

# Essential Oils

## Good things to know about oils

1. **Avoid** eyes, and areas of sensitive skin.
2. If oil causes a rash **discontinue** use until you have spoken to a professional.
3. If oil causes burning sensation **dilute with vegetable oil only, never use water** which will only spread the burning to a wider area.
4. **If pregnant** consult professional before using.

## Multi-note Oils (Blends of 100% therapeutic grade oils)

### 1. Brain Energy (Frankincense, Sandalwood, Cedarwood, Cypress, Lavender) \$25

This blend promotes deep concentration and channels physical energy into mental energy. It also increases mental potential and clarity, and long-term use may retard the aging process. The oils also help dissolve petrochemicals that plug the receptor sites, cleaning the brain fog that people experience due to exposure to synthetic petrochemicals in food, skin and air.

APPLICATION: Diffuse into air with fan diffuser, directly inhale, or add 2-4 drops to bath water. Apply 1-2 drops on neck, throat, temples, or under nose. Apply 1-2 drops with a finger on insides of cheeks in mouth.

### 2. Cardio (Helichrysum, Ylang Ylang, Marjoram, Cypress) \$30

This blend improves cardiovascular, lymphatic, and circulatory system, Helps to lowers high blood pressure.

APPLICATION: Diffuse into air with air diffuser, directly inhale, or add 2-4 drops to bath water. Apply 1-2 drops over heart and along spine from first to fourth thoracic vertebrae. Dilute 1:15 with vegetable oil for a full-body massage.

### 3. Citrus Blend (Orange, Tangerine, Lemon, Mandarin, Grapefruit, Spearmint) \$10

This blend of oils is great for students it stimulates the creative centers of the brain and gives a sense of well-being. The antibacterial, cellulite and fat-dissolving characteristics of this oil reduce and prevents ache naturally.

APPLICATION: Diffuse, in bath, as massage oil, apply topically.

### 4. Inspiration (Cedarwood, Frankincense, Rosewood, Sandalwood, Spruce) \$20

This blend of oils helps clear the mind and helps in decision making, traditionally used by the Native Americans to enhance spirituality, prayer and inner awareness. Inspiration brings us closer to our spiritual connection.

APPLICATION: Diffuse into air with fan diffuser, directly inhale, and add 2-4 drops to bath water. Apply 1-2 drops on edge of ears, wrists, neck, temples, crown of head, bottom of feet, or along spine.

### 5. Mi-grain (Marjoram, Lavender, Peppermint, Basil, Roman Chamomile, Helichrysum) \$40

This blend is soothing to headaches, nausea, depression and problems related to severe migraine headaches.

APPLICATION: Place 4-5 drops on palm and rub hands together cup nose with hand and inhale deeply then rub on back of neck.

### 6. Muscle-relax (Basil, Cypress, Marjoram, Lavender, Peppermint) \$15

This blend is an advanced complex of anti-inflammatory muscle-relaxing essential oils that promote circulation and treat spasm tight, inflamed aching muscles resulting from injury, fatigue, or stress. It also relieves headaches.

APPLICATION: Apply on location to sore muscles, ligaments or areas of poor circulation. Dilute 1:1 with vegetable oil if sensitivity skin.

### 7. Natural Insect Repellent (Cedarwood, Citronella, Eucalyptus, Lemongrass, Orange, Peppermint) \$10

This blend has enhanced insect repelling properties. It protects you from insects without using harmful chemicals.

APPLICATION: Diffuse into air with fan diffuser, apply directly to skin. For those with sensitive skin dilute with vegetable oil.

8. **Noble Cause (Rosewood, Blue Tansy, Frankincense, Spruce) \$20** This blend helps to balance electrical energies within the body, giving courage, confidence and self-esteem. This blend helps the body self correct balance and alignment. The oils in this blend empower the physical and spiritual bodies to overcome fear and opposition when facing adversity.

APPLICATION: Apply 5-6 drops on bottom of feet wrist, chest and back of neck.

9. **Panaway (Helichrysum, Birch, Clove, Peppermint, Wintergreen) \$25**

This blend of oils helps heal injury where tissues have been torn. It reduces inflammation, increases circulation and reduces pain. Good for relief from arthritis symptoms, sports injuries, sprains, muscle spasms, and bruises.

APPLICATION: To bottom of feet, temples back of neck and/or location of sore muscles, cramps, and bruises or wherever it hurts.

10. **Peace & Calming (Blue Tansy, Patchouly, Tangerine, Orange, Ylang Ylang) \$15**

This blend of oils promotes relaxation and a deep sense of peace. The blend can help dampen tension and uplift spirits. It may calm overactive or hard to manage children or a wonderful prelude to a peaceful night's sleep.

APPLICATION: Diffuse, wear as a perfume, on bottom of feet, wrist, outside of ears, in bath, or dilute with massage oil.

11. **Prosperity (Myrrh, Cinnamon Bark, Frankincense, Patchouly, Orange, Clove, Ginger, Spruce) \$20** This blend was created to enhance the frequency of the energy field that surrounds us. This energy field or aura creates what is called the "law of attraction" which bring to us health, both physical and emotional, and in many cases wealth. Also provides protection from infections.

APPLICATION: Diffuse, wear on the wrists, behind ears, or as a perfume. Those with sensitive skin may want to dilute with vegetable oil.

12. **Purification (Citronella, Lemongrass, Lavender, Tea Tree, Myrtle, Rosemary) \$10**

This blend has many uses including cleansing and disinfecting the air when defused. It also neutralizes mildew, cigarette smoke and other disagreeable odors. Disinfects and cleanses cut and scrapes. This blend helps to reduce painful varicosities such as varicose veins and hemorrhoids.

APPLICATION: Diffuse, apply directly to skin, however you may need to dilute with an equal amount of vegetable oil for those with sensitive skin.

13. **R. Colds (Eucalyptus radiata, & globulus, Spruce, Marjoram, Lavender, Cypress, Peppermint) \$10**

This blend gives relief from colds, bronchitis, sore throats, sinusitis, coughs and respiratory congestion. Decongests sinus passages, combats lung infections, and relieve allergy symptoms.

APPLICATION: Diffuse/humidify, directly inhale, apply on chest, neck, throat, or over sinus area.

14. **Room Refresh (Orange, Cinnamon Bark, Spruce) \$10** A purifying blend of evergreen, citrus, and spice, reminiscent of winter holidays, that brings peace, happiness and security.

APPLICATION: Diffuse directly inhale; add to bath (4-6 drops). Apply over heart, on wrists, neck, or temples. Dilute 1:15 with vegetable oil for full-body massage

15. **Shield (Orange, Lavender, lemon, Eucalyptus, Peppermint) \$10** This blend is a historical formula that protects against the flu and other airborne pathogens. Helps open clogged sinus passages.

APPLICATION: Place 3-4 drops on palm and rub hands together cup nose with hand and inhale deeply. Best if used 4-5 time daily during the flu season.

16. **Stomach Aid (Lemon, Orange, Peppermint, Cloves) \$10** This blend is soothing to the digestive tract. It not only heals inflamed tissues but also is antimicrobial. Helps reduce acid-reflux, ulcers, and other digestive maladies.

APPLICATION: 4-5 drops in a glass and drink. Can be taken several time a day.

### 17. Thieves (Clove, Lemon, Cinnamon Bark, Eucalyptus, Rosemary) \$15

This blend of oils has highly antimicrobial properties for airborne bacteria. The blend is also highly antiviral, antiseptic and helps protect against flu, colds, sinusitis, bronchitis, pneumonia, sore throats, and infections from cuts.

APPLICATION: Diffuse, wear on bottom of feet, throat, stomach and abdomen, disinfects cut when diluted with vegetable oil. Helps reduce abscesses of the gums

### 18. Transcend (Blue Tansy, Frankincense, Rosewood, Sandalwood) \$30

This blend stimulates the mind, compelling it to open and accept new things in life, allowing one to reach a higher potential. It also overcomes procrastination and denial.

APPLICATION: Diffuse into air with fan diffuser; add 1-2 drops to bath water. Apply over heart and thymus, on wrists, behind ears, on neck and temples.

## Single note oils (100% therapeutic grade oils)

### 1. Basil (*Ocimum basilicum*) \$10

MEDICINAL PROPERTIES: Antispasmodic, anti-infectious, antiviral, anti-inflammatory, decongestant (veins, arteries of the lungs, prostate), and antibacterial.

USES: Soothing to muscle (both striated and smooth), takes the sting out of insect bites and may help bronchitis and chest infections.

APPLICATIONS: For topical use apply directly to tip of nose, temples or directly on insect bites and stings. Inhale and apply directly to crown of head, forehead, heart and navel to combat mental fatigue.

### 2. Birch Sweet (*Betula lenta*) \$10

MEDICINAL PROPERTIES: Analgesic, antispasmodic, anti-inflammatory, liver stimulant, and supports bone function.

USES: Arthritis, rheumatism, hypertension, cramps, gout, gall stones, edema, skin diseases, urinary tract disorders.

APPLICATIONS: Dilute 1:2 with vegetable for topical use or applied neat to bottom of feet. Inhale directly or diffuse.

### 3. Cedarwood (*Cedrus atlantica*) \$10

MEDICINAL PROPERTIES: Combats hair loss, antibacterial, lymphatic stimulant. Stimulates the limbic region of the brain and the pineal gland which releases melatonin.

USES: Hair loss, arteriosclerosis, ADHD, skin problems (acne, eczema).

APPLICATIONS: For topical use apply directly (scalp, chakras/acupressure points). Inhale directly or diffuse. For use as a dietary supplement dilute 1:1 with vegetable oil place 5-6 drops in water and drink.

### 4. Chamomile Roman (*Chamaemelum nobile*) \$60

MEDICINAL PROPERTIES: Antispasmodic, anti-inflammatory, antiparasitic, and skin regeneration. Has calming effect on tension.

USES: Neutralizes allergies and increases the ability of the skin to regenerate. The oil helps to clean blood and liver. This oil may also help with allergies, bruises, cuts depression, insomnia, and muscle tension.

APPLICATIONS: For topical use apply directly to bottom of feet, ankles, wrists or on location. Inhale directly or diffuse. This oil is gentle and may be use on children.

### 5. Cinnamon Bark (*Cinnamomum zeylanicum*) \$15

MEDICINAL PROPERTIES: Anti-inflammatory, powerfully antibacterial, antiviral, antifungal, anticoagulant, circulatory stimulant, stomach protectant (ulcers), antiparasitic (worms)

USES: Cardiovascular disease, infectious diseases, viral infections (herpes etc.), digestive complaints, ulcers and warts.

APPLICATIONS: Dilute 1:4 with vegetable oil for topical use (infected area, chakras/acupressure points). Diffuse. For use as a dietary supplement dilute 1:4 with vegetable oil add 5-6 drops in water and drink.

#### 6. Citronella (*Cymbopogon nardus*) \$10

MEDICINAL PROPERTIES: Powerful antioxidant, antibacterial, antifungal, antispasmodic anti-inflammatory, relaxant, and is an insect repellent.

USES: Insect-repellent, respiratory infection, intestinal parasites, muscle/nerve pain, skin –penetration enhancer.

APPLICATIONS: For topical use dilute 1:1 with vegetable oil and apply directly to skin.

Inhale directly or diffuse. For use as a dietary supplement 5-6 drops in water and drink.

#### 7. Clary Sage (*Salvia sclarea*) \$10

MEDICINAL PROPERTIES: Anticoagulant, antioxidant, antidiabetic, estrogen-like, antifungal, antispasmodic, relaxant, cholesterol-reducing, antitumoral, anesthetic.

USES: Leukemia, menstrual problems/PMS, hormonal imbalance, insomnia, circulatory problems, high cholesterol.

APPLICATIONS: For topical use apply on feet, ankles, wrists and chakras points, may be diluted 1:1 with vegetable oil if too strong. Inhale directly or diffuse.

#### 8. Clove (*Syzygium aromaticum*) \$15

MEDICINAL PROPERTIES: Anti-aging, antitumoral, antimicrobial, antifungal, antiviral, analgesic/anesthetic, antioxidant, anticoagulant, anti-inflammatory, stomach protectant (ulcers), antiparasitic (worms), anticonvulsant.

USES: Anti-aging, cardiovascular disease, arthritis/ rheumatism, hepatitis, intestinal parasites/ infections, throat/ sinus/lung infections, cataracts, ulcers, lice, toothache, acne.

APPLICATIONS: Dilute 1:4 with vegetable oil for topical use (directly on infected area, gums chakras/acupressure points). Inhale directly or diffuse. For use as a dietary supplement dilute 1:4 with vegetable oil and add 4-5 drops in water or food.

#### 9. Cypress French (*Cupressus sempervirens*) \$10

MEDICINAL PROPERTIES: Improves circulation and strengthens blood capillaries, anti-infectious, antispasmodic.

USES: Diabetes, circulatory disorders, cancer.

APPLICATIONS: Apply 2-4 drops on chakras points. Inhale directly or diffuse. For use as a dietary supplement add to food or water.

#### 10. Eucalyptus Globulus (*Eucalyptus globulus*) \$10

MEDICINAL PROPERTIES: Used to aid in the healing of wounds. Expectorant, mucolytic, antimicrobial, antibacterial, antifungal, antiviral, anti-aging.

USES: Respiratory/sinus infections, decongestant, rheumatism/arthritis.

APPLICATIONS: Dilute 1:1 with vegetable oil for topical use (chest, throat, chakras points). Inhale directly, diffuse or place several drops in a humidifier.

#### 11. Eucalyptus Radiata (*Eucalyptus radiata*) \$10

MEDICINAL PROPERTIES: Antibacterial, antiviral expectorant, anti-inflammatory.

USES: Respiratory/sinus infections, viral infections,

APPLICATIONS: Dilute 1:1 with Vegetable oil for topical use (back of neck, chest, and feet). Inhale directly, diffuse or place several drops in a humidifier.

#### 12. Frankincense (*Boswellia carteri*) \$20

MEDICINAL PROPERTIES: Expectorant, antitumoral, immuno-stimulant, and antidepressant.

USES: Asthma, depression, ulcers, immunosuppression.

APPLICATION: For topical use apply directly. Inhale directly or diffuse. For dietary supplement add 4-5 drop to water or food.

### 13. **Ginger (*Zingiber officinale*) \$15**

MEDICINAL PROPERTIES: Sexual tonic, digestive tonic, reduces pain, and expectorant.

USES: Arthritis, rheumatism, digestive disorders, motion sickness impotence.

APPLICATION: For topical use apply directly. Inhale directly or diffuse. For dietary supplement add 4-5 drops to water or food.

### 14. **Grapefruit White (*Citrus racemosa*) \$10**

MEDICINAL PROPERTIES: Antitumoral, metabolic stimulant, antiseptic, detoxifying, diuretic, fat-dissolving, cleaning for kidneys, lymphatic and vascular system, antidepressant.

USES: Alzheimer's, fluid retention, depression, obesity, liver disorders, anxiety, cellulite.

APPLICATIONS: For topical use apply directly (**avoid** applying to skin that will be exposed to sunlight or UV light within 24 hours). Inhale directly or diffuse. For use as a dietary supplement add 5-6 drops in water or food.

### 15. **Helichysum (*Helichrysum italicum*) \$100**

MEDICINAL PROPERTIES: Anticoagulant, anesthetic, antispasmodic, antiviral, liver protectant /detoxifier / stimulant. Regenerates nerves.

USES: Herpes virus, Arteriosclerosis, atherosclerosis, hypertension, blood clots, liver disorders, circulatory disorders, skin conditions (eczema, psoriasis scar tissue, varicose veins)

APPLICATIONS: For topical use apply directly (temple, forehead, back of neck, or outside of ear). Inhale directly or diffuse. For use as a dietary supplement dilute 1:1 with vegetable oil and place 2-3 drops in a glass of water and drink.

### 16. **Lavender (*Lavandula dentata*) \$15**

MEDICINAL PROPERTIES: Antiseptic, antifungal, analgesic, antitumoral, anticonvulsant, vasodilating, relaxant, anti-inflammatory, reduces blood fat/cholesterol, combats excess sebum on skin.

USES: Skin conditions including acne, burns, eczema, psoriasis, scarring, and stretch marks. Respiratory infections, high blood pressure, arteriosclerosis, menstrual problems/PMS, hair loss, insomnia, nervous tension.

APPLICATIONS: For topical use apply directly. Inhale directly or diffuse.

### 17. **Lemon (*Citrus limonum*) \$10**

MEDICINAL PROPERTIES: Antitumoral, antiseptic, improves microcirculation, and immune stimulant (increases white blood cells), improves memory, relaxation.

USES: Circulatory problems, arteriosclerosis, obesity, parasites, urinary tract infections, varicose veins, anxiety, hypertension, digestive problems, acne, and reduces wrinkles in skin.

APPLICATIONS: Dilute 1:1 with vegetable oil for topical use (**avoid** applying to skin that will be exposed to sunlight or UV light within 24 hours). Inhale directly or diffuse. For use as dietary supplement add 5-6 drop in water or food.

### 18. **Lemongrass (*Cymbopogon flexuosus*) \$10**

MEDICINAL PROPERTIES: Antifungal, antibacterial, antiparasitic, anti-inflammatory, regenerates connective tissues and ligaments, dilates blood vessels, improves circulation, and promotes lymph flow.

USES: Bladder infection, respiratory/sinus infection, digestive problems, parasites, torn ligaments/muscles, fluid retention, varicose veins.

APPLICATIONS: Dilute 1:4 with vegetable oil for topical use. Apply on location, chakras points. Inhale directly or diffuse. May be taken as a dietary supplement.

**19. Mandarin (*Citrus reticulata*) \$10**

MEDICINAL PROPERTIES: Light antispasmodic, digestive tonic, antifungal, and stimulates gallbladder, antitumoral.

USES: Digestive problems, fluid retention, insomnia, anxiety, intestinal problems, skin problems (congested and oily skin, scars, acne), stretch marks (when combined with lavender).

APPLICATIONS: Dilute 1:1 with vegetable oil for topical use (**avoid** applying to skin that will be exposed to sunlight or UV light within 24 hours). Inhale directly or diffuse. For use as a dietary supplement add 5-6 drops in water or food.

**20. Marjoram (*Origanum majorana*) \$10**

MEDICINAL PROPERTIES: Antibacterial, antifungal, vasodilator, lowers blood pressure, promotes intestinal peristalsis, expectorant, mucolytic.

USES: Arthritis/rheumatism, muscle/nerve pain, headaches, circulatory disorders menstrual problems/PMS, fungal infections, shingles, sores, and fluid retention.

APPLICATIONS: Dilute 1:1 with vegetable oil for topical use. Inhale directly or diffuse. For use as a dietary supplement add 5-6 drops in water or food.

**21. Myrrh (*Commiphora myrrha*) \$40**

MEDICINAL PROPERTIES: Anti-infectious, antiviral, antifungal, antiparasitic (worms), anti-inflammatory, hormone-like.

USES: Skin conditions (cracked or wrinkled), asthma, athlete's foot, gingivitis, mouth ulcers, hemorrhoids, ringworm, and spiritual uplifting.

APPLICATION: For topical use apply directly. For use as a dietary supplement add 3-4 drops in water or food.

**22. Myrtle (*Myrtus communia*) \$15**

MEDICINAL PROPERTIES: Antimutagenic, stimulates liver, prostate and thyroid, sinus and lung decongestant and antispasmodic.

USES: Thyroid problems, throat/lung/sinus infections, prostate problems.

APPLICATIONS: For topical use dilute 1:1 and apply 2-6 drops directly. Inhale directly or diffuse. For use as a dietary supplement add 3-4 drops in food or water.

**23. Orange (*Citrus sinensis*) \$10**

MEDICINAL PROPERTIES: Antitumoral, relaxant, anticoagulant, circulatory stimulant.

USES: Arteriosclerosis, hypertension, cancer, insomnia and complexion (dull and oily), fluid retention and wrinkles.

APPLICATIONS: Dilute 1:1 with vegetable oil for topical use (**avoid** applying to skin that will be exposed to sunlight or UV light within 24 hours). Inhale directly or diffuse. For use as a dietary supplement add 5-6 drops in water or food.

**24. Oregano Oil (*Origanum vulgare*) \$15**

MEDICINAL PROPERTIES: Anti-infectious agent with large-spectrum action against bacteria, fungus, virus and parasites. This oil is a general tonic and immune stimulant.

USES: Asthma, bronchitis (chronic), pulmonary tuberculosis, mental disease, rheumatism, and whooping cough. Oregano oil helps with respiratory infection, and digestive problems, also helps balance metabolism and strengthen the vital centers.

APPLICATIONS: Apply topically to bottom of feet. Mix with massage oil if applying elsewhere on skin. Add to food or water as a dietary supplement or flavoring.

**25. Patchouli Light (*Pogostemon cablin*) \$20**

MEDICINAL PROPERTIES: Soothing to digestion, Tonic and stimulant, decongestant, anti-inflammatory, anti-infectious, antimicrobial, and antiseptic.

USES: Soothes wrinkled or chapped skin, relieve itching, general tonic and stimulant and helps the digestive system.

APPLICATIONS: For topical use apply directly, Inhale directly or diffuse. For dietary supplement add 4-5 drops in water or food.

**26. Peppermint (*Mentha piperita*) \$10**

MEDICINAL PROPERTIES: Anti-inflammatory, antitumoral, antiparasitic (worms), antibacterial, antiviral, antifungal, gallbladder/digestive stimulant, pain-relieving.

USES: Rheumatism/arthritis, respiratory infections (pneumonia, tuberculosis, etc.), obesity, viral infections (Herpes simplex, herpes zoster, cold sores, human papilloma virus etc.), fungal infections/Candida, digestive problems, headaches, nausea, skin conditions (itchy skin, varicose veins, eczema, psoriasis, dermatitis).

APPLICATIONS: Dilute 1:1 with vegetable oil for topical use (avoid eyes, sensitive skin, fresh wounds and burns). Inhale directly or diffuse. For use as a dietary supplement 3-5 drops in glass of water and drink.

**27. Rosemary French (*Rosmarinus officinalis CT cineol*) \$10**

MEDICINAL PROPERTIES: Liver-protecting, antitumoral, antifungal, antibacterial, antiparasitic, enhances mental clarity/ concentration.

USES: Infectious disease, liver conditions/hepatitis, throat/lung infections, hair loss (alopecia areata), impaired memory/Alzheimer's.

APPLICATIONS: Dilute 1:1 with vegetable oil for topical use (feet, back of neck). Inhale directly or diffuse. For use as a dietary supplement dilute 1:1 with vegetable oil and add 5-6 drops in glass of water and drink.

**28. Rosewood (*Aniba rosaeodora*) \$15**

MEDICINAL PROPERTIES: Anti-infectious, antibacterial, antiviral, antiparasitic, antifungal, soothing to the skin.

USES: Acne, Candida, depression, eczema, oral infections, dry skin and vaginitis.

APPLICATION: Apply directly for topical use. Inhale directly or diffuse. For use as a dietary supplement add 1-2 drops in water.

**29. Sandalwood (*Santalum album*) \$100**

MEDICINAL PROPERTIES: Antitumoral, antiviral, immune stimulant.

USES: Cancer, viral infections (Herpes simplex, herpes zoster, cold sores, human papilloma virus etc), skin conditions (acne, wrinkles, scars).

APPLICATIONS: Apply directly for topical use. Inhale directly or diffuse. May be taken as a dietary supplement.

**30. Spearmint (*Mentha spicata*) \$10**

MEDICINAL PROPERTIES: Increase metabolism, anti-inflammatory, antiseptic, mucolytic, gallbladder stimulant, and digestive aid.

USES: Obesity, intestinal/digestive disorders, hepatitis.

APPLICATIONS: Dilute 1:2 with vegetable oil for topical use. Inhale directly or diffuse. For use as a dietary supplement add 4-5 drops in water or food.

**31. Spruce white (*Picea mariana*) \$10**

MEDICINAL PROPERTIES: Antispasmodic, anti-infectious, antiparasitic, antiseptic, anti-inflammatory, hormone-like (cortisone-like), general tonic.

USES: Arthritis, Candida, hyperthyroidism, immune-depression, spiritual communication.

**APPLICATION:** Apply directly for topical use. Inhale directly or diffuse. For use as a dietary supplement add 4-5 drops to water or food.

**32. Tangerine (*Citrus reticulata*) \$10**

**MEDICINAL PROPERTIES:** Antitumoral, relaxant, antispasmodic, digestive aid.

**USES:** Obesity, anxiety, insomnia, irritability, liver problems, digestive problems, parasites.

**APPLICATIONS:** For topical use apply directly. Inhale directly or diffuse. For use as a dietary supplement add 5-6 drops in water or food.

**33. Tansy Blue (*Tanacetum annuum*) \$50**

**MEDICINAL PROPERTIES:** Anti-inflammatory, reduces pain, relieves itching, sedating to the nerves, antihistamine, hypotensive, hormone-like

**USES:** High blood pressure, Helps promote sleep.

**APPLICATIONS:** For topical use apply directly. Inhale directly or diffuse.

**34. Tea Tree (*Melaleuca alternifolia*) \$15**

**MEDICINAL PROPERTIES:** Powerful antibacterial, antifungal, antiviral and anti-inflammatory.

**USES:** Fungal infections (Candida, ringworm, sinus/lung infection), tooth/gum disease, water retention/hypertension, skin conditions (acne, sores).

**APPLICATIONS:** For topical use dilute 1:1 with vegetable oil and apply directly. Inhale directly or diffuse. For use as a dietary supplement add 5-6 drops in water or food.

**35. Wintergreen (*Gaultheria procumbens*) \$10**

**MEDICINAL PROPERTIES:** Anticoagulant, antispasmodic, anti-inflammatory, vasodilator, analgesic/anesthetic, reduces blood pressure.

**USES:** Arthritis/rheumatism, muscle/nerve pain, hypertension, arteriosclerosis, hepatitis/fatty.

**APPLICATIONS:** For topical uses apply directly (**avoid** underarms and groin). Inhale directly or diffuse. For use as a dietary supplement dilute 1:1 with vegetable oil then add to food.

**36. Ylang Ylang (*Cananga odorata*) \$40**

**MEDICINAL PROPERTIES:** Antispasmodic, balances blood pressure, regulates heartbeat.

**USES:** Skin conditions, insect bites, heart arrhythmias, cardiac problems, high blood pressure, impotence, depression, hair loss, and promotes thick shiny hair.

**APPLICATIONS:** Dilute 1:2 with vegetable oil for topical use. Inhale directly or diffuse. For use as a dietary supplement add 4-5 drops in water or food.

**The information contained here is historical or antidotal and is for educational purposes only. It is not provided to diagnose, prescribe, or treat any condition of the body. This information should not be used as a substitute for medical counseling with a health professional.**

**The prices listed are for 10 mm bottles. A 30 mm bottle at twice the price**