

Essential Oils

& AROMATHERAPY LIBRARY

Powerful Antiseptic Healer

CINNAMON LEAF ESSENTIAL OIL

RESEARCH STUDIES PROVE EFFECTIVENESS PLUS+ HOW TO USE GUIDE & RECIPES!



KG Stiles, Certified Clinical Aromatherapist

The #1 Most Powerful Respiratory Healer

Eucalyptus Essential Oil

"Researchers from the University of Southampton reported that eucalyptus essential oil can destroy bugs."
USE FOR ALLERGY, SINUS & CONGESTION RELIEF PLUS- THE TWO METHODS OF APPLICATION FOR BEST RESULTS



KG Stiles, Certified Clinical Aromatherapist

The #1 Body & Brain Tonic in Aromatherapy

LEMON ESSENTIAL OIL

POWERFUL ANTISEPTIC HEALER PLUS+ HOW TO USE GUIDE & RECIPES!



KG Stiles, Certified Clinical Aromatherapist

Regulating Tonic, Powerfully Renews & Refreshes

LEMONGRASS ESSENTIAL OIL

RESEARCH STUDIES PROVE EFFECTIVENESS PLUS+ HOW TO USE GUIDE & RECIPES!



KG Stiles, Certified Clinical Aromatherapist

The #1 Pain Relief Oil in Aromatherapy

SWEET MARJORAM ESSENTIAL OIL

ANTI-SPASMODIC HEALER. RESTORATIVE PAIN RELIEVER. PLUS+ HOW TO USE GUIDE & RECIPES!



KG Stiles, Certified Clinical Aromatherapist

The #1 Rejuvenating Oil in Aromatherapy

SWEET ORANGE ESSENTIAL OIL

POWERFUL DISINFECTANT & DEODORIZER PLUS+ HOW TO USE GUIDE & RECIPES!



KG Stiles, Certified Clinical Aromatherapist

Gentle Immune Support Universal Healer

RAVENSARA ESSENTIAL OIL

RESPIRATORY HEALER, PROMOTES DETOXIFICATION PLUS+ HOW TO USE GUIDE & RECIPES!



KG Stiles, Certified Clinical Aromatherapist

"There is a remedy for everything to be found in Nature." -Hippocrates

TEA TREE ESSENTIAL OIL

POWERFUL ANTISEPTIC & ANTIFUNGAL

The 9 Healing Powers & Ways to Use Its 15 Proven Characteristic Actions & Effects Plus+ Athlete's Foot Treatment



KG Stiles, Certified Clinical Aromatherapist

Powerful Anxiety & Panic Reliever

VETIVER ESSENTIAL OIL

POWERFULLY GROUNDING & REASSURING OIL PLUS+ HOW TO USE GUIDE & RECIPES!



KG Stiles, Certified Clinical Aromatherapist

Ylang Ylang Essential Oil

The #1 Beauty Oil in Aromatherapy



KG Stiles, Certified Clinical Aromatherapist

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Essential Oils & Aromatherapy Library

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CINNAMON LEAF ESSENTIAL OIL

Research Studies Prove Effectiveness

Plus+ How to Use Guide & Recipes

CINNAMON LEAF & BARK ESSENTIAL OIL (*Cinnamomum zeylanicum*)

Part of the plant used and method of distillation: Steam Distilled Leaf

Best location for production and distillation: Madagascar

Aromas: Sweet, warm, radiant, pungent, spicy

Chemical Families: Phenol, Phenolic Ether, Cinnamic Aldehyde

Keywords: Powerful Antiseptic, Warming, Comforter of Pain

PLANT IDENTIFICATION

The Latin name for each plant should be listed on the label for each of your essential oils. This is important as it identifies the exact type of essential oil. A Latin name, or botanical name, is the most precise way to identify a particular plant. Many plants will have several varieties. Each species of a plant has different aromas and therapeutic qualities. In order to know the chemical make-up and properties of an essential oil, the label must include the species of the plant.

Distillation, Location, Aroma & Chemistry

It also helpful to have a basic knowledge and understanding about the Characteristic Aroma Qualities of an Essential Oil & Its Chemistry

The Distiller's Art - Additionally there are many factors governing an essential oil's quality and character many of which are in the domain of the distiller's art and often passed down for generations from one

distiller to the next. An experienced and gifted distiller grows, harvests and distills an oil in what have become known as “choice” locations for a particular species of plant. These are locations where a particular species of plant, indigenous to an area, have gained historical reputation for producing premium quality oil. A premium quality essential oil has excellent chemical profile for achieving the desired therapeutic results as well as offers a superior aroma experience.

HEALING POWERS OF CINNAMON LEAF

Cinnamon Leaf pure essential oil is a powerful antiseptic oil with a warm, strongly pungent and spicy aroma and reddish brown color, not as sweet or tenacious as cinnamon bark. It has a long tradition of use, having been produced in Sri Lanka for more than 2,000 years.

Historically Cinnamon oil was used in the Middle East and Orient for combating viruses and infectious disease.

ANTIBIOTIC

As a whole essential oil tend to be potent anti-microbial agents as their parent plants have a vested interest in killing bugs, fungus, bacteria and other tiny microbes.

This motivation to protect themselves from foreign intruders manifests as secretions on the plant which are essential oils. Many of these plant secretions have an aroma though some do not.

As a result essential oils have an inherent capacity to break down microbial bio fields that are stubborn and resistant to many modern day antibiotics without disrupting the natural biome.

Nature and plant life evolve in their inherent protective mechanisms to which microbes are constantly challenged to mutate around if they are to survive. In this way microbes serve the purpose of helping in the evolution of natural plant life, keeping it strong and healthy. Only the weaker less resistant species of plants succumb to disease and die out.

Research shows that virus, bacteria, and fungus cannot survive in the presence of Cinnamon oil.

Inhalation of Cinnamon oil has proven effective for relieving respiratory infections.

With dozens of traditional and esoteric uses Cinnamon leaf has been used successfully for treating many conditions, including: respiratory, musculo-skeletal, digestive, cardiovascular, lymphatic, immune, urinary, reproductive, and nervous system complaints, among others.

Cinnamon leaf is anthelmintic which means it expels parasitic worms (helminths) from the body, by either stunning them as with vermifuges, or killing them as a vermicide.

Cinnamon bark oil has even stronger antiseptic properties and readily kills bacterial and fungal infections.

Cinnamon leaf oil keep the air fresh and free of “bugs” and helps prevent the spread of infection.

Use Cinnamon leaf oil to prevent and relieve cold and flu symptoms.

A known circulatory, lymphatic, and immune stimulant cinnamon essential oil relieves painful muscles and stiff joints.

During the winter months you can rely on Cinnamon Leaf to warm you when you are feeling chilled to your bones.

Cinnamon Leaf's scent is a definite pick-me-up!

Cinnamon leaf's warming and stimulating properties have been reported to be helpful for overcoming sexual impotence and relieving symptoms of frigidity.

Helpful for recovery after physical exhaustion Cinnamon oil is considered helpful for building sexual stamina.

Cinnamon leaf oil may be helpful for relieving feelings of weakness, depression, emotional coldness, physical tension and tendency to isolation.

Cinnamon leaf arouses your emotional and psychic forces and stimulates creativity.

RESEARCH

Essential Oils in the News – Research was released on the influence of aromas on drivers and reported on CBS News.

Researchers reported findings that the smell of cinnamon oil or peppermint oil can relax drivers' tension and relieve driver fatigue while increasing alertness.

Peppermint was also linked to minimizing driving frustration. "Periodic administration of these odors over long-term driving may prove beneficial in maintaining alertness and decreasing highway accidents and fatalities." the researchers reported.

Use Cinnamon leaf for "brain fog" and to relieve your winter "blahs" Cinnamon Leaf's warm fragrance makes it excellent for warming your mind and emotions and to dispel feelings of loneliness.

During the winter months enjoy Cinnamon Leaf's warming and elevating scent in your aroma diffuser!

Cinnamon oil has long been popular as a mouthwash and breath freshener, as well as for food flavoring.

FOOD FLAVORING RECIPES

BEVERAGE - Add a drop of Cinnamon oil in a teaspoon of honey or maple syrup and stir into your favorite hot or cold drink to enjoy a refreshing break in your day and to keep you focused and alert!

BAKING - Dispense 1-3 drops of Cinnamon oil on a paper towel and put in a sealed jar of dry ingredients (flour or sugar) you wish to flavor with cinnamon. Allow to set for 7 days before using to allow the cinnamon oil to completely saturate the dry ingredients.

PROSPERITY OIL BLEND

To 5ml colored glass euro dropper bottle add:

Cinnamon Leaf - 30 drops

Sweet Orange - 15 drops

Bergamot - 15 drops

Patchouli - 15 drops

Ginger, fresh root - 15 drops

Clove - 15 drops

Frankincense - 15 drops

Myrrh -15 drops

Spikenard - 15 drops

Galbanum 1-5 drops

Cap bottle tightly and shake vigorously to blend oils thoroughly. Allow to synergies for 8+ hours or longer before using in an aroma lamp or diffuser. Also makes a fantastic perfume oil or aromatic mist.

According to Ayurvedic Medicine, an ancient system of healing in India, Aromatherapy is used to balance all three of the three doshas, or bodymind types, Vata, Pitta and Kapha.

In Ayurveda Cinnamon oil's warm and sweet scent is used to balance conditions of Vata imbalance such as flatulence, irritable bowel syndrome, constipation, anxiety and nervousness, premenstrual syndrome, and insomnia. Cinnamon oil's warming action improves circulation and has a warming and grounding effect on excess Vata conditions.

CINNAMON LEAF CHEMICAL FAMILIES

PHENOL

Archetype: Chemical Family of Warriors

Elemental Power: Aggressive, Powerful Defender

PHENOLIC ETHER

Archetype: Chemical Family of Transformers

Elemental Power: Clear & Restore

CINNAMIC ALDEHYDE

Archetype: Chemical Family of Cleaners

Elemental Powers: Renew & Freshen

Proven Properties, Actions & Effects

Anti-depressant - alleviates or prevents depression, lifts mood, counters melancholia

Antibactereial - destroys, inhibits growth of bacteria

Anti-infectious - inhibits, kills infection

Antidiarrheal - helps control, relieve symptoms of loose bowels

Anti-parasitic - destroys, inhibits reproduction of parasites

Antiseptic - helps control infection

Anti-spasmodic - relieves, prevents muscle cramps and spasms

Anti-viral - prevents, inhibits viral activity, destroys virus

Astringent - drying, causes contraction of organic tissues

Decongestant - relieves, reduces congestion entire body

Digestive - stimulates and improves digestive organs

Deodorizer - excellent air freshener, airborne deodorizer

Expectorant - promotes removal mucus from respiratory system, stimulates action of decongestion for entire body, heals respiratory system

Rubefacient - Warming, agent which reddens skin, dilates vessels, increases blood flow

Stimulant (mild in large amounts) - quickens physiological functions of body, temporarily increases body or organ function, good for convalescence, poor circulation, listlessness, physical fatigue

Tonic - strengthens and enlivens the whole or specific parts of the body

BLEND WITH: Citrus oils, especially sweet orange, Black Pepper, Clove, Eucalyptus, Frankincense, Ginger, Rosemary, Sandalwood, Thyme, Tea Tree, Ylang Ylang.

CAUTION: Cinnamon Leaf pure essential oil is suitable for skin application in weak dilutions of less than 1%. You may use it in a bath to warm you, or in massage oil blends and hot compresses to relieve achy muscles and stiff joints.

EUCALYPTUS ESSENTIAL OIL

The #1 Most Powerful Respiratory Healer

Use for Allergy, Sinus & Congestion Relief

Plus+ Two Methods of Application for Best Results

“Researchers from the University of Southampton reported that essential oil can destroy bugs.”

EUCALYPTUS ESSENTIAL OIL (*Eucalyptus globulus & radiata*)

Part of plant used & method of distillation: Steam Distilled Leaf

Best Location for Productions & Distillation: Australia

Aromas: Sweet, fresh, camphoraceous, pungent, woody

Chemical Families: Oxide, Ketone, Sesquiterpene

Keywords: Respiratory Support, Decongestant, Analgesic Pain Reliever

In the true practice of aromatherapy essential oils are your healing tools. The very most basic plant identification is necessary to ensure therapeutic results is as follows:

PLANT IDENTIFICATION

The Latin name for each plant should be listed on the label for each of your essential oils. This is important as it identifies the exact type of essential oil. A Latin name, or botanical name, is the most precise way to identify a particular plant. Many plants will have several varieties. Each species of a plant has different aromas and therapeutic qualities. In order to know the chemical make-up and properties of an essential oil, the label must include the species of the plant.

Distillation, Location, Aroma & Chemistry

It also helpful to have a basic knowledge and understanding about the Characteristic Aroma Qualities of an Essential Oil & Its Chemistry

The Distiller's Art - Additionally there are many factors governing an essential oil's quality and character many of which are in the domain

of the distiller's art and often passed down for generations from one distiller to the next. An experienced and gifted distiller grows, harvests and distills an oil in what have become known as "choice" locations for a particular species of plant. These are locations where a particular species of plant, indigenous to an area, have gained historical reputation for producing premium quality oil. A premium quality essential oil has excellent chemical profile for achieving the desired therapeutic results as well as offers a superior aroma experience.

HEALING POWERS OF EUCALYPTUS

Refreshing, stimulating and powerful Eucalyptus pure essential oil is long lasting oil with fluid consistency and one of the most well-known aromas of all the essential oils, along with lavender, rose and mint. Most people can easily recognize any one of these aromas.

Eucalyptus oil brings to mind the family medicine cabinet. Certainly many traditional, as well as modern day medicine, contain Eucalyptus. Strongly anti-bacterial and anti-viral its healing potency is widely recognized and highly valued.

Eucalyptus oil is a powerful respiratory aid and has a strong influence on breathing. It stimulates oxygen uptake in our cell tissues and increases circulation. Increased oxygenation in the lungs promotes the cleansing and repair function of our red blood cells. Eucalyptus oil is an excellent blood cleanser and helpful for regenerating lung tissue and function.

Eucalyptus has a reputation for being a good expectorant (promotes removal of mucous from respiratory system) and cough suppressant.

Eucalyptus essential oil is helpful for easing inflammation of the nasal mucous membranes, as well as nasal congestion.

For treating bronchial problems use Eucalyptus oil as an inhalant, or diffuse in the air. May also use Eucalyptus in a dilution of vegetable carrier oil, i.e. light coconut oil or jojoba and apply liberally to the chest and upper back areas.

A fever reducer Eucalyptus oil is helpful for relieving fevers that arise from infectious diseases. Eucalyptus is useful in cooling compresses! Apply to the forehead, back of neck, over the kidneys and pelvic region. Its action is similar to Peppermint's and only a small amount is needed otherwise it may produce a chilling effect.

Its powerful anti-bacterial properties may be effective in the treatment of a broad spectrum of infections. Eucalyptus oil has been used for treating tuberculosis and malaria, and may be useful for treating cold sores, skin ulcers, shingles and insect bites.

Eucalyptus oil is a powerful antiseptic agent. Its powerful germicidal properties effectively kill staphylococcus bacteria. May use Eucalyptus oil as a gargle to relieve sore throat!

Traditionally Eucalyptus has been used as a remedy for sinusitis, bronchitis, asthma, strep throat, colds and flu, hay fever, catarrh, coughs, sinus headache and tension headache due to congestion.

ANTIBIOTIC

As a whole essential oil tend to be potent anti-microbial agents as their parent plants have a vested interest in killing bugs, fungus, bacteria and other tiny microbes.

This motivation to protect themselves from foreign invaders manifest as secretions on the plant which are essential oils. These secretions serve multiple purposes such attracting pollinators and an inherent capacity to break down the microbial bio fields of microbes that are stubborn and resistant to many modern day antibiotics without disrupting the natural biome.

RESEARCH

Scientists Dr Lindsey Gaunt and Sabrina Higgins from the University of Southampton have found that essential oils, such as eucalyptus, orange and thyme can destroy bacteria, such as *Escherichia coli* (E. coli) and *Staphylococcus aureus* (staph) on surfaces.

The findings that essential oils could be effectively destroy bacteria were unveiled at the sixth joint symposium of the International Electrostatics Society of Japan and the Electrostatics Society of America conference in Tokyo (Nov 7-10, 2004). The scientists used essential oils of orange, eucalyptus, thyme and tea tree which, when dispersed into the air, had a powerful bactericidal effect.

They said that the use of these essential oils could help people to easily and conveniently kill bacteria lurking in their homes. The researchers are planning further studies to see if essential oil is effective against the super bug MRSA among other strains of bacteria.

DENTAL HEALTH

Many essential oils have potential in dental health. In research studies Tea Tree Oil and Eucalyptus displayed anti-microbial effects against common pathogens.

Other research studies showed that Thyme and Oregano essential oil also show effective results for treating against pathogens.

Eucalyptus has a lowering effect on blood sugar, along with coriander, fennel, geranium and juniper.

Like fresh air Eucalyptus rejuvenates your thought process and is said to promote fluid thinking. Use Eucalyptus oil when you're feeling bogged down and overwhelmed by life's details as Eucalyptus effectively stimulates fresh new ideas and aids focus and is helpful for relieving congested thought processes. Use Eucalyptus to more easily direct and control your thoughts.

An analgesic pain reliever Eucalyptus oil is found in many topical preparations to treat inflammatory conditions like Fibromyalgia, neuralgia, muscle cramps and joint pain and promotes healing of wounds; blend with Helichrysum, Sweet Marjoram or Peppermint to enhance this effect.

Useful as an underarm antiperspirant to control body odor.

Eucalyptus oil makes an excellent insect repellent.

OXIDE

Archetype: Chemical Family of Liberators

Elemental Power: Create Openness & Freedom

KETONE

Archetype: Chemical Family Service Worker

Elemental Power: Can Do!

SESQUITERPENE

Archetype: Chemical Family of Wise Elder & Compassionate Ones

Elemental Power: Masculine or Yang Polarity of Grand Fathers, Guardians, Teachers, Ground, Soothe, Comfort

Proven Properties, Actions & Effects

Analgesic - pain reliever

Anti-bacterial - destroying or stopping growth of bacteria

Anti-inflammatory - alleviates inflammation

Antispasmodic - prevents and eases spasm, relieves cramps

Anti-pyretic - fever reducer

Anti-tumoral - breaks down abnormal cell growth

Anti-viral - controls viral organisms and infections

Decongestant - an agent for relief or reduction of congestion, reduces inflammation

Expectorant - helps promote the removal of mucus from respiratory system, stimulates the action of decongestion for the entire body, heals respiratory system

Mucolytic - dissolves, breaks down mucous, especially respiratory and uro-genital tracts

Lipolytic - breaks down fats

Relaxant - relaxing, soothing effect, causing relaxation, relieving strain or tension

Sedative (in small amounts) - soothing, tranquilizing, calming effect on the body, good for nervous tension, stress, insomnia, anxiety, palpitations

Mild stimulant - quickens the physiological functions of the body,

temporarily increases body or organ function, good for convalescence, poor circulation, listlessness, physical fatigue, good as a mental stimulant to increase mental function

Tonic - strengthens and enlivens the whole or specific parts of the body

Rubefacient - warming, agent which reddens skin, dilates vessels increase blood flow

Regulator - stabilizing, promotes balance and harmony

Cicatrisant - skin and wound healing, promotes formation of scar tissue

AYURVEDIC MEDICINE

In Ayurvedic Medicine, an ancient system of healing practiced in India, the cooling and spicy aroma of Eucalyptus oil is ideal to regulate and pacify ALL the Doshas or body/mind types. Vata, Pitta and Kapha imbalances respond well to Eucalyptus' regulating influence.

Symptoms of Vata imbalance are premenstrual syndrome, constipation, insomnia, restlessness, nervousness, anxiety and worry.

Symptoms of Pitta imbalance are high blood pressure, anger, frustration and emotional upsets.

Symptoms of Kapha imbalance are high cholesterol, low metabolic forces, slow to lose weight, fluid retention, stagnation and blockage, lethargy and depression.

BLEND WITH: Basil, Himalayan Cedarwood, Peppermint, Lemongrass, Cypress, Frankincense, Helichrysum, Lavender, Lemon, Peppermint, Rosemary, Sweet Marjoram, Tea Tree, Thyme

YOUR ASSIGNMENT

Dispense 1-3 drops of Eucalyptus oil on a cotton ball, close your eyes and inhale. Note in your journal the aroma qualities you can discern, and the effects the oil has on your body, mind, spirit and emotions.

LEMON ESSENTIAL OIL

The #1 Body & Brain Tonic in Aromatherapy

Powerful Antiseptic & Healer

Plus+ How to Use Guide & Recipes

LEMON ESSENTIAL OIL (*Citrus limonum*)

Part of plant used & method of distillation: Cold Pressed Peel

Best location for production & distillation: Italy

Aromas: Fresh, sweet, lemony, citrus, fruity

Chemical Families: Monoterpene, Lactone

Keywords: Body-Brain Tonic, Fat Burner, Antiseptic

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The Distiller's Art

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species of plant. These are locations where a particular species of plant, indigenous to an area, have gained historical reputation for producing premium quality oil. A premium quality essential oil has excellent chemical profile for achieving the desired therapeutic results as well as offers a superior aroma experience.

HEALING POWERS OF LEMON

Pure Essential Oil - Body & Brain Tonic

The aroma is sweet, fruity, light, and fresh, and genuinely reminiscent of fresh lemon peel. The Mediterranean climate and Italian soil produce Lemon oil which has a superior scent. For quality of aroma lemon essential oil is obtained by cold pressing the fresh peel. This essential oil has a tart and tangy, scintillating clean lemon scent and smells just like the freshly grated peel.

As Lemon oil comes from the fresh peel it should be obtained exclusively from organically grown fruits that are pesticide-free!

Lemon oil rapidly fires up your metabolism and fat burning cells!

DELICIOUS LEMON BARS RECIPE

Made with Pure Lemon Essential Oil

A high protein dessert that's easy to prepare and absolutely delicious, Lemon essential oil is a fat burner and increases metabolism! Lemon Essential Oil Bars get rave reviews!

To assure a tender, flaky crust for these tart and sweet bars, the buttery dough is made by hand and then pre-baked so it stays crisp

following the addition of the lemon filling. Makes about 3 dozen squares

Ingredients:

2 cups all-purpose flour, sifted

1/2 cup confectioners' sugar, sifted, plus more for dusting

3/4 cup (1 1/2 sticks) unsalted butter, chilled and cut into tablespoon-size pieces

6 large eggs

3 cups granulated sugar

Grated zest of 3 lemons

3-6 drops organic pure lemon essential oil

1/2 tsp salt (optional) blend into sifted flour

Directions:

Heat oven to 325 degrees. In a medium bowl, combine 1 1/2 cups flour and confectioners' sugar. Using a pastry cutter, cut in butter until mixture resembles coarse meal. Gently pat into a 9-by-13-inch glass baking dish, and bake until crust is golden brown, 20 to 25 minutes. Allow baking dish with crust to cool on a rack.

Reduce oven to 300 degrees. Blend together eggs and granulated sugar in a medium bowl. Add lemon zest, organic essential oil, and blend together. Blend in remaining 1/2 cup of flour. Pour lemon filling into baked crust. Bake until the filling sets, about 40-45 minutes. Cool on a rack, then refrigerate until well chilled before slicing, 3-4 hours or longer. Dust with confectioners' sugar, slice into serving pieces with a sharp knife, and serve.

RESEARCH

Brain research conducted to learn about the effects aroma has on the brain discovered that lemon oil activates the center of the hippocampus and triggers left brain, rational thinking. Take a whiff of Lemon pure essential oil and your emotional triggers for sweets and second helpings are instantly short circuited.

Lemon oil energizes and refreshes your body and mind and increases your ability to focus and memorize!

In times of confusion or when needing clarity to make decisions Lemon oil can be a great aid

RESEARCH

Japanese scientists studied the effect of lemon essential oil on the ability to focus. They discovered that the typical mistakes were reduced by 54 percent when lemon oil was diffused in the work room.

Lemon oil enlivens your brain and uplifts your body.

Relieves physical and mental heaviness; use Lemon oil to release feelings of being burdened or weighed down by life's responsibilities.

Lemon oil is helpful in avoiding stormy emotional outbursts that can alienate others from us.

Useful for treating circulatory problems such as "spider" veins, or broken capillaries.

Lemon is a known physical tonic and helps stimulate blood and lymph circulation to effectively cleanse the body when you're losing weight fast!

Lemon oil stimulates the body's immune system by activating white blood cell formation. Can be relied upon for protection against colds and the flu!

A strong germicide Lemon is highly antiseptic and has strong antibacterial properties. Use Lemon oil in your aroma lamp to purify the air, or in your household cleaning spray to disinfect surface areas. Perfect for eradicating air-borne bugs in hospital rooms, schools and waiting rooms. Lemon's antiseptic properties will last for up to twenty days!

Its powerful antiseptic action makes it effective for treating a broad spectrum of infections, including viral, bacterial and yeast. Use Lemon for treating colds and flu, Candida overgrowth, bronchitis or as a gargle for sore throat.

Lemon strengthens the heart and said to prevent the onset of arteriosclerosis.

Excellent for relieving heartburn and helpful for neutralizing a high Acid pH condition

Lemon essential oil is excellent in blends for liver regeneration and detoxification.

RESEARCH

Recently limonene, a chemical component of Lemon oil, was documented to have a range of influences on receptor-mediated processes showing it to be preventative and curative for breast cancer in rats.

Lemon is effective for controlling acne and treating oily skin and scalp conditions such as seborrhea and dandruff.

Lemon oil may also be helpful for treating psoriasis.

Lemon's natural astringency is also great for removing gum, oily residue and grease spots.

ENERGY CLEARING

Lemon oil's powerful astringency makes it excellent for staving off "Bad Vibes." Sixth sensory individuals who have a tendency to absorb vibrations from their surroundings will greatly benefit from using Lemon oil for this reason. Lemon essential oil has been used successfully for years by energy medicine practitioners to clear stagnant chi.

The oils in this formula have been used for generations by energy medicine healers to cleanse negative and stagnant vibrations.

PEPPERMINT (*Mentha piperita*) Its powerful astringent action clears tension and negative vibes. Essential Oils in the News – Research was released on the influence of aromas on drivers and reported on CBS News. Researchers reported findings that the smell of cinnamon or peppermint can relax drivers' tension and relieve driver fatigue while increasing alertness. Peppermint was also linked to minimizing

driving frustration. “Periodic administration of these odors over long-term driving may prove beneficial in maintaining alertness and decreasing highway accidents and fatalities,” the researchers reported.

CYPRESS (*Cupressus sempervirens*) - The most powerful astringent action in aromatherapy. Cypress oil strengthens the Heart energies and has been used for ritual cleansing and to promote health since ancient times. It was considered a symbol for life after death and in the ancient temples of Egypt was burnt along with Juniper to cleanse the atmosphere. You can use your Energy Clearing Oil as a perfume or body mist for clearing negative & stagnant chi and to protect you from picking up ‘Bad Vibes,’ or as a general all-purpose cleaner in your home, car or work space. For use as a general all-purpose wash to clean walls, doors and floors. Pay especial attention to corners and thresholds. Remember to flush your cleaning waters afterward to completely release the negative and stagnant energies from your home. Use your Energy Clearing Oil as often as needed to keep the atmosphere fresh and clear of ‘Bad Vibes’ after thorough cleansing.

ENERGY CLEARING RECIPE

To a 15ml euro-dropper bottle add 75 drops of each oil (listed above). Allow formula to synergize for 8+ hours. Use your Energy Clearing Oil diluted to your desired strength (10% is a good strength).

PERFUME OIL - (5ml euro-dropper bottle) 10 drops blend.

AROMATIC MIST - (2oz colored glass atomizer bottle) - Fill bottle with pure water and add 120 drops Energy Clearing blend. Shake well before using to disperse the oils in the water before misting.

LEMON OIL CHEMICAL FAMILIES

LACTONE

Archetype: Chemical Family of Spiritual Directors

Elemental Power: Motivate, Clarify, Inspire & Encourage

MONOTERPENE

Archetype: Chemical Family of Athletes

Elemental Power: Masculine Strength, Courage, Endurance, Stamina & Stability

Proven Properties, Actions & Effects

Antibacterial - destroying, stopping growth of bacteria

Antiseptic - helps control infection

Anti-viral - prevents or inhibits viral activity, destroys virus

Anti-coagulant - used to prevent formation of blood clots

Anti-depressant - alleviates or prevents depression, lifts mood, counters melancholia

Astringent - drying, causes contraction of organic tissues

Diuretic - increases urine flow

Deodorizer - excellent air freshener, airborne deodorizer

Decongestant - relieves, reduces congestion entire body

Expectorant - helps promote the removal of mucus from respiratory system, stimulates the action of decongestion for the entire body, heals respiratory system

Hypotensive - lowers blood pressure

Immuno-stimulant - stimulates the immune function, increases immune response

Rubefacient - Warming, agent which reddens skin, dilates vessels, increases blood flow

Sedative - exerts a soothing, tranquilizing, calming effect on the

body, good for nervous tension, stress, insomnia, anxiety, palpitations
Stimulant (Mild in large amounts) - quickens physiological functions
body, temporarily increases body or organ function, good for
convalescence, poor circulation, listlessness, physical fatigue
Tonic - strengthens and enlivens the whole or specific parts of the
body

BLEND WITH: Cinnamon, Cypress, Rosemary, Basil, Thyme, Tea
Tree and Eucalyptus.

CAUTION: May be a skin irritant, as well as a photo sensitizer. Avoid
sunlight after skin application for up to 3-4 hours.

PLEASE NOTE: More and more controlled research studies are
being conducted on the efficacy of using essential oils for therapeutic
results, including evidence based research by health professionals,
hospitals and medical centers for use with patients. Still many of the
claims about the benefits of using essential oils are anecdotal in
nature. You're encouraged to make and note your own findings when
using essential oils.

YOUR ASSIGNMENT

Dispense 1-3 drops of Lemon oil on a cotton ball, close your eyes
and inhale. Note in your journal the aroma qualities you can discern,
and the effects the oil has on your body, mind, spirit and emotions.

LEMONGRASS ESSENTIAL OIL

Research Studies Prove Effectiveness

Plus + How to Use Guide & Recipes

LEMONGRASS ESSENTIAL OIL (*Cymbopogon citratus & flexuosus*)

Part of the plant used & distillation method: Hydrodiffused or Steam Distilled, Grass

Best location for production & distillation: Haiti, India

Aromas: Fresh, lemony, herbaceous

Chemical Family: Aldehyde, Monoterpenol

Keywords: Regulating Tonic, Renews & Refreshes, Anti-inflammatory

PLANT IDENTIFICATION

The Latin name for each plant should be listed on the label for each of your essential oils. This is important as it identifies the exact type of essential oil. A Latin name, or botanical name, is the most precise way to identify a particular plant. Many plants will have several varieties. Each species of a plant has different aromas and therapeutic qualities. In order to know the chemical make-up and properties of an essential oil, the label must include the species of the plant.

Distillation, Location, Aroma & Chemistry

It also helpful to have a basic knowledge and understanding about the Characteristic Aroma Qualities of an Essential Oil & Its Chemistry

The Distiller's Art - Additionally there are many factors governing an essential oil's quality and character many of which are in the domain of the distiller's art and often passed down for generations from one distiller to the next. An experienced and gifted distiller grows, harvests

and distills an oil in what have become known as “choice” locations for a particular species of plant. These are locations where a particular species of plant, indigenous to an area, have gained historical reputation for producing premium quality oil. A premium quality essential oil has excellent chemical profile for achieving the desired therapeutic results as well as offers a superior aroma experience.

HEALING POWERS OF LEMONGRASS

A pleasant, fresh, mild lemon aroma with a buttery and mellow grass note Lemongrass oil has a regulating and tonic action on your body, mind and spirit making it excellent for renewal of your life experience on all levels.

Lemongrass is a member of a family of tropical grasses that includes citronella, palmarosa and vetiver. Its country of origin is India where it has been used traditionally to treat infectious diseases and intestinal disorders.

The essential oil is distilled from the *citratus* and *flexuosus* species. After harvesting the grass is allowed to rest for a few days to increase its oil content.

There is a high demand for lemongrass in the perfume and cosmetics industry. Fortunately lemongrass can be grown and harvested within six months time.

An excellent skin tonic I recommend using the *citratus* variety for skin applications as it is far less of a skin irritant. Also, I prefer the aroma; to me it has more of a fresh, buttery lemon note.

Lemongrass essential oil has an affinity with the semiprecious stone Citrine. Citrine is called the “merchant’s stone.” Placing a crystal of citrine in the cash box is said to help the merchant attract income. It not only helps you to attract wealth, but also helps you maintain a state of wealth!

An acquaintance of mine who is a wholesaler of crystals and gemstones tells me that China is the number one importer of all the world’s citrine. Interestingly China is thought to hold the world’s largest reserves of gold and said to be preparing to announce its decision to back its currency, the Yuan, with gold.

Citrine is one of the two minerals on planet earth which does not hold and accumulate negative energy, but rather dissipates and transmutes it, releasing blockages on both physical and subtle levels.

An astringent and natural diuretic Lemongrass oil promotes lymph drainage! The state of health of your lymph system is directly related to your feelings of self worth and self esteem.

Lemongrass oil stimulates and frees restricted conditions, helping you to move beyond self imposed limitations!

Lemongrass has renewing, refreshing and mentally stimulating properties and is especially calming and soothing to your body and mind. Try it first thing in the morning to get you going and feel fresh and alert!

LEMONGRASS BLACK TEA

Put a half pound of your favorite black tea in a glass container that has a tight fitting lid, or you can use tea bags if you prefer.

Dispense 10 drops of Lemongrass on a paper towel and lay on top of your loose black tea or tea bags.

Seal the jar with the tight fitting lid and leave for seven days. The lemongrass essential oil scent will be absorbed into the tea leaves.

After seven days remove the paper towel and prepare and serve your tea as you like it and enjoy!

RESEARCH

Recent research indicates that Lemongrass oil has a sedating effect on the central nervous system. Its vasodilating (expansive), anti-inflammatory, and sedative properties help relieve muscle spasm and promote regeneration and healing of soft tissue.

Its tonic action on the blood vascular system makes it useful for tightening weak tissue.

Use Lemongrass in a massage oil blend to strengthen blood vessels, improve circulation, aid recovery from sports injuries or ligament strains and sprains.

Lemon grass is especially effective as a cold compress to reduce swelling after injury to joints.

As a powerful vasodilator and regulator Lemongrass oil is known to provide fast and effective cooling relief for excess conditions of heat like Hot Flash, blend with Blue Tansy and Peppermint to enhance this effect.

BODY COOLER RECIPE

To a 5ml colored glass euro-dropper bottle add these pure essential oils:

Lemongrass - 50 drops

Rose Geranium - 50 drops

Peppermint - 50 drops

Cap bottle tightly and shake vigorously to blend essential oils. Allow to synergize for 8+ hours before using. Makes a wonderfully cooling aromatic mist! Check out my Kindle publication, 'How to Use Essential Oils,' listed on my Amazon author page to find out how to make an aromatic mist.

Historically Lemongrass has been used in traditional Indian Ayurvedic medicine for treating infections and reducing fever and inflammation.

Use Lemongrass to regulate excess oily skin, hair and scalp conditions like seborrhea, dandruff, and acne.

Lemongrass has strong anti-fungal properties and is good for treating fungal infections.

A natural insect repellent Lemongrass oil makes a powerful mosquito and insect repellent and is useful for preventing and eliminating fleas and ticks from your dogs.

ALDEHYDE

Archetype: Chemical Family of Cleaners

Elemental Power: Renew & Freshen

MONOTERPENOL

Archetype: Chemical Family of Athletes

Elemental Power: Feminine or Yin Polarity of Strength, Courage, Endurance, Stamina & Stability

Proven Properties, Actions & Effects

Anti-fungal - destroys, inhibits growth of fungus

Anti-infectious - controls infection

Anti-inflammatory - controls, alleviates inflammation resulting from injury or infection

Anti-pyretic - fever reducer

Anti-viral - inhibits, controls viral activity, destroys virus

Cicatrizant - skin and wound healing

Digestive - stimulates digestion, relieves flatulence

Hypotensive - lowers blood pressure

Immuno-stimulant - stimulates immune response, increases immune function

Insect Repellent - repels insects

Regulator - stabilizing, promotes balance and harmony, especially mood and emotions

Relaxant - soothing, causing relaxation, relieving strain or tension

Sedative - soothing, tranquilizing, calming effect on body, especially central nervous system, good for nervous tension, stress, insomnia, anxiety, palpitations

Stimulant - quickens physiological functions body, temporarily increases body or organ function, good for convalescence, poor circulation, listlessness, physical fatigue

Tonic - strengthens and enlivens the whole or specific parts of the body

Vaso-dilator - dilates blood vessels

CAUTION: May be a skin irritant!

BLEND WITH: Peppermint, Himalayan Cedarwood, Geranium, Helichrysum, Ylang Ylang, Conifers like Spruce and Pine.

YOUR ASSIGNMENT

Dispense 1-3 drops of Lemongrass oil on a cotton ball, close your eyes and inhale. Note in your journal the aroma qualities you can discern, and the effects the oil has on your body, mind, spirit and emotions.

SWEET MARJORAM ESSENTIAL OIL

Anti-Spasmodic Healer
Restorative Pain Reliever
Plus+ How to Use Guide & Recipe

SWEET MARJORAM ESSENTIAL OIL (*Origanum marjorana*)

Part of the plant used & distillation method: Steam Distilled
Flowers & Leaf

Best Location for production & distillation: Egypt

Aromas: Fresh, sweet, balsamic, herbaceous, warm, radiant, camphoraceous, woody

Chemical Family: Monoterpenol

Keywords: Anti-spasmodic, Restorative, Pain Reliever

PLANT IDENTIFICATION

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Distillation, Location, Aroma & Chemistry

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The Distiller's Art - Additionally there are many factors governing an essential oil's quality and character many of which are in the domain of the distiller's art and often passed down for generations from one distiller to the next. An experienced and gifted distiller grows, harvests and distills an oil in what have become known as "choice" locations

for a particular species of plant. These are locations where a particular species of plant, indigenous to an area, have gained historical reputation for producing premium quality oil. A premium quality essential oil has excellent chemical profile for achieving the desired therapeutic results as well as offers a superior aroma experience.

HEALING POWERS OF MARJORAM

Like the fresh herb Marjoram essential oil has a spicy, warm and soothing aroma that is relaxing, comforting and calming to your nervous system.

Marjoram oil may be helpful for relieving anxiety attacks, stress, emotional exhaustion and insomnia.

Marjoram's powerful restorative properties make it an effective treatment for those who suffer from chronic fatigue syndrome.

Sweet Marjoram essential oil also has a comforting and soothing effect on the body, mind and emotions and promotes deep relaxation and release of long held mental and emotional patterns of tension and stress!

Sweet Marjoram essential oil may be helpful for relieving migraine and tension headaches!

SOOTHING BATH EXPERIENCE

For a Soothing Bath Experience blend 3 drops each of Marjoram, Lavender and Bergamot and mix in a dispersant such as a tablespoon of cream or honey, swish the water to disperse your Relaxing Bath Blend in the water.

OR ADD YOUR OILS to a half cup each of Epsom Salt (muscle relaxant, detoxifier) and Baking Soda (skin softener, detoxifier) to disperse the oils in your bath water.

Sweet Marjoram's stimulating and an antispasmodic action making it a nice addition to your sports massage oil blends for relieving muscular aches and pain. It is helpful for relieving tension in the upper back and neck areas.

RELAXING COMPRESS

To relax sore, tense or cramped muscles, constipation and congestion. Sweet Marjoram oil is excellent for topical application to ease pain from strained muscles, menstrual cramps, etc.

Disperse 4 drops each of Marjoram and Lavender oil in a teaspoon of cream or honey and add to a small stainless steel bowl of "HOT" water.

Absorb the "HOT" water into a wash cloth, using protective gloves, wring out excess water and apply compress to area of discomfort, repeat when your cloth cools. You may cover the warm cloth with a plastic sheet, towel or hot water bottle to keep it "HOT" longer.

Use Marjoram oil along with Helichrysum pure essential oil for pain relief from sprains and strains, and to speed healing and prevent scar tissue formation.

HEALING MASSAGE BLEND

To 5ml colored glass euro-dropper bottle add these pure essential oils:

Sweet Marjoram - 50 drops

Peppermint 50 drops

Lavender. - 50 drops

Helichrysum - 3-10 drops (Optional)

For best results blend your pure essential oils together and allow to synergies first for 8+ hours before adding to your favorite carrier oil to use as a healing massage oil.

FRENCH LENTIL SOUP

Aromatherapy in your kitchen, cooking with pure essential oils. You can enjoy the therapeutic benefits of essential oils safely and effectively when you use them as food flavors.

Marjoram has the added benefit of being a digestive stimulant and may prevent flatulence and intestinal cramps.

Here's a nutritious and delicious recipe for French lentil soup. This soup uses the small green 'Puy' lentils: they keep their shape much better than the more familiar brown ones. Serve as a main dish with

some crusty sourdough bread and a fresh green salad. Makes wonderful quick and yummy leftovers!

What you will need:

1/8 tsp. Virgin olive oil, pour into a glass jar, add pure essential oils: 1 drop coriander, 1 drop marjoram and 1 drop black pepper, cover and let stand

2 c small French green lentils, soak for 45 minutes

1 medium onion, sliced

2 stalks celery, sliced

4 medium potatoes, chopped

2 dozen baby carrots

3 medium broccoli buds, sliced

1-2 teaspoons Celtic salt, to taste

In a heavy soup pot, cook French lentils in 6- 8 cups of pure water (less water makes a thicker soup), bring to a boil then lower heat and allow lentils to maintain a steady simmer for 45 minutes, stirring occasionally, until lentils are soft and soup is beginning to thicken slightly. Add the prepared veggies, the more dense veggies first, allow to come to a simmering boil then turn off and let soup rest for 5 minutes.

Stir in your olive oil flavored with pure essential oils and let soup rest for another 5 minutes before serving. Bon Appetite! Serves 4-6 as a main course.

MONOTERPENOL

Archetype: Chemical Family of Athletes

Elemental Power: Feminine polarity, Strength, Courage, Endurance, Stamina & Stability

Proven Properties, Actions & Effects

Anti-infectious - controls infection

Antispasmodic - calms nervous and muscular spasms, for colic, pain and indigestion

Cicatrizant - skin and wound healing

Digestive - promotes digestion of food

Immuno-stimulant - stimulates immune response, increases immune function

Regulator - stabilizes, promotes balance and harmony, especially mood and emotions

Restorative - helps strengthen and revive the body systems

Stimulant - quickens the physiological functions of the body, temporarily increases body or organ function, good for convalescence, poor circulation, listlessness, physical fatigue

CAUTION: As Marjoram is a stimulant it should be avoided during pregnancy.

BLEND WITH: Clary Sage, Ginger, Helichrysum, Lavender, Lemongrass, Peppermint

YOUR ASSIGNMENT

Dispense 1-3 drops of Sweet Marjoram oil on a cotton ball, close your eyes and inhale. Note in your journal the aroma qualities you can discern, and the effects the oil has on your body, mind, spirit and emotions.

SWEET ORANGE ESSENTIAL OIL

The #1 Rejuvenating Oil in Aromatherapy

Powerful Disinfectant & Deodorizer

Plus+ How to Use Guide & Recipes

SWEET ORANGE ESSENTIAL OIL (*Citrus sinensis*)

Part of plant used and method of distillation: Cold Pressed Peel

Best Locations for production and distillation: France, Sicily, Spain, Portugal, USA

Aromas: Fresh, sweet, citrus, fruity

Chemical Family: Monoterpene, Lactone

Keywords: Light Heartedness, Rejuvenating Tonic

PLANT IDENTIFICATION

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Distillation, Location, Aroma & Chemistry

It also helpful to have a basic knowledge and understanding about the Characteristic Aroma Qualities of an Essential Oil & Its Chemistry

The Distiller's Art - Additionally there are many factors governing an essential oil's quality and character many of which are in the domain of the distiller's art and often passed down for generations from one distiller to the next. An experienced and gifted distiller grows, harvests and distills an oil in what have become known as "choice" locations for a particular species of plant. These are locations where a

particular species of plant, indigenous to an area, have gained historical reputation for producing premium quality oil. A premium quality essential oil has excellent chemical profile for achieving the desired therapeutic results as well as offers a superior aroma experience.

HEALING POWERS OF SWEET ORANGE

Pure Essential Oil - Rejuvenating Tonic

As with other members of the citrus family Orange oil's natural astringency makes it an effective tonic for the circulatory and lymphatic systems.

Use Sweet Orange oil for relieving muscle soreness after exercise as it will stimulate the release of lactic acid that builds up in the muscles.

Sweet Orange Oil Reduces Anxiety

A wonderful and highly favored oil for the children's playroom.

Sweet Orange oil is anxiolytic (reduces anxiety). These anti-anxiety effects may possibly be due to its high limonene content, an anxiolytic compound found in all citrus oils.

In pediatric dental patients a study showed that Orange oil lowered cortisol and pulse rate. Similar reductions were also found in adult female patients.

Refresh your heart and soul with Sweet Orange pure essential oil as it opens and lightens your heart and helps you to laugh and find your

sense of humor.

When in an overly serious mood inhale the playful scent of sweet orange oil and bring your thoughts to rest in the present moment.

Dispense 1-3 drops on a perfume smell strip (or cotton ball) and inhale slowly. Allow the warm rays of a smile to chase away any clouds of worry or doubt and affirm, "I am filled with the light of the sun, all is well."

Research studies show many essential oils have potential in dental health. Its natural antiseptic properties make Sweet Orange oil a soothing mouth wash for treating gingivitis and mouth sores.

Treats Acne When Applied Topically

A 2012 trial study found that a facial gel based on orange oil, sweet basil oil and acetic acid applied daily for eight weeks improved acne symptoms.

Sweet Orange essential oil is a natural disinfectant

Spray the friendly scent of Orange oil into the air to immediately freshen any room's ambiance.

ROOM DEODORIZER:

To 2 ounce colored glass misting bottle filled with pure water add 80-120 drops of Sweet Orange oil, shake well and spray. Try a blend of Sweet Orange with Lemon oil!

Physically Sweet Orange oil's stimulating and uplifting effect makes it helpful for improving digestion, as well as relieving congested conditions.

Orange oil is used in many anti-cellulite blends. It's thought to break down fat cell deposit, cleanse and detoxify the tissues.

HOW TO Flavor sugar or other 'dry' ingredients?

Dispense a couple of drops of Sweet Orange pure essential oil on a piece of paper towel, lay the piece of paper towel on top of sugar, or other 'dry' ingredient, inside an 8 ounce container, seal and let stand for one week.

SWEET ORANGE CHEMICAL FAMILIES

LACTONE

Archetype: Chemical Family of Spiritual Directors

Elemental Powers: Motivate, Clarify, Inspire & Encourage

MONOTERPENE

Archetype: Chemical Family of Athletes

Elemental Powers: Masculine Strength, Courage, Endurance, Stamina & Stability

Proven Properties, Actions & Effects

Anti-coagulant - used to prevent formation of blood clots

Anti-depressant - alleviates or prevents depression, lifts mood, counters melancholia

Antiseptic - helps control infection

Anti-viral - prevents, inhibits viral activity, destroys virus

Astringent - drying, causes contraction of organic tissues

Decongestant - relieves, reduces congestion entire body

Digestive - stimulates and improves digestive organs

Deodorizer - excellent air freshener, airborne deodorizer

Diuretic - increases urine flow

Expectorant - promotes removal mucus from respiratory system, stimulates action of decongestion for entire body, heals respiratory system

Hypotensive - lowers blood pressure

Nervine - calms, regulates and regenerates the nerves and nervous system

Rubefacient - Warming, agent which reddens skin, dilates vessels, increases blood flow

Sedative - soothing, tranquilizing, calming effect on the body, good for nervous tension, stress, insomnia, anxiety, palpitations

Stimulant (mild in large amounts) - quickens physiological functions of body, temporarily increases body or organ function, good for convalescence, poor circulation, listlessness, physical fatigue

Tonic - strengthens and enlivens the whole or specific parts of the body

BLEND WITH: Other citrus oils, Atlas cedarwood, vetiver, patchouli, lavender, spice oils, cypress and other conifers.

CAUTION: May cause photosensitivity. Avoid exposure to direct sunlight after skin application.

RAVENSARA ESSENTIAL OIL

Respiratory Healer, Promotes Detoxification,
Plus+ How to Use Guide & Recipes!

RAVENSARA ESSENTIAL OIL (*Ravinsara aromatica*)

Part of the plant and method of distillation: Steam Distilled Leaf

Best Location for Production and Distillation: Madagascar

Aromas: Sweet, spicy, balsamic, licorice-like, camphoraceous

Chemical Families: Monoterpene, Oxide

Keywords: Gentle Immune Support

PLANT IDENTIFICATION

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Distillation, Location, Aroma & Chemistry

The Distiller's Art - Additionally there are many factors governing an essential oil's quality and character many of which are in the domain of the distiller's art and often passed down for generations from one distiller to the next. An experienced and gifted distiller grows, harvests and distills an oil in what have become known as "choice" locations for a particular species of plant. These are locations where a particular species of plant, indigenous to an area, have gained historical reputation for producing premium quality oil. A premium quality essential oil has excellent chemical profile for achieving the

desired therapeutic results as well as offers a superior aroma experience.

HEALING POWERS OF RAVENSARA

A soft, sweet aroma with a peppery licorice note and lightly camphorous after scent that's similar to Eucalyptus.

Ravensara essential oil has a reputation as a universal healing oil to be used for a broad spectrum of health conditions.

Its strongly antiviral properties and gentle action make Ravensara especially useful for treating any kind of respiratory illness like bronchitis, sinusitis and the flu.

Ravensara oil is an immune stimulant and promotes detoxification.

Its anti-bacterial properties make Ravensara an excellent aromatic mist for use as a room spray. Or try a few drops in a bowl of hot steaming hot water.

Well tolerated by most people Ravensara's very gentle action as an immune support makes it one of the safest anti-infectious oils to use with children.

Ravensara oil's gentle and nourishing nerve support makes it especially good for treating chronic health conditions.

Good results may be obtained for infectious mononucleosis, shingles and cold sores. For shingles blend Ravensara with Sandalwood and Myrrh for inhalation or diluted in a carrier oil for topical application.

An excellent convalescent oil Ravensara's tonic effect on the nerves makes it useful for treating mental and physical fatigue, or when you're feeling weary to the bone, or bone tired.

Psycho-emotionally Ravensara is said to help you set and maintain clear and healthy boundaries for yourself. When you feel the need to delineate your personal space and aura of influence from someone else's try using a bit of Ravensara oil.

You can wear Ravensara diluted in carrier oil as a perfume oil to promote and reinforce a positive psychic force field of influence and protection against intrusion from outside of yourself.

Ravensara oil may be beneficial in a blend with Neroli (self love) and Sandalwood (harmonizes emotions) for treating Fibromyalgia and Chronic Fatigue Syndrome. Both of these conditions are related to hyper sensitivity and feelings of guilt about other people's negative emotions. Emotionally sensitive people are subject to absorbing other people's emotions and feelings as if they were their own.

DETOX BATH BLEND

To a 15m l colored glass euro-dropper bottle add:

Ravensara oil - 50 drops

Lavender oil - 50 drops

Eucalyptus oil - 50 drops

Rosemary cineole - 1-5 drops

Allow essential oil blend to synergize for 8+ hours. Dispense 4-10 drops and mix into one cup of either sea salt or Epsom salt, or a combination of both. Add to hot (110°) bath waters. Relax and enjoy a 15-20 minute soak, or until bath waters cool. Wrap yourself in a robe and relax for 15-20 minutes afterward for best results, just before bed is ideal.

PAIN RELIEF OIL

To a 15ml colored glass bottle add:

Ravensara - 40 drops

Cypress - 40 drops

Sweet Marjoram - 40 drops

Sandalwood oil - 15 drops

Neroli oil - 15 drops

Allow essential oil blend to synergize for 8+ hours. Dispense 18 drops in one ounce of carrier oil (3% dilution). Massage into sore and painful tissues. Can apply a warm compress over the area after application for better absorption into the tissues. Or, use immediately after a warm bath or shower.

DECONGESTANT BLEND

To a 15ml bottle add:

Ravensara oil - 40 drops

Lemongrass oil - 40 drops

Eucalyptus oil - 40 drops

Lemon oil - 30 drops

Allow blend to synergies for 8+ hours. Dispense 1-5 drops into a ceramic bowl of steaming hot water. Close your eyes (so oil vapors don't get into your eyes) and lean over the bowl with a towel draped over your head to catch the steam. Breathe deeply and relax, inhaling the vapors until the water begins to cool. Repeat as needed every 1-4 hours.

MONOTERPENE

Archetype: Chemical Family of Athlete

Elemental Power: Masculine Strength, Courage, Endurance, Stamina & Stability

OXIDE

Archetype: Chemical Family of the Liberator

Elemental Power: Create Openness & Freedom

Proven Properties, Actions & Effects

Antiseptic - helps control infection

Anti-viral - prevents, controls, or inhibits viral activity and infections, destroys virus

Astringent - drying, causes contraction of organic tissues

Tonic - strengthens and enlivens the whole or specific parts of the body

Decongestant - relieves, reduces congestion and inflammation entire body

Deodorizer - excellent air freshener, airborne deodorizer

Diuretic - increases urine flow

Expectorant - promotes removal mucus from respiratory system, stimulates action of decongestion entire body, heals respiratory system

Mental Stimulant - increases mental function

Rubefacient - warming, agent which reddens skin, dilates vessels,

increases blood flow

Stimulant (Mild) - quickens physiological functions of body, temporarily increases body or organ function, good for convalescence, poor circulation, listlessness, physical

Tonic - especially nervous system, strengthens and enlivens the whole or specific parts of the body

YOUR ASSIGNMENT

Dispense 1-3 drops of Ravensara oil on a cotton ball, close your eyes and inhale. Note in your journal the aroma qualities you can discern, and the effects the oil has on your body, mind, spirit and emotions.

TEA TREE ESSENTIAL OIL

Powerful Antiseptic & Antifungal

The 9 Healing Powers & Ways to Use

Its 15 Proven Characteristic Actions & Effects

TEA TREE ESSENTIAL OIL (*Melaleuca alternifolia*)

Method of Distillation and Part of Plant Used: Steam Distilled,
Leaf

Best Location Production and Distillation: Australia

Aromas: Fresh, Camphoraceous, penetrating, warm, spicy,
herbaceous

Chemical Families: Monoterpene, Monoterpenol

Keywords: Powerful Antiseptic & Antifungal

In the true practice of aromatherapy essential oils are your healing tools. The very most basic plant identification is necessary to ensure therapeutic results is as follows:

PLANT IDENTIFICATION

The Latin name for each plant should be listed on the label for each of your essential oils. This is important as it identifies the exact type of essential oil. A Latin name, or botanical name, is the most precise way to identify a particular plant. Many plants will have several varieties. Each species of a plant has different aromas and therapeutic qualities. In order to know the chemical make-up and properties of an essential oil, the label must include the species of the plant.

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HEALING POWERS TEA TREE

Tea Tree essential oil has a strongly medicinal and antiseptic smell and is well tolerated by most individuals.

Captain James Cook and his mates when arriving in Australia in the 1700's wanted a refreshing herbal tea to drink. They chose the fragrant leaves of a tree. The tree has been called Tea Tree ever since.

BOOSTS IMMUNE SYSTEM

An immune stimulant Tea Tree oil promotes and strengthens the body's immune system by stimulating the formation of white blood cells.

A study showed that rats infected with a pathogenic protozoa that were given oral tea tree oil their lives were extended. The oral dosage of of tea tree also modified the immune response, but did not cure them.

ANTIBIOTIC

This motivation to protect themselves from foreign intruders manifests as secretions on the plant which are essential oils. Many of these plant secretions have an aroma though some do not.

As a result essential oils have an inherent capacity to break down microbial bio fields that are stubborn and resistant to many modern day antibiotics without disrupting the natural biome.

Tea Tree essential oil has an undisputed popular reputation for being the first choice of essential oils when treating fungal and bacterial infections and known as a cure all treatment for many chronic and acute bacterial, fungal and viral conditions.

Consider using Tea Tree essential oil for treating bladder infections, bronchitis and sinusitis.

Use Tea Tree to eliminate athlete's foot, blend with Lavender and Thyme to enhance your results.

ATHLETE'S FOOT RECIPE

To 5ml colored glass euro-dropper bottle add:

50 drops Tea Tree oil

50 drops Clove oil

25 drops Lavender oil

25 drops Thyme oil

Allow blend to synergies for 8+ hours before using.

A decongestant and analgesic pain reliever Tea Tree oil is helpful for relieving cold and flu symptoms.

Researchers are continuing studies to learn if essential oils are effective against the super bug MRSA (methicillin resistant *Staphylococcus aureus*) among other strains of bacteria.

An ongoing research project is underway using a body/hand wash containing essential oils of lavender and tea tree that could be effective against MRSA. Human trials are reported being organized for further testing.

Lavender and Tea Tree oil contain proven natural anti-bacterial ingredients that will soothe your skin, while also providing proven, natural anti-bacterial ingredients.

French physician Paul Belaiche in 1985 studied Tree Tree oil's healing abilities for *Candida albicans*, a vaginal yeast infection. In most cases this infection can be treated effectively without the side effects common with conventional treatments.

Research has proven Tea Tree oil useful for another vaginal infection, trichomoniasis. In 1962 an American study of 130 women treated using it recovered from this infection.

Tea Tree essential oil may be helpful for treating cold sores and is helpful for balancing skin conditions like acne, alone or in a blend.

KILLS ORAL PATHOGENS

A study showed tea tree had beneficial effects on Gingivitis, but not plaque. Tea tree oil has significant anti-microbial against common oral pathogens.

DENTAL HEALTH

Many essential oils have potential in dental health. In research studies Tea Tree Oil and Eucalyptus displayed anti-microbial effects against common pathogens.

Other research studies showed that Thyme and Oregano essential oil also show effective results for treating against pathogens.

HEALS SKIN CANCER

An animal study used topical tea tree oil mixed with DMSO (a solvent that allows whatever it's mixed with to penetrate the skin) showed the mixture to inhibit the growth of established skin cancer cells.

Reported to be helpful for relieving insect, scorpion and snake bites.

Psycho-emotionally Tea Tree oil promotes self confidence in one's ability to negotiate differences with others without feeling threatened!

MONOTERPENE

Archetype: Chemical family of Athletes

Elemental Power: Masculine Power, Strength, Courage, Endurance, Stamina & Stability

MONOTERPENOL

Archetype: Chemical Family of Athletes

Elemental Power: Feminine or Yin Polarity of Strength, Courage, Endurance, Stamina & Stability

Proven Properties, Actions & Effects

Analgesic - pain reliever

Antiseptic - helps control infection

Anti-viral - prevents or inhibits viral activity, destroys virus

Anti-infectious - controls infection

Astringent - drying, causes contraction of organic tissues

Diuretic - increases urine flow

Deodorizer - excellent air freshener, airborne deodorizer

Decongestant - an agent for relief or reduction of congestion

Expectorant - promotes removal of mucus from respiratory system, stimulates action of decongestion entire body, heals respiratory system

Immune-stimulant - stimulates immune response, increases immune function

Cicatrizant - skin and wound healing

Regulator - stabilize and balances, especially mood and the emotions

Rubefacient - Warming, agent which reddens skin, dilates vessels, increases blood flow

Stimulant - an agent that quickens the physiological functions of the body, temporarily increases body or organ function, good for convalescence, poor circulation, listlessness, physical fatigue

Tonic - strengthens and enlivens the whole or specific parts of the body

According to Ayurvedic Medicine, an ancient system of healing practiced in India, the warm and spicy aroma of Tea Tree oil is ideal to regulate and pacify ALL the Doshas or body/mind types. Vata, Pitta and Kapha imbalances respond well to Tea Tree's healing influence.

Symptoms of Vata imbalance are hyper activity, premenstrual syndrome, irritable bowel syndrome and constipation, insomnia, restlessness, nervousness, anxiety and worry.

Symptoms of Pitta imbalance are high blood pressure, anger, frustration, emotional upsets and an inability to go with the flow.

Symptoms of Kapha imbalance are high cholesterol, low metabolic forces, slow to lose weight, fluid retention, stagnation and blockage, lethargy and depression.

BLEND WITH: Black Pepper, Ginger, Lavender, Myrrh, Thyme, Rosemary, Oregano, and Lemon

YOUR ASSIGNMENT

Dispense 1-3 drops of Tea Tree oil on a cotton ball, close your eyes and inhale. Note in your journal the aroma qualities you can discern, and the effects the oil has on your body, mind, spirit and emotions.

VETIVER ESSENTIAL OIL

Powerfully Grounding & Reassuring Oil
Plus+ How to Use Guide & Recipes!

VETIVER ESSENTIAL OIL (*vetiveria zizanoides*)

Part of plant and method of distillation: Hydro-diffused or Steam Distilled, Root

Best Location for Production and distillation: Haiti

Aromas: Sweet, Earthy, Balsamic, Exotic, Sensual, Smoky, Woody

Chemical Families: Sesquiterpene, Sesquiterpenol, Ketone

Keywords: Grounding, Reassuring, Relieves Anxiety & Panic

In the true practice of aromatherapy essential oils are your healing tools. The very most basic plant identification is necessary to ensure therapeutic results is as follows:

PLANT IDENTIFICATION

The Latin name for each plant should be listed on the label for each of your essential oils. This is important as it identifies the exact type of essential oil. A Latin name, or botanical name, is the most precise way to identify a particular plant. Many plants will have several varieties. Each species of a plant has different aromas and therapeutic qualities. In order to know the chemical make-up and properties of an essential oil, the label must include the species of the plant.

Distillation, Location, Aroma & Chemistry

It also helpful to have a basic knowledge and understanding about the Characteristic Aroma Qualities of an Essential Oil & Its Chemistry

The Distiller's Art - Additionally there are many factors governing an essential oil's quality and character many of which are in the domain of the distiller's art and often passed down for generations from one

distiller to the next. An experienced and gifted distiller grows, harvests and distills an oil in what have become known as “choice” locations for a particular species of plant. These are locations where a particular species of plant, indigenous to an area, have gained historical reputation for producing premium quality oil. A premium quality essential oil has excellent chemical profile for achieving the desired therapeutic results as well as offers a superior aroma experience.

HEALING POWERS OF VETIVER

A rare, mysterious fragrance Vetiver oil’s scent is rich, earthy, sweet and balsamic with spicy undertones. Excellent benchmark examples of how this oil should smell are sweet, clean and lovely!

Most Vetiver essential oil that is traditionally distilled in cast iron leaves the oil with a burnt after odor that distracts attention from its full bodied depth and loveliness.

The strong and hearty roots of this tropical grass reach deep into the earth. Many countries plant Vetiver for protection against soil erosion. Vetiver can tolerate and survive even the severest conditions.

Harvesting the roots for a single pound of material for the distillation of essential oil requires removal of 1,000 pounds or more of earth.

Grounding and stabilizing effects of Vetiver make it a powerful restorative and helpful for revitalizing body, mind, spirit and emotions.

Vetiver lends comfort and support in any situation.

Vetiver oil's aroma has a powerfully grounding and reassuring effect that may be relied upon to relieve stress, anxiety or panic. Vetiver oil is open hearted and full of grace, helping you to face life's challenges

A thick, resinous oil with deep, dark and mysterious energies to support and comfort Vetiver essential oil's smooth earth scent has the power to resonate deeply within to calm even the most rampant fears and misgivings.

Vetiver oil strongly resonates with the First (Muladhara) or Base / Root Chakra and promotes a sense of belonging, community and feeling at home on Mother Earth.

Vetiver connects and energizes the natural self and is helpful for relieving symptoms of shock and trauma!

Use Vetiver oil when you're feeling vulnerable and needing help dealing with long term stressful situations.

STRESS RELIEF BLEND

To a 5 ml colored glass euro-dropper bottle add these pure essential oils:

Vetiver - 30 drops

Spikenard - 30 drops

Chamomile - 30 drops

Rose Geranium - 30 drops

Bergamot - 30 drops

Cap bottle tightly and shake vigorously to blend oils together. Allow to synergies for 8+ hours before using. Diffuse in your aroma lamp or use a wonderfully pleasing perfume oil or aromatic mist!

Vetiver essential oil's tranquil and evocative beauty whispers sweetly supporting you to face your shadows.

Strong dislike to Vetiver's aroma may be the result of disassociation from or rejection of one's instinctive sexual nature, or an imbalanced Vata dosha.

A powerful immune and circulatory stimulant Vetiver oil's neuro-receptor process has been well-documented in controlled experiments explaining Vetiver oil's action on the circulatory system.

Vetiver oil warms and balances the heart, mind and soul. Its action stimulates the production of red blood cells making it useful for relieving stress and tension held in the body.

Vetiver relieves muscle aches and pains and joint stiffness.

Vetiver oil's positive warmth attracts opportunities and multiplies abundance and makes an excellent base note in prosperity blends!

A mild sedative Vetiver oil promotes rest and relaxation and is helpful as a sleep aid!

Vetiver oil is excellent for skin cell rejuvenation and healing use a drop of this lovely elixir in your favorite hair, skin and scalp re-conditioner.

SCALP RE-CONDITIONING BLEND

To a 5 ml colored glass euro-dropper bottle add these pure essential oils:

Vetiver - 30 drops

Ylang Ylang - 30 drops

Rosemary - 30 drops

Carrot Seed - 30 drops

Rose Geranium - 30 drops

Cap bottle tightly and shake vigorously to blend oils together. Allow to synergies for 8+ hours before using a drop in with your favorite shampoo as a carrier.

You can also add a few drops of your Scalp Re-conditioning Blend to your favorite carrier oil and use as a leave on conditioner. Leave on condition your scalp for up to an hour then shampoo your hair thoroughly afterward.

KETONE

Archetype: Chemical Family of Service Workers

Elemental Power: Can Do!

SESQUITERPENE

Archetype: Chemical Family of Wise Elders & Compassionate Ones
Elemental Power: Feminine or Yang Polarity of Grand Father,
Guardians, Teachers, Grounds, Soothes & Comforts

SESQUITERPENOL

Archetype: Chemical Family of Wise Elders & Compassionate Ones
Elemental Power: Feminine polarity, Grand Mothers, Guardians,
Teachers, Grounds, Soothes & Comforts

Proven Properties, Actions & Effects

Analgesic - pain reliever

Anti-inflammatory - alleviates inflammation

Antispasmodic - prevents, eases spasm, relieves cramps

Anti-tumoral - breaks down abnormal cell growth

Anti-viral - controls viral organisms and infection

Cicatrizant - skin, wound healing, promotes formation scar tissue

Lipolytic - breaks down fats

Mucolytic - dissolves, breaks down mucous, especially respiratory
and uro-genital tracts

Relaxant - relaxing, soothing effect, causing relaxation, relieving
strain or tension

Regulator - stabilizing, promotes balance and harmony

Sedative (in small amounts) - soothing, tranquilizing, calming effect
on the body, good for nervous tension, stress, insomnia, anxiety,
palpitations

Stimulant (in large amounts) - quickens physiological functions body,
temporarily increases body/organ function, good for convalescence,
poor circulation, listlessness, physical fatigue

According to Ayurvedic Medicine, an ancient system of healing practiced in India, the sweet, earthy and warm aroma of Vetiver oil is ideal to regulate and pacify ALL the Doshas. Vata, Pitta and Kapha bodymind types respond well to the balancing effects of Vetiver essential oil.

Symptoms of Vata imbalance are premenstrual syndrome, constipation, insomnia, restlessness, nervousness, anxiety and worry.

Symptoms of Pitta imbalance are high blood pressure, anger, frustration and emotional upsets, inability to go with the flow.

Symptoms of Kapha imbalance are high cholesterol, low metabolic forces, slow to lose weight, fluid retention, stagnation and blockage, lethargy and depression.

CHAKRA CARE: Use Vetiver essential oil to balance and heal the 1st (Muladhara - Base or Root) and 3rd (Manipura - Solar Plexus) Chakras.

BLEND WITH: Petitgrain, Orange and other citrus oils. Vetiver works well as a stand alone oil, yet blends well with a variety of pure essential oils. Use it whenever you need to anchor a blend, or need a lower base note to help your formula sing!

PLEASE NOTE: As Vetiver has an extremely thick and resinous consistency you'll need to remove your orifice reducer from the inside of your bottle and either dispense the oil with a disposable pipette or glass eye dropper. Please be sure to replace your orifice reducer

after dispensing as this creates a seal between the screw cap and bottle neck for preserving your oil.

YLANG YLANG ESSENTIAL OIL

The #1 Beauty Oil in Aromatherapy

YLANG YLANG ESSENTIAL OIL (*Cananga odorata*)

Part of the plant used and method of distillation: Steam Distilled Flowers

Best location for production and distillation: Madagascar

Aromas: Sweet, floral, balsamic, exotic, sensual, earthy

Chemical Families: Sesquiterpene, Sesquiterpenol, Monoterpenol, Ester

Keywords: Neutralizes Negativity, Stabilizes Nervous System

In the true practice of aromatherapy essential oils are your healing tools. The very most basic plant identification is necessary to ensure therapeutic results is as follows:

PLANT IDENTIFICATION

The Latin name for each plant should be listed on the label for each of your essential oils. This is important as it identifies the exact type of essential oil. A Latin name, or botanical name, is the most precise way to identify a particular plant. Many plants will have several varieties. Each species of a plant has different aromas and therapeutic qualities. In order to know the chemical make-up and properties of an essential oil, the label must include the species of the plant.

Distillation, Location, Aroma & Chemistry

It also helpful to have a basic knowledge and understanding about the Characteristic Aroma Qualities of an Essential Oil & Its Chemistry

The Distiller's Art - Additionally there are many factors governing an essential oil's quality and character many of which are in the domain of the distiller's art and often passed down for generations from one distiller to the next. An experienced and gifted distiller grows, harvests and distills an oil in what have become known as "choice" locations for a particular species of plant. These are locations where a particular species of plant, indigenous to an area, have gained historical reputation for producing premium quality oil. A premium quality essential oil has excellent chemical profile for achieving the desired therapeutic results as well as offers a superior aroma experience.

HEALING POWERS OF YLANG YLANG

Softly sweet, warm, and earthy Ylang Ylang (pronounced "eelang") has an intoxicating aroma with sensuous overtones. Ylang Ylang in the Malayan language means "flower of the flowers."

A native flower of Madagascar and the Reunion Islands Ylang Ylang essential oil's fragrant pale yellow blossoms are used to grace a new marriage bed with a blessing of love and lasting happiness.

The Ylang Ylang tree requires care from human hands for its warm, sweet fragrance to develop. Left wild in nature the blossoms of the Ylang Ylang tree have little or no scent. Ylang Ylang trees must be given constant attention and require trimming every two months. The Ylang Ylang blossoms must be picked each fall. As with Jasmine and Rose the blossoms must be harvested early in the morning and immediately prepared for steam distillation.

DISTILLATION IN FRACTIONS:

Ylang Ylang is often distilled in what is called “fractions,” or parts, meaning the distillation process are halted during different stages of distillation and the oils gathered are taken off. Then the distillation is continued.

As with all oils the quality of distillation varies among distillers, as well as crop conditions for that season, as well as the moment chosen for harvesting and distillation. The distiller’s art for the production of exquisite oils is rare and reflected in the price of an oil.

At least three fractions of Ylang Ylang are collected during distillation. The first distillation is the lightest and considered the most ethereal fragrance and most often prized by perfumers. The stages of distillation are determined according to principles not easily defined, but generally they are broken down by the production time it takes to distill each fraction.

DISTILLATION CATEGORIES:

Ylang Ylang Extra (most expensive), Ylang Ylang I, II & III and Ylang Ylang Complete which is the full distillation of the oil without interruption into fractions, or parts.

Ylang Ylang is high in sesquiterpene. Ylang Ylang III, the last fraction collected during the last hours of distillation, is a slightly thicker, more earthy and less intensely sweet oil, and composed almost entirely of sesquiterpenes.

Sesquiterpenes are a class of chemicals common in higher plants that are naturally occurring alcohols. Sesquiterpenes rarely exist in

volatile aromatic oils.

When distilled from plant matter sesquiterpene compounds are known to stimulate the liver and endocrine glands.

Sesquiterpenes give Ylang Ylang it's powerfully antispasmodic and sedative properties.

Inhalation of Ylang Ylang is useful for dispelling fear and anxiety, and the first essential oil to consider when needing help for regulating and balancing the nervous system.

Ylang Ylang helps to deepen your respiration for slower more rhythmic breathing and is helpful for treating panic attacks.

Research studies show that Ylang Ylang oil stimulates the Central Nervous Systems and helps alleviate depression.

Ylang Ylang essential oil is an excellent natural treatment for soothing tachycardia and hypertension!

Often used in massage oil lubricants Ylang Ylang is known for relieving muscular aches and pains.

Ylang Ylang oil is helpful for treating PMS symptoms, including Mood Swings and is effective for reducing emotional blockages in the heart region.

A distinctly feminine (yin) oil Ylang Ylang is passionate and alive with feeling.

Try Ylang Ylang oil when you need to integrate and heal shadow elements of the Divine Feminine. It will activate the Divine Feminine's mysterious allure and capacity for living life fully.

Ylang Ylang oil stimulates feelings of enjoyment and self confidence and can be helpful for overcoming performance anxiety.

Often used in men's fragrances Ylang Ylang is a healing oil for men. Ylang Ylang supports a man's connection and expression of the feminine and intuitive side of his nature.

Consider blending Ylang Ylang with Petitgrain, Bergamot or a spice or wood oil to soften Ylang's intoxicating floral essence.

Ylang Ylang oil may help neutralize defensive coping strategies that can lead to violent forms of communication.

Ylang Ylang synchronizes the Mind and Emotions and softens fixed opinions, mental attitudes and judgments and promotes easy communications with others.

Use Ylang Ylang to smooth tense situations.

Ylang Ylang essential oil supports kidney and adrenal function and is good for weak knees and loss of bladder control.

Ylang Ylang has been traditionally used in beauty and skin care as its plant hormones promote cellular regeneration. Its moisture balancing effect on the skin's natural sebum production, makes Ylang Ylang oil suitable for sensitive, oily, dry and mature skin types.

Ylang Ylang stimulates hair growth and may be a helpful treatment for split ends. Add a few drops to your favorite shampoo or conditioner.

BEAUTY OIL RECIPE:

To half an ounce (15ml) of pure jojoba oil (in a colored glass euro-dropper dispensing bottle) add 2 drops Frankincense, 4 drops Ylang Ylang and 1 drop Carrot Seed. Shake well to blend ingredients together and allow them to synergize for a minimum of 1-3 hours or more before using.

FACIAL MASSAGE INSTRUCTIONS:

Give yourself a relaxing facial massage with this exquisite Beauty Oil.

Dispense a small amount of oil on your finger tips and, starting at your décolletage, make gentle circles with your finger tips, moving upwards and covering your entire face, ending at your forehead and temples.

Finish your relaxing facial massage with long, slow, even upward strokes beginning at your décolletage and moving upward to your forehead and temples.

Allow the oils to saturate and nourish your facial skin cell tissue for up to one hour before rinsing thoroughly with a gentle cleanser. Or you may circle-drape a wet, hot hand towel over your face after your facial massage and relax for 10-15 minutes or until your towel cools.

BLEND WITH: Vetiver, Petitgrain, Sweet Orange and other citrus oils. Ylang Ylang blends well with most other essential oils, or it may be

enjoyed as a single oil. Use Ylang Ylang's grounding and stabilizing effect whenever you need to anchor a blend, or as a base note!

Properties, Actions & Effects

Analgesic - pain reliever

Antifungal - destroys or inhibits growth of fungus

Anti-infectious - controls infection

Anti-inflammatory - alleviates inflammation

Anti-spasmodic - prevents, eases spasms, relieves cramps

Calmative - a sedative

Cicatrizant - skin, wound healing, promotes formation of scar tissue

Immuno-stimulant - stimulates immune response, increases immune function

Nervine - calming, relieves tension, strengthens and tones nerves and nervous system

Regulator - stabilizes, promotes balance and harmony, especially mood and emotions

Relaxant - relaxing, soothing effect, causing relaxation, relieving strain or tension

Sedative - promotes soothing, tranquilizing, calming effect on the body, good for nervous tension, stress, insomnia, anxiety, palpitations

YOUR ASSIGNMENT

Dispense 1-3 drops of Ylang Ylang oil on a cotton ball, close your eyes and inhale. Note in your aromatherapy journal the aroma qualities you can discern, and the effects the oil has on your body, mind, spirit and emotions.

If you loved this book please tell your friends and be sure to check out my other books!

PLEASE NOTE: More and more controlled research studies are being conducted on the efficacy of using essential oils for therapeutic results, including evidence based research by health professionals, hospitals and medical centers for use with patients. Still many of the claims about the benefits of using essential oils are anecdotal in nature. You're encouraged to make and keep notes about your own findings when using essential oils.

Aromatherapy is Nature's Medicine in its purest and most essential form. Aromatic plant oils are the very soul of a plant. Even a drop or two can produce significant results for your body, mind and soul. Properly administered essential oils are a natural, safe and effective way to enhance your health and well-being and may produce satisfying results where other methods have failed. Please consult with your physician regarding serious health concerns and do not attempt to self diagnose.

KG Stiles is a Certified Clinical Aromatherapist and founding director of PurePlant Essentials organic aromatherapy company. She began utilizing pure essential oils in her professional metaphysical healing arts practice in 1980. Since that time KG has formulated thousands of aromatherapy products for a variety of health and beauty related treatments for the global marketplace, as well as routinely blends custom aromatherapy formulas for her many clients in her consulting practice. Her clients have included entrepreneurs and top executives, and her advice and services have been used by internationally famous celebrities and athletes, as well as individuals, small business owners, spa therapists, hospitals and medical centers.

Sign-up for KG Stiles Author Membership to get notified when a new book is released CLICK THE LINK to sign-up for the Soul of Aromatherapy & Get KG's Complete Online Aromatherapy Course (\$197. Value - Limited Time Offer). <http://www.kgstiles.com/sign-up-for-soul-of-aromatherapy-get-six-week-aromatherapy-course-free-as-a-gift/>

"I can think of no one better to teach aromatherapy than KG Stiles. Her 30 years of experience combined with her compassionate passion to assist and facilitate the personal growth and wellness of all is unsurpassed!" -*Eldon Taylor, Ph.D., FAPA, New York Times Best-selling Author, 'Choices and Illusions.'*

"I highly recommend this course to all who are interested in holistic curing and the way that aromatherapy can be applied as an effective Mind Body technique." ~*John L. Turner, MD, Neurosurgeon, Author, Medicine, Miracles, and Manifestations: A Doctor's Journey Through the Worlds of Divine Intervention, Near-Death Experiences, and Universal Energy*

"It has been a pleasure working with KG Stiles. She has been a key resource in creating a hospital based Aromatherapy program and educating the staff about the therapeutic principals and applications of essential oils. Thank you, KG!" ~*Linda McGwire, RN, BSN, HNC-B*

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Hope you love your LoveNotes as much as I enjoy creating them for you!

Aromatically yours,
-KG Stiles, Author
Certified Clinical Aromatherapist
Founder PurePlant Essentials