



Body Balance Blends

Proprietary body balance blends are formulated to balance key organs and systems of the body so the body can heal.

BLEND	INGREDIENTS	BENEFITS	APPLICATION
Adrenal	Galbanum, Thyme, Cinnamon, Nutmeg, Helichrysm, Manuka and Rosemary.	Balances the adrenals to support anxiety, stress, low back pain and fatigue.	Apply 1- 2 drops on the adrenal glands (lower mid-back, one fist above the 12th rib on each side) upon waking, before bed and throughout the day as needed. Dilute with coconut or olive oil if any redness occurs.
Gall Bladder	Black Cumin, Chamomile, and Rosewood.	Supports viscosity of bile to help support fat digestion, detoxification and constipation.	Apply 2- 3 drops before meals underneath the ribs at the Gall Bladder (right side, under the third rib).
Heart	Jasmine, Chamomile, Spruce, Blue Tansy, Rose and Neroli.	Helps support cardio system and emotions associated with the heart.	Apply 1- 2 drops to heart as needed through the day.
Hormone Balance	Frankincense, Holy Basil , Massoia Bark, Sage, Basil, Ylang Ylang and Geranium.	Supports the release of stored hormones and the fat they are stored in.	Apply 2- 3 drops to liver (right side of body under breast).
Intestinal Mucosa	Cardamom, Nargarmotha, Birch Bark, Helichrysm, Cypress and Frankincense.	Helps revitalize healthy flora in small intestine.	Apply 2- 3 drops in a clockwise circle around belly button, morning and night.
Liver	Ylang Ylang, Caraway, German Chamomile, Vitex Berry, Balsam of Peru, Peppermint and Lavender.	Supports liver function (great during detoxifications).	Apply 2- 3 drops to liver (right side of body under breast) upon waking and before bed.
Lymph	Palmarosa, Ylang Ylang, Spearmint, Helichrysm and Vitex Berry.	Supports optimal movement of lymphatic fluid throughout the body.	Apply 2- 3 drops to lymph nodes (on neck, arm pits and groin) 2-3 times daily.
Pancreas	Geranium, Rose, Cucumber, Helichrysm, Anise and Rose Geranium.	Tonifies the pancreas, supporting healthy digestion and blood sugar handling.	Smell or apply 2- 3 drops to pancreas (2 ribs below breast on left side) before meals. Also smell before bed on a cotton ball inserted in a pillow case.
Thymus	Frankincense, Juniper Berry, Nutmeg, Holy Basil, Ravintsara, Rosemary, Oregano, Ginger, Blue Tansy, Black Cumin, Clove Bud and Hyssop.	Strengthens the thymus gland for optimal immune support against infections, viruses, bacteria, fungus, parasites, tumors and inflammation.	Apply 2-3 drops on the thymus (breastbone at third rib) in a clockwise motion.



Brain Balance Blends

Proprietary brain balance blends are formulated to support optimal function of the brain to ensure that key hormonal and nervous system signals are sent and received.

BLEND	INGREDIENTS	BENEFITS	APPLICATION
Anti-Inflammatory	Frankincense, Dill, Grapefruit, Tarragon, Cucumber, Ylang Ylang and Ginger.	Supports pain and inflammation.	Apply on vagal nerve (behind ear lobe on mastoid bone) or directly on area of inflammation.
Attention	Vetiver, Frankincense, Lavender and Cedarwood.	Formulated by homeschooling parents specifically to assist with ADD and ADHD.	Apply 1- 2 drops on brain stem (back of the neck), temples, across the forehead and the bottom of the feet.
Brain Boost	Ylang Ylang, Melissa, Sandalwood, Frankincense, Cedarwood, Lavender, and Helichrysum.	Supports extra thinking power.	Apply on the back of the neck, temples, bottom of feet (big toe).
Circadian Rhythms	Balsam, Grapefruit, Lavender, Rose Geranium, and Melaleuca.	Supports healthy circadian rhythms and sleep patterns.	Apply above ears, on top of skull and very back of the head before bed.
Focus	Rosemary, Basil, Holy Basil, Peppermint and Cardamom.	Supports mental alertness.	Apply across brow, back of neck, collar bone or on temples and wrists.
Histamine Balance	Blue tansy, Roman Chamomile, Vetiver, Peppermint, Rosemary, Lavender, Manuka, Ravensara and Spruce.	Helps reduce over-active histamine reactions and modulate the immune response.	Apply 1 -2 drops on bottom of feet, at base of skull, behind ears, and sternum. Apply 1 - 2 drops to a Q-tip and gently swab inside both nostrils.
Hypothalamus	Frankincense, Bay Rum, Patchouli, Ylang Ylang, Pine Needle and Red Mandarin.	Supports the hypothalamus, the control center in the brain for the endocrine system.	Apply on forehead slightly above the third eye.
Parasympathetic	Clove and Lime.	Triggers the optimal rest and digest healing state.	Apply on vagal nerve (behind ear lobe on mastoid bone).



Emotion Balance Blends

Proprietary emotion balance blends are formulated to acknowledge and release underlying emotions that can impede healing.

BLEND	INGREDIENTS	BENEFITS	APPLICATION
Calm Supporting Anxiety	Tangerine, Orange, Ylang Ylang, Blue Tansy and Patchouli.	Supports anxiety, calms tension, reduces stress and promotes relaxation.	Apply over the heart, nape of the neck, wrists and outside of ears.
Bladder Support Releasing Trauma	Frankincense, Geranium, Helichrysum, Lavender, Petitgrain Combava, Rose, Sandalwood, Spruce and Valerian Root.	Supports the release of trauma, shame, shock and helplessness.	Apply over the bladder or around the ears.
Kidney Support Releasing Fear	Cedarwood, Fir, Frankincense, Pine, Spruce and Ylang Ylang.	Supports the release of fear. Creates feeling of safety.	Apply over the kidneys (lower back), bottom of feet or around the ears.
Large Intestine Surrendering Control	Ylang Ylang Extra, Cedarwood, Frankincense, Rose, Elemi, Cinnamon, Cypress, Sandalwood, Helichrysum, Myrtle, Hyssop, Myrrh and Peppermint.	Supports the release of control issues and past hurts. Helps support movement through life transitions.	Apply over the large intestine and heart.
Liver Support Releasing Anger	Lavender, Geranium Bourbon, Elemi, Sandalwood, Blue Tansy, Ylang Ylang, German Chamomile, Cypress, Grapefruit and Helichrysum.	Supports the gentle release of anger, frustration and resentment.	Apply over the liver (right side of body under breast) upon waking and before bed or as needed.
Lung Support Supporting Grief	Bergamot, Geranium, Lemon, Mandarin, Orange, Rose and Ylang Ylang.	Supports the release of grief.	Apply over the lungs and heart.
Small Intestine Supporting Healthy Boundaries	Grapefruit, Lime, Litsea Cubeba, Mandarin, Sandalwood, Tangerine and Ylang Ylang Extra.	Supports healthy physical and emotional boundaries and self-worth.	Apply over the belly button, around ears or in a bath.
Spleen Support Supporting Worry	Lavender, Vanilla and Patchouli.	Supports the release of worry.	Apply over the spleen (upper left abdomen).
Thyroid Support Supporting Clear Expression	Angelica, Chamomile, Frankincense, Geranium, Hyssop, Lavender, Lemon, Myrrh, Neroli, Orange, Rose, Rosewood, Sage, Sandalwood, Spruce and Ylang Ylang.	Supports clear expression, overcoming humiliation, inhibition and denial.	Apply over the throat or around ears.
Uplift Supporting Depression	Ylang Ylang Rosewood, Spruce, Frankincense and Blue Tansy.	Supports the release of depression. Reduces stress and generates a feeling of well-being, relaxation, and peace.	Apply on vagal nerve (behind ear, on neck). Can also apply over heart & areas of poor circulation.



Symptom Support Blends

Proprietary symptom support blends are formulated to support and relieve discomfort and painful symptoms while the underlying concerns are being addressed.

BLEND	INGREDIENTS	BENEFITS	APPLICATION
Blood Sugar Balance/ Craving Control	Grapefruit, Lemon, Peppermint, Cinnamon, Celery seed, and Ginger.	Reduces hunger between meals and sugar and carbohydrate cravings.	Apply 1-2 drops on the inside of the cheek between meals to help manage hunger and overcome cravings.
Breathe	Eucalyptus globulus, Eucalyptus citriodora, Myrtle, Eucalyptus radiata, Peppermint, Spruce, Ravensara, Pine and Marjoram.	Supports the respiratory system.	Apply on throat and upper chest.
Digest	Peppermint, Juniper, Anise, Fennel, Ginger root and Tarragon.	Supports stomach upset.	Apply over the stomach.
Energize	Spearmint, Birch, Peppermint, Myrtle, Lime, Black Pepper, Sage, Nutmeg, Geranium, Myrrh, and Chamomile.	Supports energy and vitality.	Apply on temples, over heart and liver (right front).
Immune Support	Frankincense, Clove, Cinnamon, Lemon, Ajowan and Eucalyptus.	Strengthens immune system and protects against flu, colds, coughs, infections, viruses and bacteria.	Massage 2- 3 drops on feet twice daily. Dilute and apply on throat, around ears, on thymus and under the arms to strengthen the immune system.
Migraine Relief	Basil, Marjoram, Lavender, Peppermint, Roman Chamomile, and Helichrysum.	Offers relief from inflammation and associated migraine pain.	Apply on forehead, temples and the back of the neck.
Nerve Repair	Basil, Peppermint, Helichrysum and Marjoram.	Supports damaged nerves, relieves pain.	Apply to area of pain.
PMS Support	Vetiver, Clary Sage, Orange, Petitgrain, Sandalwood, Linden Blossom, Bergamot, Lemon Cinnamon and Neroli.	Supports pre-menstrual discomforts.	Apply across lower back, lower abdomen and around ankles
Purification	Lemongrass, Rosemary, Tea Tree, Lavender, Myrtle and Citronella.	Helps neutralize mold, mildew, fungus, airborne bacteria and viruses.	Diffuse or apply to infected areas.
Sleep	Orange, Tangerine, Patchouli, Blue Tansy, Lime, Spikenard, Ylang Ylang, Lavender, Chamomile and Citronella.	Supports restful sleep.	Apply to nape of the neck or bottom of feet.