

# Essential Oil QUICK Guide

<p><b>Application</b>  <b>A - Aromatically</b>    <b>T - Topically</b>    <b>I - Internal</b></p>	<p><b>Skin Sensitivity</b>  <b>N – (Neat) Needs no dilution</b>    <b>S – (Sensitive) Dilute for young / sensitive skin</b>    <b>D – (Dilute) Always dilute when using topically</b></p>
-------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

## OIL BLENDS

<p><b>Aromatouch</b>  <b>Massage Blend</b>  T   N</p> <ul style="list-style-type: none"> <li>– Relaxes muscles &amp; joints</li> <li>– Promotes circulation</li> <li>– Supports healthy inflammatory response</li> <li>– Anxiety, Muscle Aches / Pains, Muscular Dystrophy, Relaxation &amp; Tension</li> </ul>	<p><b>Balance</b>  <b>Grounding Blend</b>  A T   N</p> <ul style="list-style-type: none"> <li>– Promotes whole body relaxation &amp; well being</li> <li>– Evokes feelings of tranquility and balance</li> <li>– Soothes sore muscles &amp; joints</li> <li>– Anxiety, Back Pain, Balance, Depression, Energy, Mood Swings, &amp; Seizures</li> </ul>	<p><b>Breathe</b>  <b>Respiratory Blend</b>  A T   S</p> <ul style="list-style-type: none"> <li>– Supports overall respiratory health by maintaining clear airways &amp; breathing</li> <li>– Minimize the effects of seasonal threats</li> <li>– Nighttime diffusing for restful sleep</li> <li>– Antiviral, Asthma, Congestion, Cough, Flu, Pneumonia &amp; Sinusitis</li> </ul>	<p><b>Citrus Bliss</b>  <b>Invigorating Blend</b>  A T   N</p> <ul style="list-style-type: none"> <li>– Helps reduce stress &amp; anxiety</li> <li>– Positively affects mood with energizing and refreshing properties</li> <li>– Cleanses surfaces &amp; purifies the air (Diffuser)</li> <li>– Calming, Depression, Eating Disorders, Mastitis, &amp; Sedative</li> </ul>	<p><b>Clarycalm</b>  <b>Monthly Blend for Women</b>  A T   N</p> <ul style="list-style-type: none"> <li>– Helps balance hormones</li> <li>– Manage symptoms of PMS &amp; menopause</li> <li>– Provides temporary relief from cramps, nausea, hot flashes, &amp; emotional swings</li> <li>– Hot Flashes, Hormones (Balancing), Menopause, Menstruation &amp; PMS</li> </ul>
<p><b>Deep Blue</b>  <b>Soothing Blend</b>  T   S</p> <ul style="list-style-type: none"> <li>– Soothes sore muscles and achy joint</li> <li>– Supports healthy circulation</li> <li>– Arthritis, Back Pain, Inflammation, Joint Pain, Muscle Aches / Pain &amp; Tension</li> </ul>	<p><b>Digestzen</b>  <b>Digestive Blend</b>  A T I   N</p> <ul style="list-style-type: none"> <li>– Aids in digestion of foods</li> <li>– Maintains healthy gastrointestinal tract</li> <li>– Soothes occasional stomach upset</li> <li>– Soothes motion sickness &amp; indigestion</li> <li>– IBS, Reflux, Bloating, Cramps, Gastritis, Heartburn, Nausea, Parasites, &amp; Sinusitis</li> </ul>	<p><b>Elevation</b>  <b>Joyful Blend</b>  A T   N</p> <ul style="list-style-type: none"> <li>– Mood elevating</li> <li>– Increases energy</li> <li>– Revitalizes the mind &amp; body</li> <li>– Anxiety, Depression, Energizing, Grief / Sorrow &amp; Uplifting</li> </ul>	<p><b>HD Clear Skin</b>  <b>Topical Blend</b>  T   N</p> <ul style="list-style-type: none"> <li>– Helps control overactive sebaceous glands</li> <li>– Promotes clear, smooth skin</li> <li>– Soothes skin irritations</li> <li>– Acne, Callouses, Dermatitis, Impetigo &amp; Oily Skin</li> </ul>	<p><b>Immortelle</b>  <b>Anti-Aging Blend</b>  T   N</p> <ul style="list-style-type: none"> <li>– Reduces the appearance of fine lines &amp; wrinkles</li> <li>– Supports skin at the cellular level protecting from UV radiation</li> <li>– Protects &amp; nourishes skin while reducing inflammation</li> <li>– Aging, Chapped/ Cracked skin, Wrinkles</li> </ul>
<p><b>Intune</b>  <b>Focus Blend</b>  A T   N</p> <ul style="list-style-type: none"> <li>– Promote mental clarity &amp; focus</li> <li>– Enhances &amp; sustains focus</li> <li>– Supports those who have difficulty paying attention &amp; staying on task.</li> <li>– Increases alertness</li> <li>– ADD, ADHD, Anxiety, Concentration, Focus, Hyperactivity, Stress, Neurological &amp; Depression disorders</li> </ul>	<p><b>On Guard</b>  <b>Protective Blend</b>  A T I   S</p> <ul style="list-style-type: none"> <li>– Alternative to synthetic options for immune support</li> <li>– Protects against environmental threats</li> <li>– Safe for use on countertops, as a non-toxic cleaner</li> <li>– Purifies the air (Diffuser)</li> <li>– Air Pollution, Antibacterial, Antifungal, Antiviral, Cleansing &amp; Disinfecting</li> </ul>	<p><b>Pasttense</b>  <b>Tension Blend</b>  A T   N</p> <ul style="list-style-type: none"> <li>– Reduces discomforts associated with tension &amp; stress</li> <li>– Eases muscle tension in neck and head</li> <li>– Headaches, Migraines &amp; Muscle Tension</li> </ul>	<p><b>Purify</b>  <b>Cleansing Blend</b>  A T   N</p> <ul style="list-style-type: none"> <li>– Eliminates odors naturally without toxins</li> <li>– Protects against environmental threats</li> <li>– Clears the air (diffuser)</li> <li>– Air Pollution, Allergies, Boils, Deodorizing, Infection, Mildew, Stings</li> </ul>	<p><b>Serenity</b>  <b>Calming Blend</b>  A T   N</p> <ul style="list-style-type: none"> <li>– Relaxes the mind &amp; body while creating a sense of peace &amp; well being</li> <li>– Supports restful sleep</li> <li>– Ideal for subtle aroma (diffuser)</li> <li>– ADD/ADHD, Anxiety, Insomnia, Calming, Sedative, Stress &amp; Tension,</li> </ul>
<p><b>Slim &amp; Sassy</b>  <b>Metabolic Blend</b>  A T I   S</p> <ul style="list-style-type: none"> <li>– Promotes healthy metabolism &amp; reduces hunger cravings</li> <li>– Calms &amp; lifts mood</li> <li>– Diuretic, stimulant, and calorie free</li> <li>– Appetite Suppressant, Cellulite, Obesity &amp; Weight Loss</li> </ul>	<p><b>Terrashield</b>  <b>Repellent Blend</b>  A T   N</p> <ul style="list-style-type: none"> <li>– Can be used safely by everyone in family</li> <li>– Bug &amp; Insect Repellent</li> </ul>	<p><b>Whisper</b>  <b>Blend for Women</b>  A T   N</p> <ul style="list-style-type: none"> <li>– Combines with your individual chemistry to create a beautiful, unique, and personal fragrance</li> <li>– Hormonal Balance &amp; Perfume</li> </ul>	<p><b>Zendocrine</b>  <b>Detoxification Blend</b>  A T I   S</p> <ul style="list-style-type: none"> <li>– Purifying and detoxifying to the body's systems</li> <li>– Support a healthy endocrine system and liver function</li> <li>– Cleansing, Endocrine Support, Hormonal Balance, Tissue Support</li> </ul>	

## SINGLE OILS

<p><b>Arborvitae</b>  A T   N</p> <ul style="list-style-type: none"> <li>– Supports healthy immune system &amp; protects against environmental &amp; seasonal threats</li> <li>– Healthy cell function</li> <li>– Powerful cleansing &amp; purifying agent</li> <li>– Antibacterial, Antifungal, Calming, &amp; Repellent</li> </ul>	<p><b>Basil</b>  A T I   N</p> <ul style="list-style-type: none"> <li>– Restorative effects &amp; Soothes sore muscles / joints</li> <li>– Assist in clear breathing</li> <li>– Cooling agent for skin</li> <li>– Autism, Bronchitis, Earache, Cramps, Spasms, Bug Bites, Cuts &amp; Wounds</li> </ul>	<p><b>Bergamot</b>  A T I   S</p> <ul style="list-style-type: none"> <li>– Calming &amp; Soothing aroma</li> <li>– Promotes healthy, clear skin</li> <li>– Frequently used in massage therapy for calming</li> <li>– Brain Injury, Colic, Depression, Respiratory Infection &amp; Stress</li> </ul>	<p><b>Black Pepper</b>  A T I   N</p> <ul style="list-style-type: none"> <li>– Supports healthy circulation</li> <li>– Rich source of antioxidants</li> <li>– Aids in digestion</li> <li>– Addictions, Cooking &amp; Circulations</li> </ul>	<p><b>Cardamom</b>  A T I   N</p> <ul style="list-style-type: none"> <li>– Digestion / Calms stomach upset</li> <li>– Promotes clear breathing &amp; respiratory health</li> <li>– Flavor for cooking and baking</li> <li>– Coughs, Inflation, Muscle Aches, Nausea, &amp; Respiratory Ailments</li> </ul>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

# Essential Oil QUICK Guide

<p><b>Cassia</b> A T I   D</p> <ul style="list-style-type: none"> <li>– Close relative of cinnamon</li> <li>– Promotes healthy digestion</li> <li>– Support immune function</li> <li>– Warming and uplifting</li> <li>– Antibacterial, Antiviral, Disinfectant &amp; Warming</li> </ul>	<p><b>Cedarwood</b> A T   S</p> <ul style="list-style-type: none"> <li>– Promotes clear breathing &amp; supports healthy respiratory function</li> <li>– Helps skin recover</li> <li>– Soothing &amp; grounding effect perfect for massage therapy</li> <li>– Tension, Tuberculosis, Urinary Track</li> </ul>	<p><b>Cilantro</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Aids digestion</li> <li>– Rich source of antioxidants</li> <li>– Gives food a fresh flavor</li> <li>– Anxiety &amp; Cooking</li> </ul>	<p><b>Cinnamon Bark</b> A T I   D</p> <ul style="list-style-type: none"> <li>– Promotes circulation</li> <li>– Builds and maintains a healthy immune system</li> <li>– Flavoring for food</li> <li>– Antibacterial, Antifungal, Diabetes, Mold, respiratory Infection &amp; Warming</li> </ul>	<p><b>Clary Sage</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Trusted by women to sooth monthly discomfort associated with menstrual cycle</li> <li>– Helps balance hormones &amp; lighten mood</li> <li>– Cholesterol, Cramps, Hot Flashes, PMS &amp; Respiratory Infection</li> </ul>
<p><b>Clove</b> A T I   D</p> <ul style="list-style-type: none"> <li>– Powerful antioxidant properties &amp; supports cardiovascular health</li> <li>– Promotes healthy teeth &amp; gums</li> <li>– Antifungal, Antioxidant, Antiviral, Corns, Hypothyroidism, &amp; Toothache</li> </ul>	<p><b>Coriander</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Promotes digestion &amp; eases stomach upsets</li> <li>– Aids in a healthy insulin response</li> <li>– Soothes joint &amp; muscle pain</li> <li>– Cartilage Injury, Muscle Aches, Muscle Development &amp; Whiplash</li> </ul>	<p><b>Cypress</b> A T   N</p> <ul style="list-style-type: none"> <li>– Used to support breathing and as a throat gargle</li> <li>– Soothes tight, tense muscles</li> <li>– Supports localized blood flow</li> <li>– Aneurysm, Carpal Tunnel, Concussion, Muscle Fatigue Pain &amp; Stroke</li> </ul>	<p><b>Eucalyptus</b> A T   S</p> <ul style="list-style-type: none"> <li>– Assists in clear breathing</li> <li>– Supports over all respiratory health</li> <li>– Soothes tired, sore muscles</li> <li>– Inflammation, Neuralgia, Pain, Respiratory Issues &amp; Shingles</li> </ul>	<p><b>Fennel (Sweet)</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Relieves indigestion</li> <li>– Eases monthly menstrual cycles</li> <li>– Supports a healthy lymphatic system</li> <li>– Calms minor skin irritation</li> <li>– Blood clots, Bruises, Digestive Support, Skin &amp; Wrinkles</li> </ul>
<p><b>Frankincense</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Helps build &amp; maintain a healthy immune system</li> <li>– Promotes cellular health</li> <li>– Reduces the appearance of scars, stretch marks &amp; skin</li> <li>– Arthritis, Inflammation, Mental Fatigue, Memory, Respiratory Issues, Vertigo, &amp; Depression</li> </ul>	<p><b>Geranium</b> A T I   S</p> <ul style="list-style-type: none"> <li>– Ability to balance emotions</li> <li>– Calm nerves, and lessen anxiety</li> <li>– Support liver health</li> <li>– Air purification, Bleeding, Bruises, Burns, Diarrhea, Dry Skin, Vertigo &amp; Wrinkles</li> </ul>	<p><b>Ginger</b> A T I   S</p> <ul style="list-style-type: none"> <li>– Positive effect on digestion</li> <li>– Digestion issues, Morning Sickness, Nausea, Rheumatic Fever, Diarrhea, Gas / Flatulence &amp; Indigestion</li> </ul>	<p><b>Grapefruit</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Cleanses &amp; detoxifies</li> <li>– Beneficial for oil skin</li> <li>– Reduces mental &amp; physical fatigue</li> <li>– Anorexia, Appetite Suppressant, Cellulite &amp; Hangover</li> </ul>	<p><b>Helichrysum</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Helps skin recover quickly</li> <li>– Promotes healthy liver function</li> <li>– Supports localized blood flow</li> <li>– Antiviral, Bleeding, Bruises, Cholesterol, Earache, Herpes, Sciatica &amp; Wounds</li> </ul>
<p><b>Juniper Berry</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Supports healthy kidney &amp; urinary function</li> <li>– Natural cleansing &amp; detoxifying</li> <li>– Helps relieve tension &amp; stress</li> <li>– Acne, Alcoholism, Dermatitis, Eczema, Kidney Stones &amp; Tinnitus</li> </ul>	<p><b>Lavender</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Calming &amp; relaxing qualities</li> <li>– Sooth skin irritations</li> <li>– Eases muscle tension in the head &amp; neck</li> <li>– Allergies, Anxiety, Boils, Burns, Calming, Itching, Pain, Skin, Sleep (Insomnia) &amp; Wrinkles</li> </ul>	<p><b>Lemon</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Powerful aromatic &amp; internal cleanser</li> <li>– Cleanses the air &amp; surfaces</li> <li>– Uplifts mood</li> <li>– Anxiety, Cleansing, Decongestant, Depression, Disinfection, Grease, Heartburn &amp; Stress</li> </ul>	<p><b>Lemongrass</b> A T I   S</p> <ul style="list-style-type: none"> <li>– Soothes healthy digestion</li> <li>– Soothes aching muscles</li> <li>– Purifies &amp; tones skin</li> <li>– Used in Asian &amp; Caribbean cooking</li> <li>– Air purification, Cholesterol, Cramps, Joint Injuries &amp; Tissue Repair</li> </ul>	<p><b>Lime</b> A T I   S</p> <ul style="list-style-type: none"> <li>– Powerful antioxidant that support immune function</li> <li>– Positively affects mood</li> <li>– Promotes emotional balance &amp; well being</li> <li>– Bacterial infections, Fever, Gum / Grease removal &amp; Skin</li> </ul>
<p><b>Marjoram</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Valued for its calming properties &amp; positive effect on nervous system.</li> <li>– Supports a healthy respiratory system &amp; cardiovascular system</li> <li>– Arthritis, Cramps, Muscle Aches / Spasm, Neuralgia, &amp; Whiplash</li> </ul>	<p><b>Melaleuca</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Commonly called “Tea Tree”</li> <li>– Cleansing and rejuvenating effect on skin</li> <li>– Promotes healthy immune function</li> <li>– Acne, Antifungal, Boils, Cold Sores, Disinfectant, Sore Throat, &amp; Wounds</li> </ul>	<p><b>Melissa</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Supports healthy immune system</li> <li>– Calms tension &amp; nerves</li> <li>– Addresses stomach discomfort</li> <li>– Antiviral, Calming, Cold Sores &amp; Viral Infection</li> </ul>	<p><b>Myrrh</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Powerful cleansing properties</li> <li>– Soothing to the skin, promotes a smoothing youthful looking complexion</li> <li>– Promotes emotional balance &amp; well being</li> <li>– Allergies (skin), Gum Disease, Infection &amp; Skin Wounds</li> </ul>	<p><b>Oregano</b> A T I   D</p> <ul style="list-style-type: none"> <li>– Used as a cleaning agent</li> <li>– Supports healthy digestion &amp; respiratory function</li> <li>– Excellent source of phenolic acids &amp; flavonoids – powerful antioxidant</li> <li>– Antifungal, Candida, Muscle Aches, Parasites, MRSA, Skin tags &amp; Warts</li> </ul>
<p><b>Patchouli</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Grounding, Balancing effect on emotions</li> <li>– Helps skin recover quickly</li> <li>– Diuretic, Fever, Mosquito Repellent &amp; Termite Repellent</li> </ul>	<p><b>Peppermint</b> A T I   S</p> <ul style="list-style-type: none"> <li>– Promotes healthy respiratory function &amp; clear breathing</li> <li>– Alleviates stomach upset</li> <li>– Great for hot flashes</li> <li>– Alertness, Allergies, Cooling, Headache, Indigestion Nausea &amp; Sinusitis</li> </ul>	<p><b>Roman Chamomile</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Therapeutic, calming effect on the skin, mind, and body</li> <li>– Supports healthy inflammatory response</li> <li>– Allergies, Diaper Rash, Dry Skin, Insomnia, Neuritis, Shock &amp; Stings</li> </ul>	<p><b>Rosemary</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Supports healthy digestion</li> <li>– Soothes muscle aches &amp; pain</li> <li>– Antioxidant, Arthritis, Diabetes, Flu, Headache, Memory &amp; Sinusitis</li> </ul>	<p><b>Sandalwood (Regular/Hawaiian)</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Skin smoothing &amp; reduces the appearance of scars and blemishes</li> <li>– Enhances mood</li> <li>– Back Pain, Clarity, Laryngitis, Mediation, Rashes &amp; Sunscreen</li> </ul>
<p><b>Thyme</b> A T I   D</p> <ul style="list-style-type: none"> <li>– Cleansing &amp; clarifying for the skin</li> <li>– Broad spectrum activity in promoting winter time health.</li> <li>– Antibacterial, Antifungal, Colds, Dermatitis &amp; Respiratory Infection</li> </ul>	<p><b>Vetiver</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Supports healthy circulation</li> <li>– Calming &amp; grounding effect on emotions</li> <li>– Immune enhancing properties</li> <li>– ADD / ADDHD, Balance, Termite Repellent &amp; Vitiligo</li> </ul>	<p><b>White Fir</b> A T   N</p> <ul style="list-style-type: none"> <li>– Alleviates the pain &amp; discomfort of sore muscles</li> <li>– Supports respiratory function</li> <li>– Energizes the body &amp; soul</li> <li>– Cleansing, Bronchitis, Bursitis, Energizing &amp; Muscle Pain</li> </ul>	<p><b>Wild Orange</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Powerful cleanser &amp; purifying agent</li> <li>– Energizing &amp; revitalizing to the mind &amp; body.</li> <li>– Anxiety, Digestion, Fear, Immune Building, Insomnia, Menopause, &amp; Nervousness</li> </ul>	<p><b>Wintergreen</b> A T   S</p> <ul style="list-style-type: none"> <li>– Soothes achy muscles &amp; joints</li> <li>– Arthritic Pain, Bone Pain, Respiratory, Dandruff, Joint Pain &amp; Inflammation</li> </ul>
<p><b>Ylang Ylang</b> A T I   N</p> <ul style="list-style-type: none"> <li>– Helps balance hormones</li> <li>– Promotes healthy skin &amp; hair</li> </ul>	<ul style="list-style-type: none"> <li>– Lifts mood &amp; calming effect</li> <li>– Calming, Crying, High Blood Pressure, Hyperphnoea, Relaxing, &amp; Stress</li> </ul>			