

Scents & Soul

The healing secrets of Essential Oils



Earth 
POWER



... taking you back to nature



Bergamot essential oil, derived from the rind of bergamot oranges, is renowned for its uplifting citrus scent, antimicrobial properties, and ability to reduce anxiety and stress. Interestingly, bergamot oil is also the signature flavor component in Earl Grey tea, adding a distinct citrus twist to this classic brew.

Fragrance profile: Fresh, citrusy, and uplifting scent, often described as: Sweet and tangy, Citrusy and green, Uplifting and refreshing. Slightly spicy and herbal. Similar to orange and lemon, but with a unique twist

Benefits and Uses

1. Reduces anxiety and stress
2. Improves mood and reduces depression
3. Promotes relaxation and calmness
4. Relieves insomnia and improves sleep quality
5. Eases pain and inflammation
6. Boosts immune system
7. Natural antiseptic and antibacterial properties
8. Reduces acne and skin irritations
9. Improves digestion and reduces nausea
10. Supports weight loss
11. Freshens breath and reduces bad breath
12. Natural insect repellent
13. Reduces menstrual cramps and PMS symptoms
14. Improves focus and concentration
15. Uplifting and refreshing aroma
16. Natural deodorizer
17. Supports skin health and reduces scars
18. Relieves headaches and migraines
19. Natural anti-inflammatory
20. Promotes healthy hair growth

Blends Well With

Bergamot blends well with cedarwood, rosemary, lemongrass, orange, lemon, eucalyptus, peppermint, lavender, sandalwood and tea tree



Precautions

- Dilute with carrier oils (1-3%) for skin use
- Avoid during pregnancy, breastfeeding, or with sensitive skin
- Consult a healthcare professional before using
- Keep away from children and pets
- Store in a cool, dark place

What can you do with Bergamot?

Personal Care

1. Skincare: Face cream, moisturizer, acne treatment
2. Haircare: Shampoo, conditioner, hair mask, hair growth serum
3. Soap making
4. Body lotions and creams
5. Perfumes and fragrances
6. Foot scrub and powder
7. Massage oil
8. Aftershave and shaving cream

Household

1. Cleaning products (all-purpose cleaners, disinfectants)
2. Air fresheners and purifiers
3. Candles and room sprays
4. Laundry detergent and fabric softener
5. Dish soap and dishwasher rinse aid
6. Natural pest control (ants, roaches, rodents)
7. Insect repellent for outdoor spaces
8. Natural dye for fabric and paper

Health & Wellness

1. Essential oil (aromatherapy, pain relief, inflammation)
2. Wound care and antiseptic salve
3. Cold and flu relief (sore throat, cough, congestion)
4. Menstrual relief (cramps, bloating, mood swings)
5. Natural remedy for anxiety and stress
6. Sleep aid and insomnia relief
7. Natural anti-inflammatory
8. Immune system support



Camphor essential oil is extracted from the wood of the Cinnamomum camphora tree. It's been used for centuries in traditional medicine, perfumery, and spiritual practices. Camphor oil has anti-inflammatory properties and can help reduce pain.

Fragrance profile: Strong, pungent, and penetrating aroma. Cool, minty, and slightly bitter fragrance. Invigorating and refreshing scent.



Benefits and Uses

1. Natural pain reliever and anti-inflammatory
2. Relieves respiratory issues like bronchitis and asthma
3. Supports immune system function and reduces infections
4. Natural insect repellent and insecticide
5. Relieves skin irritations, acne, and minor cuts
6. Supports muscle relaxation and reduces spasms
7. Natural antiseptic and antimicrobial properties
8. Relieves stress, anxiety, and promotes relaxation
9. Improves circulation and reduces inflammation
10. Relieves symptoms of colds, flu, and coughs
11. Natural decongestant and expectorant
12. Relieves headaches, migraines, and tension
13. Improves mood and reduces irritability
14. Supports respiratory health and reduces congestion
15. Relieves symptoms of allergies and hay fever
16. Natural anti-parasitic and anti-fungal properties
17. Supports healthy gums and teeth
18. Relieves symptoms of ulcers and digestive issues
19. Improves skin elasticity and reduces wrinkles
20. Natural preservative and antioxidant properties
21. Relieves symptoms of arthritis and joint pain
22. Supports healthy hair and scalp
23. Natural remedy for minor burns and scalds
24. Relieves symptoms of sinusitis and sinus pressure
25. Supports immune system function during seasonal changes
26. Promotes spiritual growth and connection
27. Relieves symptoms of menstrual cramps and PMS
28. Supports healthy bones and joints
29. Relieves symptoms of insect bites and stings
30. Natural air purifier and deodorizer

Blends Well With

Peppermint: Invigorating and refreshing
Eucalyptus: Decongestant and respiratory support
Rosemary: Improves mental clarity and focus
Lavender: Promotes relaxation and reduces stress
Tea Tree: Natural antimicrobial and antifungal
Geranium: Balances hormones and emotions
Frankincense: Reduces inflammation and pain

Precautions

- Dilute with carrier oils (1-3%) for skin use
- Avoid during pregnancy, breastfeeding, or with sensitive skin
- Consult a healthcare professional before using
- Keep away from children and pets
- Store in a cool, dark place



Cedarwood essential oil has been used for centuries in traditional medicine, perfumery, and spiritual practices, boasting benefits such as natural insect repellent, anxiety reduction, and skin and respiratory issue relief. The oil's woody, calming scent is also believed to promote relaxation, improve focus, and ward off negative energies, earning it a revered spot in aromatherapy and natural remedies.

Fragrance profile: **Earthy:** reminiscent of forest floors and damp soil. **Woody:** similar to sandalwood, but with a lighter, more airy quality. **Herbaceous:** with subtle hints of greenery and foliage. **Balsamic:** slightly sweet and resinous, like the sap of the cedar tree

Benefits and Uses

Physical Health

1. Natural insect repellent
2. Relieves respiratory issues (asthma, bronchitis)
3. Soothes skin conditions (acne, eczema)
4. Reduces inflammation and pain
5. Improves circulation
6. Supports immune system
7. Natural antiseptic and antifungal
8. Relieves menstrual cramps
9. Helps with wound healing
10. Reduces cellulite appearance

Additionally, cedarwood essential oil has been used to:

- Support cancer treatment
- Reduce muscle spasms
- Improve dental health
- Relieve cold and flu symptoms
- Support weight loss
- Improve digestion

Mental and Emotional

1. Promotes relaxation and calmness
2. Reduces anxiety and stress
3. Improves focus and concentration
4. Enhances mood
5. Supports emotional balance
6. Encourages grounding and stability
7. Helps with insomnia

Household and Cleaning

1. Natural insecticide for gardens
2. Repels moths and pests in clothing
3. Freshens and deodorizes air
4. Natural disinfectant for surfaces
5. Insect-repellent for outdoor use

Skincare and Beauty

1. Natural moisturizer
2. Reduces appearance of fine lines and wrinkles
3. Soothes irritated skin
4. Promotes healthy hair growth
5. Natural perfume and fragrance



Blends Well With

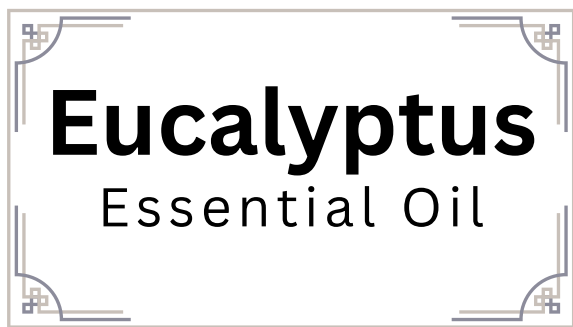
Mix with bergamot, lavender, or lemon for calming effects

Blend with tea tree, eucalyptus, or peppermint for respiratory relief

Combine with sandalwood, frankincense, or patchouli for grounding

Precautions

- Dilute with carrier oils (1-3%) for skin use
- Avoid during pregnancy, breastfeeding, or with sensitive skin
- Consult a healthcare professional before using
- Keep away from children and pets
- Store in a cool, dark place



Eucalyptus is known as the "koala's favorite snack" since koalas munch on eucalyptus leaves for up to 4-6 hours daily, making up 90% of their diet! Additionally, eucalyptus oil has natural decongestant properties and was historically used in hospitals to disinfect and purify the air, earning it the nickname "fever tree."

Fragrance profile: Minty freshness: Eucalyptus has a cooling, minty scent, similar to peppermint or spearmint, but with a more subtle sweetness. Camphorous notes: Eucalyptus has a pungent, camphor-like aroma, similar to vapor rub or cough drops. Earthiness: Some eucalyptus varieties have a slightly earthy or woody undertone. 4. Citrus hints: Certain eucalyptus species, like lemon eucalyptus, have a citrusy or lemony twist.

Benefits and Uses

Physical Health

1. Relieves respiratory issues (asthma, bronchitis)
2. Eases muscle and joint pain
3. Reduces inflammation and swelling
4. Natural decongestant
5. Soothes sore throats
6. Treats cold sores
7. Alleviates headaches and migraines
8. Supports immune system
9. Antiseptic properties for wound care
10. Reduces fever
11. Relieves sinus pressure
12. Soothes coughs
13. Treats insect bites
14. Reduces arthritis symptoms
15. Supports cardiovascular health

Mental and Emotional

1. Reduces stress and anxiety
2. Promotes relaxation and sleep
3. Uplifting and refreshing aroma
4. Improves focus and concentration
5. Enhances mental clarity

Precautions

- Dilute with carrier oils (1-3%) for skin use
- Avoid during pregnancy, breastfeeding, or with sensitive skin
- Consult a healthcare professional before using
- Keep away from children and pets
- Store in a cool, dark place

Skincare and Beauty

1. Treats acne and pimples
2. Reduces wrinkles and fine lines
3. Natural moisturizer
4. Soothes sunburns
5. Promotes healthy hair growth

Household and Environmental

1. Natural insect repellent
2. Freshens air and eliminates odours
3. Disinfects surfaces
4. Repels rodents and pests
5. Supports garden growth (companion planting)

Blends Well With

Respiratory Relief:

1. Peppermint (cooling and decongestant)
2. Lemon (uplifting and antimicrobial)
3. Frankincense (anti-inflammatory)
4. Rosemary (stimulating and respiratory support)

Pain Relief:

1. Oregano (analgesic and anti-inflammatory)
2. Lavender (calming and soothing)
3. Camphor (analgesic and anti-inflammatory)

Mental Clarity:

1. Rosemary (stimulating and cognitive support)
2. Lemon (uplifting and refreshing)
3. Peppermint (invigorating and focus-enhancing)
4. Bergamot (uplifting and stress-reducing)

Skin and Wound Healing:

1. Tea Tree (antiseptic and antimicrobial)
2. Lavender (calming and soothing)
3. Frankincense (anti-inflammatory and regenerative)

Earth
POWER



Frankincense essential oil is extracted from the resin of the Boswellia tree
It's been used for centuries in traditional medicine and spiritual practices
Frankincense oil has anti-inflammatory and anti-aging properties

Fragrance profile: Frankincense essential oil has a woody, earthy, and resinous aroma. It's Rich, spicy, and slightly sweet.

Benefits and Uses

1. Reduces stress, anxiety, and depression
2. Relieves pain and inflammation
3. Improves sleep quality
4. Boosts immune system function
5. Natural antiseptic and antimicrobial
6. Reduces scarring and promotes wound healing
7. Relieves menstrual cramps and PMS symptoms
8. Supports respiratory health
9. Eases digestive issues and bloating
10. Natural anti-aging and skin toner
11. Reduces acne and promotes healthy skin
12. Relieves headaches and migraines
13. Improves oral health and reduces bad breath
14. Natural insect repellent
15. Reduces anxiety and panic attacks
16. Promotes relaxation and meditation
17. Supports cancer treatment and recovery
18. Relieves arthritis and joint pain
19. Improves cognitive function and focus
20. Natural deodorizer and air purifier
21. Supports hormone balance and fertility
22. Relieves symptoms of asthma and COPD
23. Improves skin conditions like eczema and psoriasis
24. Reduces muscle spasms and cramps
25. Supports bone health and density
26. Relieves symptoms of ADHD and autism
27. Improves mood and reduces irritability
28. Natural anti-inflammatory and antiseptic
29. Supports immune system function in children
30. Promotes spiritual growth and connection

Blends Well With

Lavender: Enhances relaxation and calming effects
Tea Tree: Natural antimicrobial and antifungal
Geranium: Balances hormones and emotions
Bergamot: Uplifting and mood-boosting
Sandalwood: Grounding and calming
Ylang-Ylang: Promotes feelings of love and self-love
Peppermint: Enhances focus and mental clarity
Lemon: Natural detoxifier and immune booster
Rosemary: Improves mental clarity and focus

Precautions

- Dilute with carrier oils (1-3%) for skin use
- Avoid during pregnancy, breastfeeding, or with sensitive skin
- Consult a healthcare professional before using
- Keep away from children and pets
- Store in a cool, dark place



Geranium's scent profile is floral, sweet, and slightly minty. It's uplifting and calming, with a moderate strength and medium-lasting duration.

Fragrance profile:

- **Top notes** Fresh, green, and herbaceous, with a hint of sweetness.
- **Middle notes** Floral, rose-like, and slightly sweet, with a subtle minty undertone.
- **Base notes** Rich, earthy, and slightly woody, with a lingering sweetness.

Benefits and Uses

1. Reduces stress and anxiety.
2. Promotes relaxation and calms the mind.
3. Relieves menstrual cramps and symptoms.
4. Soothes skin irritations like acne and eczema.
5. Reduces inflammation and pain.
6. Improves sleep quality.
7. Boosts mood and reduces depression.
8. Supports hormone balance.
9. Natural insect repellent.
10. Soothes sore throats and coughs.
11. Relieves headaches and migraines.
12. Supports liver and kidney health.
13. May reduce cancer risk.
14. Relieves muscle and joint pain.
15. Soothes digestive issues like bloating.
16. Promotes wound healing.
17. Reduces cellulite appearance.
18. May reduce blood pressure.
19. Supports immune function.
20. Natural antifungal and antibacterial agent.

Blends Well With

1. **Lavender oil:** Promotes relaxation, calms anxiety, and improves sleep quality.
2. **Bergamot oil:** Uplifting and calming, reduces stress and anxiety.
3. **Sandalwood oil:** Grounding and calming, promotes relaxation and spiritual growth.
4. **Frankincense oil:** Reduces inflammation, promotes relaxation, and improves mood.
5. **Geranium oil:** Balances emotions, reduces stress, and promotes relaxation.
6. **Ylang-ylang oil:** Promotes feelings of love, self-love, and relaxation.
7. **Patchouli oil:** Grounding and calming, promotes relaxation and reduces anxiety.
8. **Rose oil:** Promotes relaxation, reduces stress, and improves mood.



Precautions

- Dilute with carrier oils (1-3%) for skin use
- Avoid during pregnancy, breastfeeding, or with sensitive skin
- Consult a healthcare professional before using
- Keep away from children and pets
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Lavender essential oil is extracted from the flowers of the *Lavandula angustifolia* plant. It's been used for centuries in traditional medicine and perfumery. Lavender oil has a calming effect on the nervous system.

Fragrance profile: Lavender essential oil has a calming, soothing, and serene aroma. It's sweet, floral, herbaceous, gentle, subtle, and peaceful.

Benefits and Uses

1. Promotes relaxation and reduces stress
2. Improves sleep quality and duration
3. Relieves anxiety and depression
4. Eases pain and inflammation
5. Natural antiseptic and antimicrobial
6. Soothes skin irritations and burns
7. Calms digestive issues and bloating
8. Supports immune system function
9. Reduces scarring and promotes wound healing
10. Natural insect repellent
11. Relieves headaches and migraines
12. Improves mood and reduces irritability
13. Natural anti-aging and skin toner
14. Relieves menstrual cramps and PMS symptoms
15. Supports respiratory health
16. Eases muscle spasms and cramps
17. Promotes healthy hair growth
18. Natural deodorizer and air purifier
19. Relieves symptoms of ADHD and autism
20. Supports emotional balance and well-being
21. Relieves symptoms of arthritis and joint pain
22. Improves cognitive function and focus
23. Natural anti-inflammatory and antiseptic
24. Supports hormone balance and fertility
25. Relieves symptoms of asthma and COPD
26. Improves skin conditions like eczema and psoriasis
27. Relieves sunburn and promotes skin recovery
28. Natural remedy for minor cuts and scrapes
29. Supports immune system function in children
30. Promotes spiritual growth and connection



Blends Well With

Bergamot: Uplifting and mood-boosting
Tea Tree: Natural antimicrobial and antifungal
Geranium: Balances hormones and emotions
Frankincense: Grounding and calming
Peppermint: Enhances focus and mental clarity
Lemon: Natural detoxifier and immune booster
Rosemary: Improves mental clarity and focus
Eucalyptus: Decongestant and respiratory support

Precautions

- Dilute with carrier oils (1-3%) for skin use
- Avoid during pregnancy, breastfeeding, or with sensitive skin
- Consult a healthcare professional before using
- Keep away from children and pets
- Store in a cool, dark place



Lemons are a hybrid of sour orange and citron. Lemons essential oil has antimicrobial properties, making them a popular ingredient in cleaning products and skincare routines

Fragrance profile: Fresh, citrusy scent. Bright, uplifting aroma. Sharp, zesty fragrance. Clean, refreshing smell, intensely citrusy, slightly sweet note
Imagine the invigorating scent of freshly squeezed lemon juice or the zest of a lemon peel – that's what lemon essential oil smells like!

Benefits and Uses

1. Boosts mood
2. Anti-inflammatory
3. Antiseptic properties
4. Aids digestion
5. Supports immune system
6. Natural disinfectant
7. Alkalizes body
8. Uplifting scent
9. Improves circulation
10. Anti-aging properties
11. Natural preservative
12. Insect repellent
13. Antifungal properties
14. Reduces anxiety
15. Promotes clarity
16. Skin toner
17. Hair lightener
18. Natural perfume
19. Air purifier
20. Boosts energy
21. Supports liver health
22. Anti-cancer properties
23. Anti-viral properties
24. Reduces stress
25. Improves cognitive function
26. Natural deodorizer
27. Relieves pain
28. Reduces inflammation
29. Supports respiratory health
30. Promotes overall well-being



Blends Well With

Refreshing & Uplifting Blends:

1. Lemon + Peppermint (invigorating)
2. Lemon + Eucalyptus (decongesting)
3. Lemon + Rosemary (mental clarity)
4. Lemon + Orange (citrusy delight)
5. Lemon + Bergamot (uplifting and calming)

Antimicrobial & Immune-Boosting Blends:

1. Lemon + Tea Tree (antifungal & antibacterial)
2. Lemon + Oregano (antiviral & antimicrobial)
3. Lemon + Lavender (skin soothing)

Calming & Soothing Blends:

1. Lemon + Lavender (promotes relaxation)
2. Lemon + Cedarwood (grounding and calming)
3. Lemon + Frankincense (meditative)

Insect-Repelling Blends:

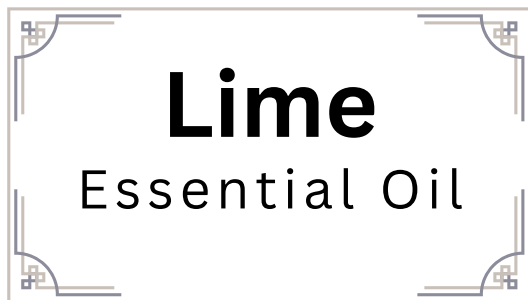
1. Lemon + Lemon Grass (citrusy & refreshing)
2. Lemon + Cedarwood (natural insect repellent)

Spiritual & Grounding Blends:

1. Lemon + Frankincense (meditative)
2. Lemon + Myrrh (centering)

Precautions

- Dilute with carrier oils (1-3%) for skin use - Avoid during pregnancy, breastfeeding, or with sensitive skin - Consult a healthcare professional before using - Keep away from children and pets - Store in a cool, dark place



Lime essential oil (*Citrus aurantifolia*) has a fresh, citrusy, and uplifting fragrance profile. Lime essential oil is commonly used in aromatherapy to: - Reduce stress and anxiety - Improve mood and focus - Boost energy and vitality - Support immune function It's also used in perfumery, skincare, and natural cleaning products for its refreshing and deodourizing properties.

Fragrance profile:

Top notes: Fresh, citrusy, and zesty, with a burst of lime peel aroma.

Middle notes: Herbaceous and slightly sweet, with hints of green notes.

Base notes: Crisp, clean, and slightly woody.

Benefits and Uses

1. Immune system boost: Fights infections, reduces inflammation, and supports immune function.

2. Antioxidant properties: Protects against cell damage, aging, and oxidative stress.

3. Mood upliftment: Reduces stress, anxiety, and depression with its citrus scent.

4. Skin and hair benefits: Treats acne, reduces inflammation, and promotes healthy hair growth.

5. Digestive aid: Relieves bloating, cramps, and indigestion with its natural antispasmodic properties.

6. Natural disinfectant: Kills bacteria, viruses, and fungi, making it perfect for cleaning and wound care.

7. Insect repellent: Repels mosquitoes and other pests with its strong citrus scent.

8. Anti-inflammatory: Reduces pain, swelling, and inflammation in the body.

9. Respiratory relief: Relieves congestion, coughs, and colds with its expectorant properties.

10. Stress relief: Reduces anxiety, promotes relaxation, and improves sleep quality.

*** SOME USES OF LIME ESSENTIAL OIL ***

1. Perfumes and fragrances
2. Skincare and haircare products
3. Natural cleaning and disinfecting
4. Laundry and fabric freshening
5. Insect repellent and pest control
6. Aromatherapy and relaxation
7. Massage oil and spa treatments
8. Natural remedies for colds and flu
9. Air freshening and deodorizing
10. Food flavoring and preservation
11. Cosmetic uses like lip balm and nail care

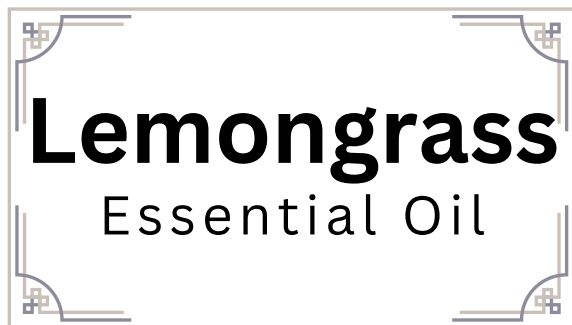


Blends Well With

Peppermint, Eucalyptus, Lemon, Bergamot, Lavender, Geranium, Frankincense, Sandalwood, Rosemary, Oregano, Cinnamon, Clove, Nutmeg, Cardamom, Orange, Mandarin, Ylang-ylang

Precautions

- Dilute with carrier oils (1-3%) for skin use
- Avoid during pregnancy, breastfeeding, or with sensitive skin
- Consult a healthcare professional before using
- Keep away from children and pets
- Store in a cool, dark place



Lemongrass essential oil has a strong, citrusy scent. It's a fresh, earthy, and herbaceous aroma with a subtle tropical undertone, often described as uplifting and invigorating. The scent is often compared to a combination of lemon and grass, with a more pronounced earthy tone.

Fragrance profile: Lemongrass essential oil has a strong, citrusy scent. It's a fresh, earthy, and herbaceous aroma with a subtle tropical undertone, often described as uplifting and invigorating. The scent is often compared to a combination of lemon and grass, with a more pronounced earthy tone.

Benefits and Uses

1. Relieves stress and anxiety
2. Improves sleep quality
3. Digestive aid
4. Anti-inflammatory properties
5. Natural insect repellent
6. Skin toner
7. Natural diuretic
8. Relieves menstrual cramps
9. Reduces bloating
10. Freshens breath
11. Natural deodorizer
12. Relaxes muscles
13. Eases headaches
14. Boosts energy
15. Antimicrobial and antifungal properties
16. Astringent and antiseptic properties
17. Natural antiseptic
18. Wound healing
19. Relieves pain
20. Reduces fever
21. Improves mental clarity
22. Uplifting mood
23. Natural perfumery
24. Insecticidal properties
25. Antioxidant properties
26. Immune system support
27. Anti-cancer properties
28. Skin issues like acne and eczema
29. Hair care: dandruff and lice
30. Natural air purifier



Blends Well With

Frankincense (pain relief, inflammation)
Camphor (analgesic, anti-inflammatory)
Myrrh (anti-inflammatory, antioxidant)
Eucalyptus (decongestant, anti-inflammatory)
Rosemary (pain relief, circulation)
Lemon (antioxidant, anti-inflammatory)
Peppermint (digestive aid, cooling)
Lavender (calming, sleep aid)

Precautions

- Dilute with carrier oils (1-3%) for skin use
- Avoid during pregnancy, breastfeeding, or with sensitive skin
- Consult a healthcare professional before using
- Keep away from children and pets
- Store in a cool, dark place



Myrrh essential oil is extracted from the resin of the Commiphora molmol tree. It's been used for centuries in traditional medicine, perfumery, and spiritual practices. Myrrh oil has anti-inflammatory properties and can help reduce pain

Fragrance profile: Myrrh essential oil has an earthy, woody, and slightly sweet aroma it's rich, resinous and herbal fragrance. Warm, spicy, and mystical scent.

Benefits and Uses

1. Natural anti-inflammatory and pain reliever
2. Supports immune system function and reduces infections
3. Aids in wound healing and tissue repair
4. Reduces stress, anxiety, and promotes relaxation
5. Improves skin conditions like acne, eczema, and psoriasis
6. Natural antiseptic and antimicrobial properties
7. Relieves respiratory issues like bronchitis and asthma
8. Supports oral health and reduces gum inflammation
9. Eases menstrual cramps, PMS symptoms, and menopause issues
10. Natural insect repellent and insecticide
11. Relieves arthritis, joint pain, and muscle spasms
12. Improves digestion and reduces bloating
13. Supports emotional balance and reduces grief
14. Natural anti-aging and skin toner
15. Relieves symptoms of colds, flu, and coughs
16. Improves circulation and reduces inflammation
17. Supports immune system function in children
18. Natural remedy for minor cuts and scrapes
19. Relieves headaches, migraines, and tension
20. Improves mood and reduces irritability
21. Supports respiratory health and reduces congestion
22. Relieves symptoms of allergies and hay fever
23. Natural anti-parasitic and anti-fungal properties
24. Supports healthy gums and teeth
25. Relieves symptoms of ulcers and digestive issues
26. Improves skin elasticity and reduces wrinkles
27. Natural deodorizer and air purifier
28. Relieves symptoms of sinusitis and sinus pressure
29. Supports immune system function during seasonal changes
30. Promotes spiritual growth and connection



Blends Well With

Frankincense: Grounding and calming
Lavender: Promotes relaxation and reduces stress
Tea Tree: Natural antimicrobial and antifungal
Geranium: Balances hormones and emotions
Sandalwood: Grounding and calming
Bergamot: Uplifting and mood-boosting
Cinnamon: Warm and stimulating
Clove: Natural anti-inflammatory and antimicrobial

Precautions

- Dilute with carrier oils (1-3%) for skin use
- Avoid during pregnancy, breastfeeding, or with sensitive skin
- Consult a healthcare professional before using
- Keep away from children and pets
- Store in a cool, dark place



Orange essential oil is extracted from the peel of *Citrus sinensis* through cold-pressing, yielding a refreshing and uplifting oil rich in limonene. For centuries, orange oil has been valued for its antimicrobial, anti-inflammatory, and antidepressant properties, making it a popular natural remedy for skincare, stress relief, and household cleaning.

Fragrance profile: Fresh, citrusy, and uplifting aroma. Sweet, vibrant, and energetic scent. Clean, refreshing, and revitalizing fragrance. Warm, sunny, and inviting aroma. The scent of orange essential oil is often described as: - Similar to the peel of a freshly peeled orange - Citrusy, but sweeter than lemon - Less bitter than bergamot - More vibrant than tangerine

Benefits and Uses

Physical Health

1. Relieves inflammation and pain
2. Antimicrobial and antifungal properties
3. Boosts immune system
4. Natural antiseptic for wounds
5. Reduces fever
6. Eases digestive issues
7. Relieves constipation
8. Supports weight loss
9. Natural remedy for colds and flu
10. Soothes sore muscles

Mental and Emotional

1. Uplifts mood and reduces stress
2. Combats anxiety and depression
3. Enhances focus and concentration
4. Promotes relaxation and calmness
5. Improves sleep quality

Skincare and Beauty

1. Reduces acne and blemishes
2. Promotes collagen production
3. Improves skin tone and texture
4. Natural remedy for cellulite
5. Enhances hair shine and growth

Household and Cleaning

1. Natural disinfectant and degreaser
2. Insect repellent for mosquitoes and pests
3. Air purifier and freshener
4. Natural polish for wood and leather

Other Benefits

1. Supports cancer treatment (research-based)
2. Natural insecticide for gardens
3. Repels ants and termites
4. Enhances cognitive function
5. Supports respiratory health
6. Natural fragrance for perfumes and aromatherapy



Blends Well With

1. **Frankincense** (pain relief, inflammation)
2. **Camphor** (analgesic, anti-inflammatory)
3. **Myrrh** (anti-inflammatory, antioxidant)
4. **Eucalyptus** (decongestant, anti-inflammatory)
5. **Rosemary** (pain relief, circulation)
7. **Lemon** (antioxidant, anti-inflammatory)
8. **Lemongrass** (anti-inflammatory, antimicrobial)

Precautions

- Dilute with carrier oils (1-3%) for skin use
- Avoid during pregnancy, breastfeeding, or with sensitive skin
- Consult a healthcare professional before using
- Keep away from children and pets
- Store in a cool, dark place



Oregano essential oil is extracted from the leaves of the *Origanum vulgare* plant. It's been used for centuries in traditional medicine, cooking, and spiritual practices. Oregano oil has antimicrobial properties and can help reduce infections.

Fragrance profile: Oregano essential oil has a pungent, earthy, and herbaceous aroma. It's strong, spicy, and slightly bitter. It's also warm, invigorating, and refreshing scent.

Benefits and Uses



1. Natural antimicrobial and antifungal properties
2. Supports immune system function and reduces infections
3. Aids in digestion and relieves bloating
4. Natural insect repellent and insecticide
5. Relieves respiratory issues like bronchitis and asthma
6. Supports skin health and reduces acne
7. Natural anti-inflammatory and pain reliever
8. Eases menstrual cramps, PMS symptoms, and menopause issues
9. Supports oral health and reduces gum inflammation
10. Relieves stress, anxiety, and promotes relaxation
11. Natural antiseptic and antimicrobial properties
12. Supports immune system function in children
13. Relieves symptoms of colds, flu, and coughs
14. Improves circulation and reduces inflammation
15. Natural remedy for minor cuts and scrapes
16. Relieves headaches, migraines, and tension
17. Improves mood and reduces irritability
18. Supports respiratory health and reduces congestion
19. Relieves symptoms of allergies and hay fever
20. Natural anti-parasitic and anti-fungal properties
21. Supports healthy gums and teeth
22. Relieves symptoms of ulcers and digestive issues
23. Improves skin elasticity and reduces wrinkles
24. Natural deodorizer and air purifier
25. Relieves symptoms of sinusitis and sinus pressure
26. Supports immune system function during seasonal changes
27. Promotes spiritual growth and connection
28. Relieves symptoms of arthritis and joint pain
29. Supports healthy hair and scalp
30. Natural preservative and antioxidant properties

Blends Well With

Tea Tree: Natural antimicrobial and antifungal

Lavender: Promotes relaxation and reduces stress

Peppermint: Invigorating and refreshing

Eucalyptus: Decongestant and respiratory support

Geranium: Balances hormones and emotions

Thyme: Natural antimicrobial and antifungal

Rosemary: Improves mental clarity and focus

Bergamot: Uplifting and mood-boosting

Precautions

- Dilute with carrier oils (1-3%) for skin use
- Avoid during pregnancy, breastfeeding, or with sensitive skin
- Consult a healthcare professional before using
- Keep away from children and pets
- Store in a cool, dark place



Peppermint essential oil, extracted from *Mentha piperita* leaves, has been used for centuries to aid digestion, relieve headaches, and boost energy due to its invigorating aroma and high menthol content. Ancient civilizations, including Egyptians, Greeks, and Romans, valued peppermint oil for its medicinal and refreshing properties, using it to freshen breath and soothe stomach issues.

Fragrance profile: Peppermint oil has a refreshing, cooling, and invigorating scent, often described as: Minty and sweet. Sharp and pungent. Refreshing and invigorating similar to spearmint, but with a more intense, piercing aroma

Benefits and Uses

1. Relieves digestive issues (nausea, bloating, cramps)
2. Eases headaches and migraines
3. Boosts energy and mental focus
4. Supports respiratory health (coughs, colds, congestion)
5. Natural pain relief (muscle aches, joint pain)
6. Reduces stress and anxiety
7. Improves sleep quality
8. Natural insect repellent
9. Supports skin health (acne, itchiness, redness)
10. Freshens breath and reduces bad breath
11. Relieves menstrual cramps and symptoms
12. Supports immune system function
13. Reduces nausea and vomiting
14. Helps manage IBS (Irritable Bowel Syndrome) symptoms
15. Supports muscle relaxation and reduces spasms
16. Improves mental clarity and alertness
17. Natural remedy for motion sickness
18. Supports healthy gut bacteria
19. Reduces inflammation and improves wound healing
20. Natural decongestant and expectorant

Blends Well With

1. **Lemon** (invigorating and refreshing)
2. **Eucalyptus** (cooling and decongestant)
3. **Lavender** (calming and soothing)
4. **Bergamot** (uplifting and stress-relieving)
5. **Rosemary** (mental clarity and focus)

Avoid blending Peppermint with:

- Oregano (overpowering scent)
- Myrrh (contrasting properties)

Precautions

- Dilute with carrier oils (1-3%) for skin use
- Avoid during pregnancy, breastfeeding, or with sensitive skin
- Consult a healthcare professional before using
- Keep away from children and pets
- Store in a cool, dark place





Rosemary essential oil is a versatile and potent herb, offering a wide range of benefits and uses. Its invigorating scent and natural properties make it a popular choice for aromatherapy, skincare, and natural remedies

Fragrance profile: Rosemary essential oil has a fresh, herbaceous, and slightly bitter aroma. Invigorating and stimulating scent, often associated with mental clarity and focus. Piney and woody undertones, reminiscent of the Mediterranean region where it's commonly found

Benefits and Uses

- | | |
|---|--|
| <ul style="list-style-type: none">1.Improves circulation and reduces inflammation2.Relieves menstrual cramps, bloating, and mood swings3.Supports immune system function and reduces infection risk4.Enhances wound healing and tissue repair5.Reduces stress and anxiety, promoting relaxation6.Improves oral health, reducing plaque and bad breath7.Natural antiseptic and antifungal properties8.Repels mosquitoes and other insects9.Improves digestion, reducing symptoms of IBS10.Relieves symptoms of arthritis, fibromyalgia, and chronic pain11.Supports adrenal function and reduces fatigue12.Improves skin conditions like eczema, acne, and dermatitis13.Enhances mental clarity and focus during meditation and yoga14.Natural deodourizer and air purifier | <ul style="list-style-type: none">1.Improves memory and cognitive function2.Enhances mental clarity and focus3.Boosts mood and reduces stress4.Relieves respiratory issues, such as congestion and coughs5.Eases muscle and joint pain6. Supports digestion and reduces bloating7.Natural insect repellent |
|---|--|

Uses:

Aromatherapy: Diffuse for mental clarity, focus, and mood boost

Skincare: Add to products for acne, anti-aging, and skin tone improvement

Haircare: Stimulates hair growth, improves circulation, and reduces dandruff

Cooking: Use in herbal teas, marinades, and roasted vegetables

Natural remedies: Relieves headaches, improves circulation, and reduces inflammation

Household: Natural insect repellent, air purifier, and deodourizer

Blends Well With

- 1. **Peppermint** (mental clarity and focus)
- 2. **Lemon** (invigorating and refreshing)
- 3. **Bergamot** (uplifting and stress-relieving)
- 4. **Orange** (mood-boosting)
- 5. **Eucalyptus** (respiratory relief)
- 6 **Frankincense** (anti-inflammatory)
- 7. **Camphor** (analgesic)
- 8. **Lavender** (calming and relaxing)
- 9. **Lemongrass** (natural insecticide)
- 10. **Cedarwood** (insect repellent)

Precautions

- Dilute with carrier oils (1-3%) for skin use
- Avoid during pregnancy, breastfeeding, or with sensitive skin
- Consult a healthcare professional before using
- Keep away from children and pets
- Store in a cool, dark place





Tea Tree oil, derived from *Melaleuca alternifolia*, has been used for centuries by indigenous Australians to treat wounds, infections, and skin conditions due to its potent antimicrobial properties. Named after British explorer Captain James Cook's observation of locals using the leaves to make a tea-like infusion, Tea Tree oil is now globally recognized for its natural antiseptic and antifungal benefits.

Fragrance profile: Tea Tree oil has a fresh, camphorous, and herbaceous aroma. It's Pungent, yet refreshing invigorating. It has a medium to strong intensity. It is Similar to eucalyptus, but sweeter and more subtle

Benefits and Uses

Skin and Beauty

1. Acne treatment: reduces inflammation and fights bacteria
2. Natural antiseptic for wounds and cuts
3. Soothes sunburns and minor burns
4. Reduces scarring and hyperpigmentation
5. Fades age spots and promotes even skin tone
6. Natural insect repellent for skin
7. Relieves eczema, psoriasis, and dermatitis
8. Reduces dandruff and itchiness
9. Promotes healthy nail growth
10. Soothes chapped lips and mouth

Household and Cleaning

1. Natural disinfectant for surfaces
2. Insect repellent for homes and gardens
3. Deodorizes and freshens air

Blends Well With

1. **Eucalyptus** (respiratory support)
2. **Lemon** (antimicrobial and uplifting)
3. **Rosemary** (stimulating and clarifying)
4. **Peppermint** (cooling and refreshing)
5. **Lavender** (calming and soothing)
6. **Bergamot** (antiseptic and uplifting)
7. **Cedarwood** (grounding and insect-repelling)
8. **Frankincense** (anti-inflammatory)
9. **Oregano** (antimicrobial)
10. **Lemongrass** (insect-repelling)

Health and Wellness:

1. Boosts immune system
2. Natural antimicrobial agent
3. Fights cold sores and herpes
4. Relieves congestion and coughs
5. Eases sore throats and tonsillitis
6. Reduces fever and inflammation
7. Natural antibacterial agent for wounds
8. Relieves muscle and joint pain
9. Supports respiratory health

Hair and Scalp

1. Treats lice and nits
2. Soothes itchy scalp and dandruff
3. Promotes healthy hair growth
4. Reduces frizz and adds shine
5. Natural remedy for scalp acne

Oral Health

1. Reduces bad breath and gum inflammation
2. Natural mouthwash for oral hygiene
3. Fights cavities and tooth decay

Precautions

- Dilute with carrier oils (1-3%) for skin use
- Avoid during pregnancy, breastfeeding, or with sensitive skin
- Consult a healthcare professional before using
- Keep away from children and pets
- Store in a cool, dark place





Patchouli essential oil, is extracted from the leaves of the Patchouli plant (*Pogostemon cablin*) through steam distillation. This oil is highly valued for its rich, earthy, and herbaceous aroma, as well as its numerous benefits and uses.

Fragrance profile: Patchouli essential oil has a strong, rich, and intense aroma, with the following smell notes: Top notes: Earthy, herbaceous, and slightly sweet; Middle notes: Rich, mossy, and slightly spicy; Base notes: Deep, woody, and resinous

Benefits and Uses

1. Skin issues: Helps with acne, eczema, and dermatitis due to its anti-inflammatory and antiseptic properties.

2. Relaxation and stress relief: Promotes relaxation, reduces anxiety, and improves sleep quality.

3. Insect repellent: Repels insects like mosquitoes and moths due to its strong scent.

4. Aromatherapy: Uplifts and calms the mind, improves focus, and promotes a sense of well-being.

5. Hair care: Treats dandruff, itchiness, and oily hair.

6. Wound healing: Aids in wound healing and prevents infection due to its antiseptic properties.

7. Natural deodorizer: Eliminates odors and leaves a fresh, earthy smell.

8. Anti-aging: Reduces fine lines and wrinkles, promoting a youthful appearance.

9. Digestive issues: Relieves nausea, vomiting, and diarrhea due to its anti-inflammatory properties.

10. Immune system support: Boosts the immune system, preventing illnesses and infections.

11. Mood booster: Uplifts and calms the mind, reducing anxiety and stress.

12. Pain relief: Relieves muscle and joint pain due to its anti-inflammatory properties.

13. Respiratory issues: Relieves congestion, coughs, and colds due to its expectorant properties.

14. Menstrual relief: Eases menstrual cramps, bloating, and mood swings due to its anti-inflammatory and antispasmodic properties.

15. Insect bites: Relieves itching and inflammation caused by insect bites.

Blends Well With

Lavender oil: Creates a calming and relaxing blend for promoting sleep and reducing anxiety.

Tea tree oil: Combines antiseptic and anti-inflammatory properties to create a powerful blend for skin issues.

Geranium oil: Balances hormones and promotes a sense of well-being.

Frankincense oil: Enhances relaxation and reduces inflammation.

Bergamot oil: Uplifts and calms the mind, reducing anxiety and stress.

Precautions

- Dilute with carrier oils (1-3%) for skin use
- Avoid during pregnancy, breastfeeding, or with sensitive skin
- Consult a healthcare professional before using
- Keep away from children and pets
- Store in a cool, dark place



Ylang-ylang essential oil (*Cananga odorata*) has a rich, sweet, and intensely floral fragrance profile. The scent of ylang-ylang essential oil is often described as: - Sweet and floral - Exotic and sensual - Soothing and calming - Intensely emotional and romantic

Fragrance profile:

Top notes Sweet, floral, and slightly green, with a hint of freshness.

Middle notes Intensely floral, jasmine-like, and exotic, with a deep, rich sweetness.

Base notes Smooth, creamy, and sensual, with a lingering sweetness and a hint of spice.

Benefits

1. **Calms stress and anxiety**, promoting relaxation.
2. **Uplifts and improves mood**, reducing symptoms of depression.
3. **Soothes skin irritations**, like acne, redness, and inflammation.
4. **Promotes healthy hair growth**, reducing dandruff and itchiness.
5. **Lowers blood pressure**, improving cardiovascular health.
6. **Improves sleep quality**, reducing insomnia and restlessness.
7. **Boosts self-esteem** and confidence, reducing anxiety.
8. **Relieves pain**, reducing inflammation and discomfort.
9. **Supports immune system**, reducing risk of illness.
10. **Balances hormones**, reducing symptoms of PMS.
11. **Soothes digestive issues**, like bloating, cramps, and nausea.
12. **Reduces inflammation**, improving skin and joint health.

Uses

1. Perfumes and fragrances
2. Skincare creams and lotions
3. Haircare shampoos and conditioners
4. Room sprays and diffusers
5. Soaps and body washes
6. Candles and essential oil blends
7. Massage oils and lotions
8. Bath bombs and salts
9. Aromatherapy products
10. Insect repellents
11. Deodorants and antiperspirants
12. Lip balms and lip scrubs
13. Face masks and scrubs
14. Body scrubs and exfoliants
15. Shaving creams and aftershave
16. Foot creams and powders
17. Hand creams and sanitizers
18. Mouthwashes and oral care
19. Hair masks and treatments
20. Natural remedies and herbal products

Blends Well With

Lavender, Bergamot, Geranium, Sandalwood, Vanilla, Tea Tree, Rosemary, Frankincense, Eucalyptus, Peppermint, Lemongrass, Rose, Orange, Patchouli

Precautions

- Dilute with carrier oils (1-3%) for skin use
- Avoid during pregnancy, breastfeeding, or with sensitive skin
- Consult a healthcare professional before using
- Keep away from children and pets
- Store in a cool, dark place



Vetiver essential oil is a rich, earthy, and woody oil with a calming and grounding scent. It promotes relaxation, reduces stress and anxiety, and improves sleep quality. Its herbaceous and smoky notes add depth to perfumes and skincare products, soothing and calming the skin.

Fragrance profile:

Top notes Earthly, herbaceous, and slightly green, with a hint of freshness.

Middle notes Woody, smoky, and resinous, with a deep, rich earthiness.

Base notes Dry, woody, and slightly sweet, with a lingering earthy and herbaceous undertone.

Benefits & Uses

1. Promotes relaxation: Vetiver oil's calming scent helps reduce stress and anxiety.

2. Improves sleep: Its grounding properties promote deep relaxation, leading to better sleep quality.

3. Reduces inflammation: Vetiver oil's anti-inflammatory properties soothe and calm irritated skin.

4. Soothes anxiety and panic attacks: Its calming effects help alleviate anxiety and panic attacks.

5. Relieves muscle and joint pain: Vetiver oil's anti-inflammatory and antispasmodic properties ease muscle and joint pain.

6. Improves skin health: Its antiseptic and antifungal properties help treat acne, wounds, and skin infections.

7. Calms nervous system: Vetiver oil's sedative properties calm the nervous system, reducing restlessness and agitation.

8. Repels insects: Its strong scent repels mosquitoes and other insects.

9. Reduces stress and burnout: Vetiver oil's grounding properties help alleviate stress and burnout.

10. Improves focus and concentration: Its calming effects promote mental clarity and focus.

11. Supports emotional healing: Vetiver oil's calming and grounding properties support emotional healing and balance.

12. Relieves menstrual cramps: Its antispasmodic properties ease menstrual cramps and discomfort.

13. Soothes digestive issues: Vetiver oil's anti-inflammatory properties calm digestive issues, such as IBS and bloating.

14. Reduces symptoms of ADHD: Its calming and focusing effects may help alleviate symptoms of ADHD.

15. Promotes feelings of calmness and tranquility: Vetiver oil's grounding properties promote a sense of calmness and tranquility, reducing feelings of overwhelm and anxiety.

Blends Well With

Lavender, Bergamot, Geranium, Sandalwood, Vanilla, Tea Tree, Rosemary, Frankincense, Eucalyptus, Peppermint, Lemongrass, Rose, Orange, Patchouli

Precautions

- Dilute with carrier oils (1-3%) for skin use
- Avoid during pregnancy, breastfeeding, or with sensitive skin
- Consult a healthcare professional before using
- Keep away from children and pets
- Store in a cool, dark place