Most oils may be applied directly from the bottle or in a dilution of base oil.

For spray bottles, oils should be mixed in spring water as opposed to distilled water, in the appropriate ratio.

Oils may be diffused, applied topically or added to water for bathing, cleaning and disinfecting.

Most may be worn as a perfume, aftershave, on the neck, face, throat, wrists, ankles, back, behind the ears, over the heart, and on the bottoms of the feet.

**BLENDS**

**ABUNDANCE** – Enhances magnetic energy creating a frequency of health and abundance.

**ACCEPTANCE** – Assists one in overcoming denials in life.

**AROMA LIFE** – Strengthens the heart and varicose veins, lowers blood pressure and cholesterol.

**AROMA SIEZ** – For muscle spasm, sore muscles/tendons.

**AWAKEN** – Opens the mind and body to help in bringing out full potential in life.

**CHRISTMAS SPIRIT** – Depression; brings happiness, joyful memories of good times.

**CITRUS FRESH** – Calming, antiseptic, sense of well being, joy, high in flavonoids.

**CLARITY** – Helps memory retention, increases energy level, opens the mind, helps overcome shock.

**DI-TONE** – Assists in relieving digestive problems, bloating, diarrhea, parasites, cramps, and gas.

**DRAGON TIME** – PMS, menopausal situations, balancing.

**DREAM CATCHER** – Enhances dreams and visualizations, may help stay on path, protects against negativity.

**ENDO FLEX** – Balances the metabolism, aids in hormonal balancing, supports the thyroid.

**EN-R-GEE** – Energizes, stimulates mental alertness.

**FORGIVENESS** – Helps one to forgive oneself as well as others and make life easier.

**GATHERING** – Spiritual enhancement, ritual bonding of close groups with common values and goals.

**GENTLE BABY** – Comforting, soothing, embracing and relaxing for baby and mother, insomnia, colic, birthing.

**GROUNDING** – Stabilizes, helps us to deal with reality in a peaceful manner.

**HARMONY** – Balances the energy centers of the body, helps to deal with emotions, creates harmony and well being.

**HOPE** – Assists in bringing about the desires to improve and move forward in life.

**HUMILITY** – Works with forgiveness when seeking a closer relationship with spirituality.

**IMMUPOWER** – Balances the immune system, antiviral, anti-bacterial, antiseptic; eases degenerative disease.

**INNER CHILD** – Identity, re-connect with inner self, mid-life crisis, abuse issues.

**INSPIRATION** – Brings relief from negative thoughts; enhances spiritual moods, harmonizing.

**INTO THE FUTURE** – Vision, excitement, living on the edge, tenacity, integrity, pioneer, determination, commitment, challenge, joy.

**JOY** – Increases self-esteem, self-love; calms, soothes, creates happy feelings.

**JUVA FLEX** – Helps detox the liver and lymphatic system, supports digestion.

**MELROSE** – Fights ear and gum infections, cold sores, canker sores.
MISTER – Hormonal balancing for both men and some women; increases energy.

MOTIVATION – Helps one to gain motivation and direction, eliminating procrastination.

MY-GRAIN – Relieves headaches (especially if blood sugar related), migraines, stress headaches.

PANAWAY – Sciatica, bone pain, arthritis, acute pain.


PRESENT TIME – Brings into the present, helps let go of living in the past, helps one to move forward with goals.

PURIFICATION – Helps to purify air, neutralize fumes and odors, removes formaldehyde, fungus, molds.

RAVEN OR RC – Asthma, congestion, sinus, colds, flu, bronchitis, pneumonia, sore throat, cold sores, bone spurs.

RELEASE – Aids in releasing anger, soothing and calming to emotions.

RELIEVE IT – Sciatic pain, joint pain, deep tissue pain.

SACRED MOUNTAIN – Grounding, sense of strength and stability, finding one’s sacred space.

SARA – Release and let go of trauma memory, sexual and ritual abuse.

SENSATION – Uplifting, refreshing, arousing, skin problems.

*THIEVES – Antiviral, antibacterial, enhances the immune system, blood sugar balance, sore throat, great for children.

THREE WISE MEN – Accepting of gifts and giving, helps ability to receive.

VALOR – Overcome fears, gives courage to move on, confidence, self-esteem; relieves spinal pain.

WHITE ANGELICA – Sense of protection from negative radiation from others.

SINGLE OILS

BASIL – Anxiety, colds, depression, flu, fever, mind clarity, migraines, muscles, nerves, respiratory.

BERGAMOT – Bronchitis, cold sores, digestion, eczema, emphysema, gallstones, inflammation, insect bites, kidneys, nerves, parasites, sore throat, urinary tract, vaginal candida, varicose veins.

BIRCH – Acne, arthritis, bones, detoxifying hair tonic, lymphatic psoriasis.

CEDARWOOD – Arthritis, congestion, cough, cellulite, dermatitis, hair loss, kidneys, muscles, respiratory, stress, tuberculosis.

CHAMOMILE – Allergies, anemia, anxiety, bladder, eczema, fever, headache, liver, menstrual, parasites, rashes, sunburn.

*CINNAMON – Cardiac, colds, circulatory, depression, fever, parasites, kidneys, muscles, menstruation, toothache.

CISTUS – Auto-immune, infections, arthritis, immune stimulant, rheumatism.

CLARY SAGE – Acne, boils, colic, frigidity, hemorrhoids, headache, muscles, nerves, sore throat, wrinkles.

*CLOVE – Allergies, asthma, bruises, burns, colds, colic, digestion, flu, nervous exhaustion, pain, pancreas, pyorrhea, varicose veins.

CORIANDER – Cardiac, circulation, colds, colic, digestive, flu, nervous exhaustion, pain, pancreas, sore muscles.

CYPRESS – Arthritis, bronchitis, circulation, cramps, hot flashes, lymphatic, muscles, pancreas, pyorrhea, varicose veins.

DILL – Colic, flatulence, indigestion, pancreas, lack of periods, promotes milk flow for nursing.

EUCALYPTUS – Asthma, bladder, burns, candida, diabetes, emphysema, headaches, fever, kidneys, sinus, sprains, tuberculosis.

FENNEL – Asthma, cellulite, constipation, digestion, gout, hangover, kidney, menopause, nerve, pancreas, rheumatism, wrinkles.

FIR – Asthma, colds, fever, flu, sore muscles.

FRANKINCENSE – Bladder, colds, hemorrhage, blood cells, lymphatic, rheumatism, scars, skin, tumors, wrinkles.

GERANIUM – Acne, bruises, burns, cellulite, diabetes, fungus, gallbladder, kidneys, liver, nerves, ringworm.

GINGER – Arthritis, colic, cramps, diarrhea, flu, hangovers, laxative, motion sickness, nerves, sprains, toothaches.

GRAPEFRUIT – Acne, cellulite, colds, depression, flu, headache, lymphatic, liver, obesity, stress, weight loss.

HELICHRYSUM – Allergies, asthma, blood cleansing, burns, cuts, depression, fever, headaches, lymphatic, liver, muscles, nerves, pain, sedative, topical anesthesia, viruses.

HYSSOP – Arthritis, asthma, bronchitis, cystitis, digestion, emmenagogues, emphysema, expectorant, microbial mutations, pneumonia, scarring, staph, thickened mucus (use caution with children).

JASMINE – Anxiety, cirrhosis, colds, depression, headache, hepatitis, inflammation, insomnia, muscles, nerves, respiratory, stress.
JUNIPER – Acne, colic, colds, diabetes, flu, gout, kidneys, menstrual, obesity, rheumatism, stress, urinary.

LAVENDER – Allergies, acne, burns, baldness, bladder, depression, dermatitis, diaper rash, digestion, earache, epilepsy, gallstones, hair, headache, liver, muscles, nerves, paralysis, ringworm, sunstroke, stretch marks, sprains, toothache, vomiting.

LEMON – Arthritis, acne, colds, constipation, diabetes, fever, headaches, insect bites, kidneys, liver, lymph, nose bleed, rheumatism, scar tissue, varicose veins.

*LEMONGRASS – Athletes foot, bladder, circulation, connective tissue, digestive, fever, fatigue, headache, lymphatic, muscles, nerves, respiratory, varicose veins.

MARJORAM – Anxiety, aches, arthritis, bruises, colic, cramps, digestive, fungus, headache, liver, muscles, nerves, rheumatism, respiratory, stress, ticks.

MELALEUCA – See TEA TREE.

MYRRH – Anemia, bronchitis, candida, cough, eczema, hemorrhoids, inflammation, menstrual, sedative, stretch marks.

MYRTLE – Acne, bruises, colds, flu, hemorrhoids, lungs, sinus, tuberculosis.

NUTMEG – Digestive, heart, laxative, menstrual, rheumatism, toothache, vomiting.

ORANGE – Anxiety, bronchitis, blood, constipation, fever, fungus, heart, jaundice, laxative, insomnia, nerve, scars, shock, stress, wrinkles.

*OREGANO – Fungus, immune system, viruses.

PATCHOULI – Allergies, anxiety, cellulite, depression, fever, headache, hair, mind clarity, nerve, skin, toxins, vomiting, water retention, wrinkles.

PEPPERMINT – Anemia, bronchitis, cholera, cramps, digestion, dizziness, flu, fatigue, gallstones, hot flashes, itching, inflammation, kidneys, liver, morning sickness, nerves, pain, rheumatism, shock, sunburn, temperature, throat, toothache, varicose veins.

PETITGRAIN – Spasms, inflammation, infections, bacteria, nerve equilibrium.

RAVENSWA – Asthma, bronchitis, children’s colds and coughs, cuts, flu, liver, lungs, sinus.

ROSE – Hemorrhaging, infections, depression, scars, asthma, TB, impotency, skin, wounds, ulcers, sprains, wrinkles.

ROSEMARY – Arthritis, anemia, baldness, colds, cardiovascular, cellulite, cirrhosis, diabetes, epilepsy, flu, gout, heart, headache, hepatitis, hair loss, liver, inflammation, muscles, menstrual, nerves, obesity, pain, rheumatism, respiratory, bleeding.

ROSEWOOD – Acne, cuts, candida, dermatitis, fever, headache, impotence, jet lag, scars, stress, virus, wrinkles.

SAGE – Asthma, colds, depression, fluid retention, gingivitis, inflammation, lymphatic, liver, lungs, menopause, psoriasis, respiratory, stops bleeding.

SANDALWOOD – Aging, acne, bladder, digestive, depression, fungus, insomnia, immune system, itching, lung, nerve, stress, vomiting, works in the DNA and RNA.

SPEARMINT – Asthma, acne, candida, colic, diarrhea, headache, kidney, liver, nerves, sinus.

SPRUCE – Arthritis, bones, candida, rheumatism.

TANGERINE – Acne, cellulite, circulation, heartburn, laxative, nausea, scars.

TEA TREE – Athlete’s foot, abscess, blisters, burns, cough, gingivitis, immune system, insect bites, rashes, sunburn, sinus, shingles, shock, virus, warts.

*THYME – Asthma, arthritis, bladder, burns, cuts, cellulite, circulation, chills, depression, dermatitis, fungus, flu, gout, heart, headache, insect bites, inflammation.

YLANG YLANG – Acne, diabetes, depression, fever, hair.

WHITE LOTUS – Spiritual, emotional, physical enhancement, anti—cancer, immune system, euphoric, elevating.

*spicier oil should be diluted before applying to skin.