



## 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
<b>Adrenal</b>	Thyme, Rosemary, Manuka, Galbanum, and Frankincense in a base of FCO.	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.
<b>Gall Bladder</b>	Rosewood, Roman Chamomile, and Black Cumin in a base of FCO.	Supports viscosity of bile to help with fat digestion, detoxification and constipation	Apply 2- 3 drops before meals underneath the ribs at the Gall Bladder (right side, under the third rib - where the bra underwire would hit - directly vertically down from the nipple).
<b>Heart</b>	Neroli, Spruce, Roman Chamomile, Blue Tansy, and Jasmine in a base of FCO.	Helps support cardio system and emotions associated with the heart.	Apply 1- 2 drops to heart as needed through the day.
<b>Hormone Balance</b>	Frankincense Basil, Holy Basil, Geranium, Clay Sage, Thyme, and Vetiver in a base of FCO.	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)
<b>Intestinal Mucosa</b>	Cypress, Nargarmotha, Birch, and Cardamom in a base of FCO.	Helps revitalize healthy flora in small intestine.	Apply 2- 3 drops in a clockwise circle around belly button, morning and night.
<b>Liver</b>	Peppermint, German Chamomile, Balsam of Peru, Lavender, Ylang Ylang, and Caraway in a base of FCO.	Supports liver function (great during detoxifications)	Apply 2- 3 drops to liver (right side of body under breast) upon waking and before bed.
<b>Lymph</b>	Vitex Berry, Spearmint, Palmarosa, and Ylang Ylang in a base of FCO.	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.
<b>Pancreas</b>	Rose Geranium, Anise Seed, Geranium, Cucumber, and Rose in a base of FCO.	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.
<b>Spleen Chi</b>	Mandarin, Fennel, Black Pepper, Celery Seed, Helichrysum, Oregano, Myrrh and Vitex Berry in a base of FCO.	Supports Vitality and Energy	Apply over spleen (left side, under breast) or on Spleen 6 point (inside of leg, 4 finger widths above ankle).
<b>Thymus</b>	Holy Basil, Clove Bud, Frankincense , Black Cumin, Ginger Root, Hyssop, Juniper Berry, Nutmeg, Oregano, Ravensara, Rosemary, and Blue Tansy in a base of FCO.	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
<b>Anti-Inflammatory</b>	Frankincense, Dill Seed, Ginger, Ylang Ylang, Grapefruit, and Tarragon in a base of FCO.	Supports pain and inflammation.	Apply on vagal nerve (behind ear lobe on mastoid bone) or directly on area of inflammation.
<b>Attention</b>	Vetiver, Frankincense, Lavender, and Cedarwood in a base of FCO.	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.
<b>Brain Boost</b>	Ylang Ylang, Melissa, Sandalwood, Frankincense, Cedarwood, Lavender, and Helichrysum in a base of FCO.	Supports extra thinking power.	Apply on the back of the neck, temples, bottom of feet (big toe).
<b>Circadian Rhythms</b>	Rose Geranium, Grapefruit, Melaleuca, Myrtle, Lavender, Balsam of Peru, and Myrrh in a base of FCO.	Supports healthy circadian rhythms and sleep patterns.	Apply above ears, on top of skull and very back of the head before bed.
<b>Circulation</b>	Cypress, Peppermint, Frankincense, Myrtle, Ginger Root, Black Pepper, Nutmeg and Grapefruit in a base of FCO.	Supports healthy circulation	Apply on sides or back of the neck, over the left clavicle, on the wrists or ankles.
<b>Focus</b>	Rosemary, Basil, Holy Basil, Peppermint, Cardamom in a base of FCO.	Supports mental alertness.	Apply across brow, back of neck, collar bone or on temples and wrists.
<b>Histamine Balance</b>	Blue Tansy, Roman Chamomile, Lavender, Manuka, Rosemary, Peppermint, Spruce, Ravensara, and Vetiver in a base of FCO.	Helps reduce over-active histamine reactions and modulate the immune response.	Apply behind ears, on the base of skull on the back of the neck, or over sternum.
<b>Hypothalamus</b>	Mandarin, Patchouli, Frankincense, Bay Rum, and Pine in a base of FCO.	Supports the hypothalamus, the control center in the brain for the endocrine system.	Apply on forehead slightly above the third eye.
<b>Parasympathetic</b>	Lime and Clove in a base of FCO.	Triggers the optimal rest and digest healing state.	Apply on vagal nerve (behind ear lobe on mastoid bone).

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These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



## Emotion Balance Blends

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

BLEND	INGREDIENTS	BENEFITS	APPLICATION
<b>Bladder Support</b> Releasing Trauma	Frankincense, Geranium, Helichrysum, Lavender, Petitgrain Combava, Rose, Sandalwood, Spruce, Valerian Root in a base of FCO.	Supports release of trauma, shame, shock and helplessness.	Apply over bladder, around ears or smell.
<b>Calm</b> Supporting Anxiety	Tangerine, Orange, Ylang Ylang, Blue Tansy, and Patchouli in a base of FCO.	Supports anxiety, calms tension, reduces stress and promotes relaxation.	Apply over heart, nape of the neck, wrists and outside of ears.
<b>Kidney Support</b> Releasing Fear	Cedarwood, Fir Needles, Frankincense, Pine, Spruce and Ylang Ylang in a base of FCO.	Supports release of fear. Creates feeling of safety.	Apply over kidneys (lower back), bottom of feet, around ears, over third eye
<b>Large Intestine</b> Surrendering Control	Ylang Ylang, Cedarwood, Frankincense, Rose, Elemi, Cinnamon, Cypress, Sandalwood, Helichrysum italicum, Myrtle, Hyssop, Myrrh and Peppermint in a base of FCO.	Supports release of control issues and past hurts. Helps support moving through transitions or changes in life course.	Apply over large intestine and heart.
<b>Liver Support</b> Releasing Anger	White Grapefruit, Helichrysum italicum, Lavender, Geranium, Elemi, Sandalwood, Blue Tansy, Ylang Ylang, Chamomile, and Cypress in a base of FCO.	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.
<b>Lung Support</b> Supporting Grief	Bergamot, Geranium Rose, Lemon, Mandarin, Orange, Rose, and Ylang Ylang in a base of FCO.	Supports release of Grief.	Apply over lungs and heart.
<b>Small Intestine</b> Supporting Healthy Boundaries	Grapefruit, Lime, Litsea cubeba, Mandarin, Sandalwood, Tangerine, Ylang Ylang, and Lemongrass in a base of FCO.	Supports healthy physical and emotional boundaries and self worth	Apply over belly button, around ears or in a bath.
<b>Spleen Support</b> Supporting Worry	Lavender, Patchouli and Vanilla in a base of FCO.	Supports release of Worry.	Apply over spleen (upper left abdomen)
<b>Thyroid Support</b> Supporting Clear Expression	Angelica Root, Chamomile, Frankincense, Geranium Bourbon, Hyssop, Lavender, Lemon, Myrrh, Neroli, Orange, Rose Otto, Rosewood, Sage, Sandalwood, Spruce, and Ylang Ylang in a base of FCO.	Supports clear expression, overcoming humiliation, inhibition and denial.	Apply over throat or around ears.
<b>Uplift</b> Supporting Depression	Frankincense, Blue Tansy, Roman Chamomile, Ylang Ylang, Lime, Mandarin, Lavender, and Rose in a base of FCO.	Supporting 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
<b>Blood Sugar Balance/ Craving Control</b>	White Grapefruit, Lemon, Ginger, Peppermint, Cinnamon and Celery Seed in a base of FCO.	Reduces hunger between meals and sugar and carbohydrate cravings.	Add 3 - 6 drops to water and drink between meals.
<b>Breathe</b>	Eucalyptus citridora, Eucalyptus radiata, Myrtle, Peppermint, Spruce, and Basil in a base of FCO.	Supports the respiratory system.	Apply on throat and upper chest.
<b>Digest</b>	Fennel Seed, Ginger Root, Juniper Berry, Peppermint, Cypress, and Frankincense in a base of FCO.	Supports stomach upset.	Apply over the stomach.
<b>Energize</b>	Spearmint, Birch, Peppermint, Myrtle, Lime, Black Pepper, Sage, Nutmeg, Geranium, Myrrh, Chamomile in a base of FCO.	Supports energy and vitality.	Apply on temples, over heart and liver (right front).
<b>Immune Support</b>	Frankincense, Clove Buds, Cinnamon Bark, Lemon, Eucalyptus citridora, Ajowan, Thyme, Orange, Oregano, Nutmeg, Rosemary, Mandarin, and Ginger Root in a base of FCO.	Strengthens immune system and protects against flu, colds and coughs. Beneficial against inflammation, infections, viruses, bacteria, fungus, parasites, and microbes.	Massage 2- 3 drops on feet twice daily. Dilute and apply on throat, around ears, stomach, intestines, on thymus and under the arms to strengthen the immune system.
<b>Migraine Relief</b>	Basil, Marjoram, Lavender, Peppermint, Roman Chamomile, and Helichrysum in a base of FCO.	Offers relief from inflammation and associated migraine pain.	Apply on forehead, temples and the back of the neck.
<b>Nerve Repair</b>	Basil, Peppermint, Helichrysum italicum and Marjoram in a base of FCO.	Supports damaged nerves, relieves pain	Apply to area of pain.
<b>PMS Support</b>	Vetiver, Clary Sage, Petitgrain, Sandalwood, Neroli, Bergamot, and Geranium in a base of FCO.	Supports pre-menstrual discomforts.	Apply across lower back, lower abdomen and around ankles
<b>Purification</b>	Lemongrass, Rosemary, Tea Tree, Lavender, Myrtle, Citronella in a base of FCO.	Helps neutralize mold, mildew, fungus, airborne bacteria and viruses	Diffuse or apply to infected areas.
<b>Sinus Support</b>	Thyme, Eucalyptus, Peppermint, and Lavender in a base of FCO.	Helps to clear and open the nasal passages to relieve of sinus pressure.	Apply 2 - 3 drops to a Q-tip and swab inside the nasal passages.
<b>Sleep</b>	Orange, Tangerine, Patchouli, Blue Tansy, Spikenard, Ylang Ylang, Lime, Lavender, Chamomile, and Citronella in a base of FCO.	Supports restful sleep.	Apply to nape of the neck or bottom of feet.