage, rosemary & eucalyptus.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$7.00	\$16.00	\$44.00

SAUNA MYST

(pure essential oils only, no base)

Not for use during pregnancy

Detoxifies and oxygenates the body systems. Helps purify the air while opening up the lungs as you breathe.

Marjoram, juniper & hyssop.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$14.00	\$33.00	\$90.00

DE TOX

(pure essential oils only, no base)

Not for use during pregnancy

Helps rid the body systems of stagnation and unwanted accumulations. Eases hangover symptoms. Restorative for the liver, kidney and stomach. Immuno-stimulant. Helps to smooth and restore the surface texture of the skin.

Juniper, fennel & orange.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$8.00	\$18.00	\$52.00

SLIM DOWN

(pure essential oils only, no base)

Not for use during pregnancy

Helps to move on that which you would prefer not to linger. Helps with cellulite and water retention by moving the blood, cleansing the lymph and tonifying the dermis and epidermis. Promotes metabolic processes of the body's surface and structure to assimilate fats and improve skin structure.

Grapefruit, lavender, geranium, orange, juniper, petitgrain, rosemary, fennel, marjoram, thyme & cypress.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$11.00	\$24.00	\$78.00

LIFT

(pure essential oils only, no base)

Not for use during pregnancy

Increases metabolism, lifts out toxins and reduces accumulated fluids.

Rose geranium clary sage, patchouli, juniper, cypress, ylang-ylang black pepper, parsley, ginger and immortelle.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$12.00	\$30.00	\$88.00

STREAM OF LIFE

(pure essential oils only, no base)

Avoid if pregnant

Moves the "chi", the flowing energies very fluid in our bodies lives. Increases circulation and elimination of toxins via the body channels.

Cypress, rose geranium, juniper, lemon, orange, ylang-ylang, rosemary, carrot seed, parsley, black pepper, frankincense, birch, blue chamomile and immortelle.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$12.00	\$30.00	\$88.00

...and Personal Use

POWERS OF THE FLOWERS

(pure essential oils only, no base)

Enhances femininity. Use to anoint the hair, add to the bath, combine into a hydrosol or extend into jojoba.

Rose geranium, clary sage, lavender, jasmine, rose and neroli.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$22.00	\$55.00	\$150.00

BLISS

(pure essential oils only, no base)

Evokes peace of mind and spirit. Uplifts and relaxes. Great in hair. A delightful personal scent to surround yourself with, to keep that state of bliss.

Ylang-Ylang, rose geranium, Mysore sandalwood, bergamot and patchouli.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$16.00	\$38.00	\$108.00

BALANCE

(pure essential oils only, no base)

Mood regulating and hormone balancing blend. Great extended into a base for body massage and healing. Applied into the atmosphere it will usually make the spirit happier.

Rose geranium, patchouli, hyssop and bergamot.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$12.00	\$30.00	\$88.00

TROPICAL SKIN TREASURE

(pure essential oils only, no base)

An all natural insect repellent which smells pretty.

Ylang-ylang, lavender, geranium, cedarwood, thyme & citronella.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$15.00	\$35.00	\$100.00

TROPICAL SKIN TREASURE SPRAY

(in your choice of floral hydrosol)

The same product blended in a base of lavender, neroli or rose hydrosol.

Comes in a cobalt blue bottle with a spray mister. Observe special pricing.

Tropical Skin Treasure spray in lavender hydrosol 2oz. \$18.00

KARMIC TRESSES

(pure essential oils only, no base)

A magical, magnetic parfum for personal attraction to be applied to the hair. Nourishes hair and promotes growth.

Ylang-ylang, cedarwood & yarrow.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$15.00	\$35.00	

REFINE

(contains pure essential oils only, no base)

A "neat" oil mix to dab on blemishes. Helps to clear and tone the complexion. Assists cellular regeneration and detoxification. Use sparingly.

Petitgrain, juniper, grapefruit, palmarosa, clary sage & carrot seed.

<u>4ml</u>	<u>10ml</u>	1 oz
\$15.00	\$35.00	\$100.0

“Neat” Blends

WOUND HEALER

(contains pure essential oils only, no base)

A “neat” antiseptic mixture to heal small wounds, insect bites and minor skin irritations. Styptic quality will help to close and heal small wounds.

Lavender, thyme, lemon, geranium & myrrh.

<u>4ml</u>	<u>10ml</u>
\$15.00	\$35.00

IMMUNE ENHANCER

(contains pure essential oils only, no base)

A “neat” oil. Enhancing longevity through antimicrobial, antifungal, and antibacterial actions. Improves body functions by enhanced white blood cell actions stimulating through the olfactory senses.

Bay laurel, bergamot, juniper, thyme, myrtle, frankincense, inula & angelica.

<u>4ml</u>	<u>10ml</u>	1 oz
\$15.00	\$35.00	

PROTECTIVE PLACE

(contains only pure essential oils)

A synergy of enriching essential oils to purify & fortify the air quality. By breathing in The healing traits of these pure botanicals will assist in prevention of bacteria invading the respiratory tract; therefore preventing illness by enhancing immunity.

Cinnamon leaf-clove bud-lemon- eucalyptus-rosemary.

<i>4ml</i>	<i>10ml</i>	<i>1 oz</i>
\$8.00	\$18.00	\$54.00

BUG BANISHER

(contains only pure essential oils)

A mixture to ward off insects. This combination may be put into diffusers, steam cleaners, put onto fan blades, screens & fabrics. Add to a hydrosol to mist onto the body & into jojoba to coat the skin.

Contains :lavender- bay laurel-pine-thyme-eucalyptus-niaouli

<i>4ml</i>	<i>10ml</i>	<i>1 oz</i>
\$10.00	\$22.00	\$61.00

***BUG BANISHER extended into a 2 oz. lavender hydrosol mist special @\$14.50
Then refill the bottle with .pure water & add about 30 drops of neat mix.***

FLEE FLEA

(contains only pure essential oils)

To be rid of fleas add this mixture to pure shampoo, soap or into a hydrosol for use on the body.

May be put into the atmosphere or extended to go onto the body. Should not be used by pregnant people or animals. Quite potent & extremely effective in getting flea away. Reapply to be rid of their eggs!

Contains: pennyroyal –eucalyptus smithi-tagetes

10ml =\$12.00

Atmospheric “Neat” Blends

HOLIDAY (contains pure essential oils only, no base)

A “neat” oil that is uplifting, refreshing, and cheerful. Mix to add joy to the season’s atmosphere.

Bay laurel, peppermint, cinnamon, clove & nutmeg.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$9.00	\$20.00	\$61.00

FOREST (contains pure essential oils only, no base)

A very woody mixture to add the feel of ancient yule time in the atmosphere.

Spruce, pine, mandarin, frankincense, myrrh & clove.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$7.00	\$16.00	\$44.00

YULE MIST (contains pure essential oils only, no base)

The Joyful Season’s plant spirits are uplifting, refreshing, and cheerful. Green and spicy.

Spruce, mandarin, nutmeg, cedarwood, orange, frankincense, myrrh, juniper, cardamon & angelica.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>	
\$7.00	\$16.00		\$44.00

BROOM SWEEP (contains pure essential oils only, no base)

Brings positive vibrations to uplift, producing a positive, protective ambiance in the surrounding environment. Literally to add to your broom and sweep!

Bergamot, ylang-ylang, bay laurel, patchouli & cedarwood.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$9.00	\$20.00	\$61.00

PROSPERITY (contains pure essential oils only, no base)

Invigorating inspiring and activating energies to increase mental capabilities and physical application of those energies.

Basil, frankincense, patchouli, nutmeg and clove.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$15.00	\$35.00	\$100.00

FREE (contains pure essential oils only, no base)

An uplifting, cleansing, refreshing and purifying mixture.

Juniper, ylang-ylang and cedarwood.

<u>4ml</u>	<u>10ml</u>	1 oz
\$15.00	\$35.00	\$100.00

PURIFICATION (contains pure essential oils only, no base)

A “neat” oil that is strongly lemon grass scented to purify the air any factors within it. Great to clean the air, especially from strong food odors or pungent and invasive smells such as kitty litter.

Litsea cubeba, lemon grass, juniper, niaouli, myrtle, rosemary & sage.

<u>4ml</u>	<u>10ml</u>	1 oz
\$7.00	\$16.00	\$44.00

Ancient Aromatics

Ancient Aromatics is a parfum product line designed for anointment of the whole body to enchant the senses and honor the spirit within. These contain pure essential oils in a jojoba base and incorporate botanical essences often mentioned in the ancient texts. In this strength they are affordable to be used lavishly.

Ancient Aromatics come in a 2 ounce cobalt blue bottle for \$22.00.

GARDEN OF THE GODDESS

Honoring Femininity Fertility, Sensuality, and the Unity of Love. Feminine.

Geranium, marjoram, lavender, neroli, rose, vetyver, wild chamomile & jasmine in jojoba.

MYSTIC ENERGY

Unites the Spirit, Heart, Soul and Body within the realms of metaphysical reality. Feminine.

Ylang-ylang, rose, neroli, jasmine, clary sage, lavender, myrrh, marjoram & basil in jojoba.

ENTWINEMENT

For passion and purity of the soul. Masculine/feminine.

Sandalwood, ylang ylang, frankincense & jasmine in jojoba.

EARTH STARS

For a metaphysical and magical connection to the psychic plane which allows one to “leave this realm” during meditation and massage to connect with higher vibrational energetic sources. Feminine.

Ylang-ylang, geranium, clary sage, frankincense, myrrh, hyssop, elemi, rosemary vetyver, sage, angelica, black pepper, helichrysum & melissa in jojoba.

INSPIRATION

For relaxation and open-mindedness. Masculine/feminine.

Geranium, ylang-ylang, juniper, marjoram, frankincense, myrrh, sandalwood, lavender & vetyver in jojoba.

The Chakras

AVALON **Crystal, Amethyst, Fluorite** **7th Chakra, Crown**
Thought power. Mindset. Will. Divine wisdom. Radiate from the highest element. Unite with the highest vibration possible. Unification of spirit within the human personality.

Top of Head. Cerebrum. Spirit. Violet.

Benzoin, rosewood, jasmine, lavender, grapefruit, basil, juniper, petitgrain, frankincense, myrrh, elemi, cedarwood, rose & angelica in jojoba.

HALKA **Lapis, Chalcedony, Celestine** **6th Chakra, Brow**
Pituitary. Vitalizes the lower brain. Cerebellum. Central nervous system. Combined action of the pineal and pituitary glands. Psychic power. Magnetic light forces. Intellect. Intuition. Insight. Ideas. Inspiration.

Center Forehead. Medulla Oblongata. Third Eye. Indigo.

Lemongrass, rosewood, frankincense, rosemary, juniper, myrrh & amber in jojoba.

MAAT's REALITY **Turquoise, Laramar** **5th Chakra, Throat**
Thyroid gland. Throat. Jaw. Alimentary canals. Lungs. Vocal chords. Parathyroid. Hypothalamus. Communication. Sound. Creativity with truth and knowledge. Recognizing divine guidance. Releases blockages to allow the flow of sound through speech and action to come forth.

Neck above Collar Bone. Breath. Etheric Energies. Blue.

Clary sage, marjoram, hyssop, petitgrain, sandalwood, lavender, cypress, ginger, cedarwood, pine & frankincense in jojoba.

EMERALD PEACE **Emerald, Rose Quartz, Bloodstone, Amazonite** **4th Chakra, Heart**
Love. Spirituality. Compassion. Healing. Soothing. Joy. Emotions. Heart. Thymus. Circulatory system. Blood. Cellular structure. Astral. Protection. Peace. Nourishing. Balancing. Euphoric. Devotion.

Center of Chest. Heart. Air. Green.

Marjoram, rose, clary sage, melissa, frankincense, ylang-ylang, geranium, yarrow, juniper & neroli in jojoba.

The Chakras

YELLOW FIRE Citrine, Ametrine, Amber 3rd Chakra, Solar Plexus

Center of personal power. Astral intelligence. Desires. Touch. Gut instinct. Perception. Sympathetic nervous system. Protective energies. Stomach. Liver. Gall bladder. Pancreas. Adrenal glands. Ambition. Creation.

Above naval, below chest. The will. Fire. Yellow.

Bergamot, hyssop, ylang-ylang, spikenard, cinnamon & coriander in jojoba.

SARASVATI Ruby, Zoizite, Rhodonite, Rhodochrosite 2nd Chakra, Naval

Wisdom. Creativity. Attuned to thoughts concerning wellness. Desire. Emotion. Sexuality. Intuition. Pleasure. Digestive system. Reproductive organs. Sexual hormones. Bladder. Spleen. Balances physical attributes with the other chakras. Enhances femininity.

Lower abdomen. Sacral plexus/spleen. Water. Orange.

Jasmine, rose, ylang-ylang, sandalwood & mandarin in jojoba.

BASE ROOT BEAT Jet, Obsidian, Jasper, Pyrite 1st Chakra, Root

Vitality. Physical energy. Self preservation. Life forces. Activates and strengthens the will. The kundalini at rest. The source of power. Roots. The spinal column. Kidneys. Adrenal glands. Colon. Legs. Bones. Flesh. Material world. Grounding. Stability. Courage. Passion of life.

Base of spine. Lumbar region. Earth. Red.

Benzoin, frankincense, vetyver, yarrow, spikenard & patchouli in jojoba.

All Chakra Blends

	<u>Therapeutic</u>		<u>LE</u>
<u>1 Dram</u>	<u>1/2 oz</u>	<u>1 oz</u>	<u>2 oz</u>
\$15.00	\$43.00	\$85.00	\$22.00

CHAKRA BLEND KIT

Attune to and learn from the seven key energy centers of human existence. The chakras represent a stairway from the mundane world to Nirvana, each step unlocking the secrets to physical, intellectual, emotional, energetic and spiritual health. These blends help you achieve balance and develop mastery of the self includes 4 ml bottles of all seven of the Chakra Blend series in the Anointing strength in an all natural pouch.

Chakra Blend Kit \$44.00

Mysts of Attraction

MUDRA

Into a neroli hydrosol a synergistic mix of the following is incorporated: Essential oils of sandalwood, ylangylang, clary sage, patchouli, Peru balsam frankincense, vetyver, jasmine, neroli, cardaman, vanilla, lemon verbena, marjoram, sage, juniper, ginger & calamus.

An eclectic mix of essential oils that touch base with the earth, enlighten our perceptions of the physical domain and assist in the ascension of our spiritual enlightenment. Balances and unifies the chakras.

Mudra in a 2oz cobalt blue bottle with a spray mister top. \$22.00

HEARTSONG

Into a rose hydrosol a synergistic mix of the following is incorporated: Essential oils of rose geranium, orange and jasmine.

Moving the hearts flow of energy with vitality, optimism and euphoric delights. Feminine reinforcement of nature's enlightening plant elixirs.

Heartsong in a 2oz cobalt blue bottle with a spray mister top. \$17.00

PURITY

Into a lavender hydrosol a synergistic mix of the following is incorporated: Essential oils of sage, cedarwood, juniper & lavender.

Sacred time honored herbs, wood, see and flower mix to cleanse and create a peaceful purification.

Purity in a 2oz cobalt blue bottle with a spray mister top. \$17.00

PEACEFUL PILLOW

Into a neroli hydrosol a synergistic mix of the following essential oils is combined to allow the vibrational waves of these pure plant botanicals to reach into the brain via the olfactory system. Some of these produce serotonin & they all assist in relaxation & the peacefulness of the mind
Essential oils of:lavender-marjoram-clary sage- patchouli-petitgrain-frankincense.

May be used on the body, onto the pillow & into the atmosphere.

Peaceful Pillow in a 2 oz cobalt blue bottle with a spray mister top. \$22.00

The Elements

ANGELS IN THE AIR

Air Element

Communication with all realms. Auric protector. Travel. Freedom. Intellect. Divination. Wisdom. Astral body. Universal search for truth.

Temperament = sanguine, kidneys, emotion.

Tarot = Suit of Swords **Astrological** = Aquarius, Libra, Gemini

Clove, clary sage, yarrow, angelica, sandalwood, rose, ylang-ylang, geranium, juniper, marjoram, lavender & patchouli in jojoba.

RA'S FLAME

Fire Element

Strength. Magic. Courage. Vitality. Creative drive. Warmth. Brings action. Communication. Heart balanced with ego. Spiritual tendencies.

Temperament = choleric, heart, passion.

Tarot = Suit of Wands **Astrological** = Aries, Leo, Sagittarius

Angelica, hyssop, fennel, juniper, sage, bergamot, neroli, orange, jasmine, cedarwood, pine, cypress, rosemary, coriander, nutmeg, ginger, marjoram & geranium in jojoba.

VA MERA

WaterElement

Love. Healing. Peace. Compassion. Purification. Dreams. Psychic capabilities. Etheric body. Flow of thoughts. Emotions.

Temperament = phlegmatic, liver, touching.

Tarot = Suit of Cups **Astrological** = Cancer, Pisces, Scorpio

Pine, basil, myrrh, cedar, juniper, fennel, rose, nutmeg, cinnamon, lavender, hyssop, lemon, clary sage & jasmine in jojoba.

TERRA THREADS

Earth Element

Peace. Money. Fertility. Stability. Success. Growth. Resources. Talents. Physical body. Minerals. "Plants" energies on the earthbound plane.

Temperament = melancholic, lungs, physical magnetism.

Tarot = Suit of Pentacles **Astrological** = Taurus, Virgo, Capricorn

Vetyver, thyme, fennel, sage, marjoram, peppermint, geranium, pine, lemon grass, rose, ylang-ylang & yarrow in jojoba.

All "Elemental Blends" this page

	Therapeutic	
	1 Dram	1 oz
	\$15.00	\$85.00
		1 oz
	\$43.00	\$85.00

ELEMENTAL BLEND KIT

Celebrate and learn from the four elements of Air, Fire, Water and Earth. From time immemorial mankind has taken lessons from these four most basic aspects of creation in how to live life. These blends help to stimulate the memory centers to assist you in remembering how to be in this world but not of it. Includes 4 ml. bottles of all four of the Elemental Blend series in the Anointing strength in an all natural pouch.

Elemental Blend Kit \$25.00

How to Use Pure Botanical Essences

Essential oils are potent concentrations of particular plant energies and may be used individually or combined together. They should be blended synergistically and extended for body use or used “neat” in small portions. Also be sure of your source and use only the highest quality oils. Nature’s Spirit, Inc. provides only those oils which are 100% pure wildcrafted and/or organic so you are assured to receive the best product available. Enjoy!

AUTOMOBILE

Place 1-2 drops on dash board, floor, or rear view mirror ornament. Can be used to help keep driver alert, and to help keep germs and environmental pollutants away.

ATMOSPHERE/ROOM FRESHENER

The bactericidal properties of essential oils make them ideal for air purification. Create your own atmosphere (relaxing, invigorating, refreshing, mood elevating) by combining your own blend of oils. Diffusers work well for this. Terra-cotta light rings are great for bulbs in the office or living area.

Other methods include placing 3-4 drops on a dust rag, feather duster, fan blades, clay pots, light bulbs, candles, air conditioning filters, pillows, handkerchiefs, tapestries, stuffed animals, etc. to enhance the office, home or administer aromatherapy to adults and children.

Cotton balls may be dabbed with essential oils and place on top of computer or in other areas to emit their qualities. Place drops on a pretty linen and let the scent permeate the atmosphere.

Also, the hydrosols may be used to spritz the skin or the surrounding atmosphere or make your own by adding a few drops to distilled water (shake well before using).

BATH

Add about 5-10 drops to water and stir briskly. Use gentle florals, woods or resins. Avoid spicy oils unless mixed in milk or honey before adding to bath.

CLEANING

Add about 5-10 drops to water and use to purify and cleanse countertops and other surfaces. Essential oils may also be added directly onto a broom or dust cloth to uplift the spirits while cleaning and add antibacterial qualities as well as a refreshing scent. Adding drops into toilet basins will purify air as well as disinfect. Fill dish with water and essential oils to add antiviral, antimicrobial properties to air quality.

FACIAL STEAM INHALATION

Add about 5 drops to steaming water, cover head with towel, and inhale to heal, tone, stimulate, decongest. Be cautious of heat with this time honored old fashioned method.

FIRST AID

Drop 1-2 drops into affected area, rub hands together and inhale. Place 1-2 drops per cup of water for a rinse, wash or hot compress, the application depends on the condition. Use in a base to apply to larger areas of the body and for massage.

A cotton ball wetted with rose hydrosol serves as an eye compress (use the hydrosol only). This will relieve puffiness and itching and is so gentle that I have used it on my children since they were babies.

How to Use Pure Botanical Essences

INSECT REPELLANT

Place about 1 ml of the appropriate essential oil into 1 pint of water and spray the desired area using hand sprayer. Also, for indoor pest control, place a few drops on fan blades.

When camping out or hiking and exposing much of the skin use the essential oils in a jojoba base and apply prior to the activity. This will get a good percent absorbed into the system as a preventative.

Note: Lavender (*Augustifolia*) is one of the few essential oils that can be applied “neat” on the extremities. Also this essential oil will be safe for garments, it will not stain, so can be dispersed on outdoor garments as a repellent.

LAUNDRY

To help balance out any possible contaminants such as city water chlorine, put a few drops into the wash water after the washer is full (to avoid possible staining). As a freshener, put a few drops on a designated handkerchief/linen and place in the dryer before drying. Be careful of the resins as they may stain, use clear essential oils for this purpose.

MASSAGE

Always extend essential oils before message. Pure essential oils are not applicable for this.

Aching Muscles: 3-10 drops to 1 teaspoon of base oil.

Body: 2-7 drops to 1 teaspoon of base oil.

Face: 1-5 drops to 1 teaspoon of base oil.

* May use up to 20% essential oil with 80% base oil.

MEDITATION/SACRED SPACE

Place 3-4 drops on candles (be sure to use soy or beeswax, toxic paraffin will negate the healing qualities of the oils), 1 drop on sacred objects, scarves, shawls, stones, sculptures, and clay vessels, follow instructions for **PURE PARFUMS** below.

PURE PARFUMS/PERSONAL

Anoint pulse points. Place 1-2 drops on hairbrush, comb or hands and run through hair, 1-2 drops on old fashion folding fan, handkerchief, shawls or scarves. Scented gloves were historically popular. Parfums and Beautiful Scented Blends extend nicely into a jojoba base to lavishly be applied onto the whole body. If light enough the intimate areas may be anointed and massaged for sensual pleasures.

INTERNAL USE

CAUTION - Most essential oils are NOT to be used internally. They are highly concentrated plant extracts which may be dangerous if ingested so proper knowledge of use is necessary. We suggest you first refer to the book “The Practice of Aromatherapy” by Jean Valnet, MD if you insist on this type of application.

Essential Oils – pure, all natural botanical

BAY RUM Pimenta Racemosa	Leaf	Jamaica
Light, spicy, sweet aroma, the aroma of men's parfum. May act as an appetite stimulant and to settle stomach pains. (Moderate use - high eugenol content.)		
	<u>4ml</u> \$8.00	<u>10ml</u> \$18.00
		<u>1oz</u> \$52.00
BENZOIN Styrax Benzoin	Resin/Tear	China
Sweet, warming perfume fixative. Natural vanilla scent. Calms nerves. Soothes skin.		
	<u>4ml</u> \$8.00	<u>10ml</u> \$18.00
		<u>1oz</u> \$52.00
BERGAMOT Citrus Bergamia	Peel	Italy
Regulating. Reduces stress. Draws sun. Uplifting spirits. Mood enriching. Brain balancing between the parasympathetic and sympathetic systems.		
	<u>4ml</u> \$9.00	<u>10ml</u> \$20.00
		<u>1oz</u> \$61.00
BIRCH Betula Alba	Bark	Northern USA
<i>NOT FOR USE DURING PREGNANCY</i>		
Detoxifies. Increases circulation. Skin tonic. Antiseptic. Diuretic. Reduces cellulite and edema. Use with care, can be sensitizing.		
	<u>4ml</u> \$7.00	<u>10ml</u> \$16.00
		<u>1oz</u> \$44.00
BLACK PEPPER Piper Nigrum	Berry/Peppercorn	India, Madagascar
<i>NOT FOR USE DURING PREGNANCY</i>		
Very stimulating. Gives stamina. Strengthens. Dilates blood vessels. Eases pure, natural energies. Suited for sensual stimuli. Euphoric.		
	<u>4ml</u> \$18.00	<u>10ml</u> \$42.00
		<u>1oz</u> \$124.00
BLUE TANSY Tanacetum Annum	Herb	Morocco
Eases tension, beneficial to reduce allergies and asthmatic tendencies. High azulane content, like the other blue oils the uses include healing bruises, burns & damaged skin. Repairs capillaries.		
	<u>1ml</u> \$6.00	<u>4ml</u> \$20.00
		<u>10ml</u> \$50.00
CARDAMON Elettaria Cardamomum	Seed	Sri Lanka
Stimulates mental capabilities. Nerve tonic. Aphrodisiac. Eases abdominal pains. Sensual passion. Love potion. Euphoric aphrodisiac.		
	<u>4ml</u> \$18.00	<u>10ml</u> \$42.00
		<u>1oz</u> \$124.00

Essential Oils – pure, all natural botanical

CARROT SEED

Seed

France

Daucus Carota

NOT FOR USE DURING PREGNANCY

Nutritious. Revitalizing and toning. Eases wrinkles. Tonic for liver and gall bladder.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$12.00	\$30.00	\$88.00

CEDARWOOD

Wood

Morocco

Cedrus Atlantica

Embalming. Afterlife. Harmonizes. Assists breathing. Vitality. Psychic centering. Scalp. Skin.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$5.00	\$11.00	\$30.00

CHAMOMILE, BLUE

Flower

Egypt

Matricaria Recutita

Calming tonic. Excellent for skin care. Nervine. Stomachic.

<u>1ml</u>	<u>4ml</u>
\$22.00	\$88.00

CHAMOMILE, WILD

Flower

France

Anthemis Nobilis

Soothes sensitive skin. Assists liver and spleen. Menopause. Baby skin care

<u>1ml</u>	<u>4ml</u>
\$19.00	\$76.00

CINNAMON

Leaf

Ceylon

Cinnamomum Zeylanicum

Tonic for circulatory system. Eases bleeding. Eases colds.

<u>1ml</u>	<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$7.00	\$22.00	\$55.00	\$150.00

CISTUS

Resin/Tear

Spain

Cistus Ladaniferus

Time honored tonic to heal emotional trauma. Rejuvenates the skin. Increases lymphatic flow. Allows the chi to flow through the meridians.

<u>1ml</u>	<u>4ml</u>	<u>10ml</u>
\$7.00	\$28.00	\$70.00

Essential Oils – pure, all natural botanical

CLARY SAGE **Flower/Leaf** **France**

Salvia Sclarea

Nervine. Female antidepressant. Throat. Dream tonic. Euphoric. Calms anguish.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$11.00	\$24.00	\$78.00

CLOVE – BUD **Bud** **Madagascar**

Syzygium Aromaticum

Analgesic. Antiseptic. Reduces toothache. Alleviates Nausea. Lungs. Joints. Strengthens mind.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$7.00	\$16.00	\$44.00

CORIANDER **Seeds** **France**

Coriandrum Sativum

Uplifting tonic. Remedies tiredness. Stimulates. Aphrodisiac. Anti-inflammatory

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$7.00	\$16.00	\$44.00

COSTUS

Saussurea Costus

Used for perfuming. Known to alleviate coughs, relieve indigestion and flatulence and ease nervous exhaustion.

<u>1ml</u>
\$25.00

CYPRESS **Leaf/Cone** **USA**

Cypresses Sempervirens

NOT FOR USE DURING PREGNANCY

Soothes. Eases tension. Tones system. Antirheumatic. General restorative.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$8.00	\$18.00	\$52.00

DILL – WEED **Herb** **Hungary**

Anethum Graveolens

Digestive aid. Promotes milk flow in mothers. Use to prevent colic. Hypatic.

<u>1ml</u>	<u>4ml</u>	<u>10ml</u>
\$5.00	\$20.00	\$50.00

ELEMI **Resin/Tear** **Phillipine Islands**

Canarium Luzonicum

Ancient Egyptian skin rejuvenator. Psychic healing. Eases nerves and breathing.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$9.00	\$20.00	\$61.00

EUCALYPTUS **Leaf** **Portugal, China**

Eucalyptus Globulos

Aids respiratory system and aching joints. Clears aura. Insect repellent. Great for the spa.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$5.00	\$11.00	\$30.00

Essential Oils – pure, all natural botanical

EUCALYPTUS Eucalyptus smithii Superior for young and old. Anitiviral. Expectorant. “Gully gum”.	Leaf	Zimbabwe	
	<u>4ml</u> \$5.00	<u>10ml</u> \$11.00	<u>1oz</u> \$30.00
FENNEL FocniculumVulgare <i>NOT FOR USE DURING PREGNANCY</i> Harmonizes. Assists breathing. Vitality and digestive tonic. Balances estrogens.	Seed	Spain	
	<u>4ml</u> \$5.00	<u>10ml</u> \$11.00	<u>1oz</u> \$30.00
FORAHA (TAMANUE) Calophyllum Inophyllum Thick and aromatic. Stimulates cellular regeneration. Folk medicine with remarkable qualities of healing skin wounds and detoxifying. (Has shelf life.)	Nut	Madagascar	
	<u>4ml</u> \$7.00	<u>10ml</u> \$16.00	<u>1oz</u> \$44.00
FRANKINCENSE Boswellia Carteri Soothes and calms mind. Restorative. Skin tonic. Preserves beauty. Karmic skin. Reduces stress.	Resin	Ethiopia	
	<u>1ml</u> \$6.00	<u>4ml</u> \$20.00	<u>10ml</u> \$48.00
			<u>1oz</u> \$132.00
GALBANUM Ferula Galbaniflua Skin care. Digestive. Respiratory. Nerve tonic.		<u>4ml</u> \$12.00	<u>10ml</u> \$30.00
			<u>1oz</u> \$88.00
GERANIUM Pelargonium Graveolens Lends positive atmosphere. Balances hormones. Regulates blood pressure. Reduces bruising.	Leaf/Flower	South Africa, Reunion, France	
	<u>4ml</u> \$12.00	<u>10ml</u> \$30.00	<u>1oz</u> \$88.00
GINGER Zingiber Officinale Digestive stimulant. Addiction deterrent. Increases circulation.	Root	South Africa	
	<u>4ml</u> \$12.00	<u>10ml</u> \$30.00	<u>1oz</u> \$88.00

Essential Oils – pure, all natural botanical

GRAPEFRUIT Citrus Paradisi	Peel		South Africa
Antidepressant. Nourishes cells. Diuretic. Helps remove cellulite and break “old” habits. Helps skin renew.			
	<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
	\$5.00	\$11.00	\$30.00
HELICHRYSUM Helichrysum Angustifolium	Flowering top		Corsica
Very strong antidepressant. Immune system enhancer. Aromatic. Spleen tonic.			
	<u>1ml</u>	<u>4ml</u>	
	\$22.00	\$88.00	
HYSSOP Hyssopus Officinale	Leaf/Flower		United Kingdom
Empowers the mind. Cleans the spleen. Cures grief. Increases oxygen supply. Alleviates asthma symptoms.			
	<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
	\$15.00	\$35.00	\$100.00
IMMORTELLE		See Helichrysum	
INULA Inula Graveolens	Blossom		France
Extremely immune enhancing. Antiviral. Antibacterial. Defeats airborne			
	<u>1ml</u>	<u>4ml</u>	<u>10ml</u>
	\$15.00	\$60.00	\$150.00
JASMINE Jasminum Officinale			India, Egypt
Antidepressant. Aphrodisiac. Euphoric. Highly prized parfum.			
	<u>1ml</u>	<u>4ml</u>	
	\$55.00	\$180.00	
Jasmine in jojoba 4 ml \$25.00			
JUNIPER Juniperus Communis	Berry		Siberia
<i>NOT FOR USE DURING PREGNANCY</i>			
Healing tonic. Helps liver. Eases coughs and ulcers. Detoxifies. Aids immune system.			
	<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
	\$11.00	\$24.00	\$78.00

Essential Oils – pure, all natural botanical

KATAFRAY	Bark	Madagascar
Cedrolopsis grevei		
<i>NOT FOR USE DURING PREGNANCY</i>		
Anti-inflammatory, used for relief of muscular aches. Uplifts, eases fatigue.		
	<u>4ml</u>	<u>10ml</u>
	\$7.00	\$16.00
		<u>1oz</u>
		\$44.00
LABDANUM		See Cistus
LAVENDER	Flowering top	France
LavendulaAngustifolia		
Heals burns. Eases head pains. Soothes skin and soul. Restorative.		
	<u>4ml</u>	<u>10ml</u>
	\$5.00	\$11.00
		<u>1oz</u>
		\$30.00
LEMON	Peel	California
Citrus Limon		
Antiseptic. Vitamin C. Healing. Refreshing. Uplifting. Stimulates the brain.		
	<u>4ml</u>	<u>10ml</u>
	\$6.00	\$14.00
		<u>1oz</u>
		\$42.00
LEMON GRASS	Leaf/Herb	Ethiopia
Cymbopogon Citratus		
Opens up psychic abilities. Eases stress. Respiratory tonic.		
	<u>4ml</u>	<u>10ml</u>
	\$5.00	\$11.00
		<u>1oz</u>
		\$30.00
LIME	Peel	Persia
Citrus Aurantifolia		
Antiseptic. Immune enhancer. Helpful in overcoming addictions.		
	<u>4ml</u>	<u>10ml</u>
	\$6.00	\$14.00
		<u>1oz</u>
		\$42.00
LITSEA CUBEBA (“May Chang”)	Fruit	China
Litsea Cubeba		
Sweet and uplifting citrus/fruity fragrance. Stimulating and revitalizing. Tonic for mood and breathing.		
	<u>4ml</u>	<u>10ml</u>
	\$5.00	\$11.00
		<u>1oz</u>
		\$30.00
LOVAGE	Root	Hungary, Europe
Levisticum Officinale		
Febrifuge. Aromatic. Stimulant. Stomachic.		
	<u>1ml</u>	<u>4ml</u>
	\$15.00	\$60.00

Essential Oils – pure, all natural botanical

MANDARIN
Citrus Nobilis

Peel

Italy

Revitalizer. Stimulates metabolism. Eases insomnia. Soothes colic. Prevents “stretch marks”. Good for mothering, from pregnancy through birth.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$7.00	\$16.00	\$44.00

MARJORAM

Herb/Leaf/Small Flowers

Egypt

Origanum Marjorana

NOT FOR USE DURING PREGNANCY

A joyful relaxant and healer. Reduces rheumatic aches and pains.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$11.00	\$24.00	\$78.00

MELISSA (Lemon Balm)

Leaf/Flowering stems

U.K., South Africa

Melissa Officinalis

Cardiac and sedative tonic. Eases depression. Heals emotional wounds. Revives the spirit. “Elixir of life”.

<u>1ml</u>	<u>4ml</u>
\$55.00	\$220.00

Melissa in jojoba 4 ml \$25.00

MYRRH

Oleoresin/Tear

Ethiopia

Commiphora Myrrha

Invigorates immune system. Purifies. Styptic. Female regulator. When used carefully, it will mend the gums in the mouth. A little bit neat or with olive oil can help connect tissues and teeth.

<u>1ml</u>	<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$5.00	\$15.00	\$35.00	\$100.00

MYRTLE

Leaf

Austria

Myrtus Communis

NOT FOR USE DURING PREGNANCY

“Gentle” aromatic. Soothes. Eases cough and cold symptoms. Opens skin pores.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$8.00	\$18.00	\$52.00

NEROLI, BIGARADE

Flower

Tunisa, Spain

Citrus Vulgaris

Hypnotic. Euphoric. Aphrodisiac. Instills peace. Etheric vibrations. Soothes skin.

<u>1ml</u>	<u>4ml</u>
\$30.00	\$88.00

Neroli in jojoba 4 ml \$15.00

Essential Oils – pure, all natural botanical

PATCHOULI	Leaf	Indonesia
Pogostemon Patchouli		
Earthy aphrodisiac for passion and peace. Helps prevent wrinkling.		
	<u>4ml</u>	<u>10ml</u>
	\$6.00	\$14.00
		<u>1oz</u>
		\$42.00
PEPPERMINT	Leaf	USA
Mentha Piperita		
Powerful digestive stimulant. Smoking deterrent. Enhances breathing. Antiseptic.		
	<u>4ml</u>	<u>10ml</u>
	\$7.00	\$16.00
		<u>1oz</u>
		\$44.00
PETITGRAIN	Leaf	Paraguay
Citrus Aurantium		
Skin tonic. Eases breathing. Calms emotions. Helps relieve anxiety.		
	<u>4ml</u>	<u>10ml</u>
	\$5.00	\$11.00
		<u>1oz</u>
		\$30.00
PINE, SIBERIAN	Needle	USA, Bulgaria
Pinus Sylvestris		
Refreshes and revitalizes. Clears sinus. Gall bladder tonic.		
	<u>4ml</u>	<u>10ml</u>
	\$5.00	\$11.00
		<u>1oz</u>
		\$30.00
RAVENSARA	Leaf	Madagascar
Ravensara aromatica		
Highly anti-viral, eases flu symptoms, analgesic, relaxant. Known to be safe for skin, easing congestion, loosening tight muscles & reducing aches and pains.		
	<u>4ml</u>	<u>10ml</u>
	\$5.00	\$11.00
		<u>1oz</u>
		\$30.00
ROCK ROSE		See Cistus
ROSE	Flower Petals	Bulgaria
Rosa Damascena		
Tonic for the heart. Cell rejuvenation. Self-love. Skin preservation.		
	<u>1ml</u>	<u>4ml</u>
	\$69.00	\$275.00
Rose in jojoba	4 ml	\$33.00
ROSEMARY	Leaf/Flowers	South Africa, Spain
Rosmarinus Officinale		
Stimulates brain. Regulates. Invigorates. Respiratory and rheumatic tonic.		
	<u>4ml</u>	<u>10ml</u>
	\$5.00	\$11.00
		<u>1oz</u>
		\$30.00
ROSEWOOD	Wood chips	Brazil
Aniba Rosaeodora		
Calms. Soothes and harmonizes. Promotes peace. Limit use for environmental preservation.		
	<u>4ml</u>	<u>10ml</u>
	\$5.00	\$11.00
		<u>1oz</u>
		\$30.00

Essential Oils – pure, all natural botanical

SAGE **Leaf** **France**
Salvia Officinale
NOT FOR USE DURING PREGNANCY
 Purifying. Euphoric. Cellular stimulant. Respiratory tonic. Sacred herb.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$7.00	\$16.00	\$44.00

SANDALWOOD, MYSORE **Root/Heartwood** **India**
Santalum Album
 Sedating aphrodisiac. Relaxes and stimulates. Brain and base Chakra balancing.

1ml	4ml	10ml
\$8.00	\$30.00	\$75.00

Sandalwood in jojoba 4 ml \$10.00

SPIKENARD **Root** **India**
Aralia Raccmosa
 Comforts brain. Eases passions of the heart. Grounding. Sedating.

<u>1ml</u>	<u>4ml</u>
\$20.00	\$80.00

SPRUCE **Branch/Leaf** **Canada**
Tsuga Canadensis
 Opens senses. Grounds. Clears air for breathing and relaxing. Soothes muscles.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$9.00	\$20.00	\$61.00

TAGETES **Flowers** **Madagascar**
Tagetes Minuta
 Helps to keep mosquitoes and flies away. Soothes the skin from bite wounds. Powerful antimicrobial/antibacterial action. Eases tension. Helps to reduce high blood pressure.

4ml	10ml	1oz
\$7.00	\$16.00	\$44.00

TARRAGON **Leaf/Flower** **France**
Artemisia Dracunculus
 Ancient antidote to venom. Brings on menses. Hypnotic stimulant.

<u>4ml</u>	<u>10ml</u>
\$15.00	\$35.00

TEA TREE **Leaf/Tree** **Australia**
Melaleuca alternifolia
 An immune-stimulant-antifungal-antibacterial-antiviral disinfecting plant oil. Strong scent.

THYME **Herb/Flower/Leaf** **Spain**
Thymus Vulgaris
 Intense bacterial defense tonic. Strengthens and revives.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$8.00	\$18.00	\$52.00

Essential Oils – pure, all natural botanical

VANILLA **Fruit** **Brazil**

Vanilla Aromatica

Aphrodisiac. Confection oil. Sensuous fragrance. The real absolute.

<u>1ml</u>	<u>4ml</u>	<u>10ml</u>
\$20.00	\$80.00	\$200.00

VETYVER **Root** **Haiti**

Vetiveria Zizanoides

Eases insomnia. Earthy grounding tonic. Strenghtens aura. Root chakra. Parfum fixative.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$8.00	\$18.00	\$52.00

VERBENA (LEMON) **Herb, Leaves** **France**

Aloysia Triphylla

Used in high class parfum. Eases stress and tension. Releases past anxieties and anger. Assists liver detox.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$15.00	\$60.00	\$150.00

VIOLET LEAF ABSOLUTE **Leaf** **Egypt**

Viola Odorata

Also includes a little oil extracted from the flower. True parfum quality is rare and costly. Exotic. Unusual. Heart Chakra tonic. Known to comfort and strengthen both physical and emotional energies.

<u>1ml</u>	<u>4ml</u>
\$15.00	\$60.00

YARROW **Leaf/Flower** **Hungary**

Achillea Millefolium

NOT FOR USE DURING PREGNANCY

Uplifts. Strengthens. Renews blood. Tonic. Regulates menses. Helps lungs and liver.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$18.00	\$72.00	\$180.00

YLANG-YLANG, EXTRA SUPERIOR **Flower** **Madagascar**

Cananga Odorata

Euphoric aphrodisiac. Uplifts spirit. Balances hormones. Tropical insect deterrent.

<u>4ml</u>	<u>10ml</u>	<u>1oz</u>
\$12.00	\$30.00	\$88.00

Miscellaneous

Base Oil

Pure extract of organic jojoba seed. First cold press and only pressing. Basically odorless. Stable liquid wax ester, won't oxidize or go rancid. Doesn't lose quality with heat or cold. Nonallergenic, non pore clogging. For topical use only, although historically was used by Native Americans as a food source.

<u>Item</u>	1 oz cobalt blue glass	2 oz cobalt blue glass	2 oz cobalt blue specialty plastic*	4 oz cobalt blue specialty plastic*	1 qt	1 gal
JOJOBA	\$4.50	\$9.00	\$9.00	\$14.00	\$50.00	\$175.00

Hydrosols

Hydrosols are actual floral waters resulting from the steam distillation process used to extract the pure essential oils. This is different from scented waters which have been manufactured by adding the essential oils to distilled water, which would tend to separate. All hydrosols come in a 2 oz cobalt blue bottle with a spray mister top.

<u>Item</u>	2 oz cobalt blue glass
ROSE, BULGARIAN	\$12.00
LAVENDER	\$12.00
NEROLI	\$12.00

Select Bath Salts - *your choice of blend 11 oz. - \$11.00*

Fine and coarse salts of the sea blended with epsom salts to soak, soothe, and relax the body. Great for salt glows!

Bottles, etc.

<u>Item</u>	<u>1ml</u>	<u>2ml</u>	<u>4ml</u>	<u>10ml</u>	<u>1/2oz</u>	<u>1oz</u>	<u>2oz</u>	<u>4oz</u>
AMBER GLASS	\$0.70	\$0.70	\$0.50		\$1.10	\$1.10	\$1.50	\$1.50
COBALT BLUE GLASS				\$1.50	\$1.30	\$1.30	\$1.80	
EYE DROPPERS					\$0.75	\$0.75	\$0.75	
MISTER							\$0.75	
SPECIALTY PLASTIC - Green or Blue							\$1.00	\$1.20

Available bottles sizes and prices may vary depending on availability and current production.

* The cobalt specialty plastic bottles are made exclusively for essential oil and aromatherapy use. These bottles are safe and do not deter from the product.

Measurements

The following are approximate measurements for the essential oils. The number of drops may vary according to the viscosity of the oil. A "dram" bottle can actually hold 5 ml but is only filled 4/5ths full (1 actual dram). The larger bottle is used to accommodate the orifice reducer so that individual drops may be measured.

1 ml =	1/4 dram =	1/30 oz =	30 drops
4 ml =	1 dram =	1/7.5 oz =	120 drops
10 ml =	2.5 drams =	1/3 oz =	300 drops
30 ml =	7.5 drams =	1 oz =	900 drops

About Aromatherapy and How it Works

Aromatherapy is the art of employing pure botanical essential and base oils to achieve a balance of holistic health. These plant oils are highly concentrated extractions from roots, bark, leaves, herbs, fruit, flowers and seeds which have been grown and harvested within their preferred morphogenic zones. The “scents” contain the particular life forces of the source plants. They may be used individually or synergistically blended to provide a wide range of therapeutic values which assist in healing & promoting positive, natural life enhancement.

Many people wonder how smelling a botanical essence can have an effect on one's health, however, nearly everyone is willing to accept the fact that smelling salts have been used for centuries as a means to dramatically bring an unconscious or semiconscious individual into a state of consciousness. The fact is, any substance in the air can have a dramatic impact on physiological responses. Everything, even scents, have a physical component, and whether you are aware of a scent or not, if there is a physical component in the air, the nose analyzes it. The sense of smell is 10,000 times more powerful than any of the other senses. Here is how it works.

Approximately 20% of available plant life contains an extractable essential oil. The essential oils extracted from their source plants contain the vital chemical constituents present in those source plants. These are the same substances which made the plants valuable medicinally prior to the advent of western medicine and which, today, are still heavily relied upon in the production of many of those medicines. They are the same substances which make the practice of aromatherapy and herbology effective today as an holistic health care alternative. Aromatherapy works in obtaining/maintaining optimum health primarily in two ways, through topical application and inhalation.

Topical application involves physically applying essential oils to the skin, either “neat” (undiluted) or in an appropriate carrier base. Their pure and simple molecular structure allows them to easily pass into the intercellular fluids, lymph ducts, capillaries and blood stream to circulate throughout the body, helping the major body systems to heal, repair and regulate as they should. This is particularly effective for those applications of which we have some measure of tangible control such as insect bites and tissue damage.

Inhalation is a method of stimulating or regulating physiological responses over which we have little or no control. Basically the brain is composed of two parts. The first part is like a tree which divides into two branches. Each branch then divides in two again and again until it ends in the leaves. In this case, these “leaves” are the brain cells which make up the cerebral cortex, where all learned information is stored. It controls conscious and learned responses, such as raising or lowering an arm. The other part, the limbic system, is a complex collection of approximately 34 structures with 53 pathways. It controls the non-conscious physiological responses, such as the raising or lowering of blood pressure.

In the scheme of evolution, the limbic system is the ancient part of the brain, predating the intellectual brain. It is responsible for our experiential memories, sensations, feelings and emotions. There is even a structure which controls instinct, or what we usually interpret as the “sixth sense” which we observe in many animals. The cerebral cortex surrounds the limbic system, protecting it. That is where the nose comes in.

The nose is basically an exposed nerve which bypasses the cerebral cortex and goes directly to the center of the brain, the limbic system! The olfactory epithelium contains approximately twenty million nerve endings which pick up any “information” in the air. This information is passed on to the olfactory bulb which magnifies it and transmits it to the memory centers where it is analyzed. The memory centers pass the analysis to the control center which then stimulates the appropriate organs and/or glands, producing a physiological response.

Through modern scientific research and ancient records, it has been possible to determine which oils contain what constituents and which scents trigger which physiological responses in the body. By carefully choosing the appropriate essential oils, it is possible to holistically control and enhance, to some degree, the healing process in much the same way as modern medicine works. Aromatherapy is not intended as a replacement for modern medical care but as a gentle, healthy alternative method to augment the health and personal care regime.

What matters most is our individual health and well-being in conjunction with the whole self and with regard for the entire planet. We have the power to elicit harmony in day to day living by using our intelligence of being, our physical energies, and by following our internal roots of soul and spirit to guide us in achieving a holistic sense of direction on this Earth. The herbs and plants are an abundant, renewable resource which offers a wide variety of valuable benefits to enhance our health and our environment. Their attributes are based on studies of ancient knowledge and current scientific research. Please use with free will. I make no attempt to prescribe yet offer healthy suggestions based on the life experiences of myself, my friends and others who continue to benefit from the wonders of nature.

Much love, Peace, Health & Abundance of Goodness,

Doreen ♥