





Plant-based essential & carrier oils are gifts from Nature. Plant-based oils provide distinct nutrients, nourishment & restorative benefits - mentally, physically, and emotionally. Brimming with vitamins, minerals, anti-oxidants, omegas, UV protection, enzymes and so much more make them exceptional. Using oils repairs & supports to your entire being.

Essential & Carrier oils are so magnificently derived straight from the beauty of nature. For me (& hopefully you) they are truly mystical, magical, & incredibly alluring. You can achieve amazing results by mixing, matching, & formulating with these wonderful gifts of Nature. These oils make available benefits only Nature can deliver





Patricia
founder & formulator

Oil Guide Listing Aromatherapy & Skin Benefits







Oil	Aromatherapy Benefits	Skin Benefits	
Acai (Euterpe oleracea) 	Energizing	<ul style="list-style-type: none"> ✓ Protects against free radicals ✓ Delivers potent antioxidants ✓ Contains high content of antioxidant phytochemicals ✓ Calms ✓ Contains Cyanidin an antioxidant that is far more powerful than vitamin C or vitamin E ✓ Moisturizes & nourishes ✓ Fights signs of aging 	<ul style="list-style-type: none"> ✓ Bouts cell mutation ✓ Penetrates deeply & quickly ✓ Delivers ORAC (oxygen radical absorption capacity) ✓ High B-sitosterol, campesterol and sigmasterol – plant sterols with potential for anti-cancer properties as well as other health benefits currently being studied
Almond (Amygdalus communis) 		<ul style="list-style-type: none"> ✓ Prevents transdermal water loss/Retains moisture ✓ Lubricates – extremely emollient ✓ Protects & nourishes 	<ul style="list-style-type: none"> ✓ Combats dark circles & under-eye bags ✓ Reduces wrinkles ✓ Reverses the signs of aging ✓ Contains protein, vitamin A, B, & E







Oil	Aromatherapy Benefits	Skin Benefits	
Amaranth (Amaranthus) 		<ul style="list-style-type: none"> ✓ Most potent plant-based source of Squalene- >7% ✓ Packs anti-cancer & immuno-stimulating properties to protect & supply oxygen to cells ✓ Delivers vit E as tocopherols, tocotrienols, & phytosterols (are not seen together in other common oils) 	<ul style="list-style-type: none"> ✓ Resupplies cells with oxygen using high-quality unsaturated hydrocarbon ✓ Enhances energy metabolism at the cellular level ✓ Combats the development of wrinkles ✓ Recovers the biological qualities of skin ✓ Retards the effects of skin aging ✓ Great moisturizer
Angelica (Angelica archangelica) 	<u>Balancing</u> <u>Releases Nervous</u> <u>Tension</u>	<ul style="list-style-type: none"> ✓ Stimulates circulation ✓ Cleanses toxins ✓ Encourages lymphatic drainage 	<ul style="list-style-type: none"> ✓ Invigorates the lymph system ✓ Aids healthy liver function
Andiroba (Carapa guianensis) 		<ul style="list-style-type: none"> ✓ Increases blood circulation to the scalp ✓ Promotes healthy hair growth ✓ Delivers anti-carcinogenic properties ✓ Aids in healing skin disorders ✓ Protects with rich, fatty acids & glycerides ✓ Delivers healing 	<ul style="list-style-type: none"> ✓ Restores moisture & prevents dry skin ✓ Rejuvenates skin cells ✓ Penetrates quickly light but rich ✓ Contains natural alpha-hydroxy acids to boost collagen & condition skin
Argan (Argania spinose) 		<ul style="list-style-type: none"> ✓ Defies & delays wrinkling ✓ Moisturizes to diminish fine line ✓ Makes skin appear ore supple & toned; softer & smoother skin 	<ul style="list-style-type: none"> ✓ Protects skin from future damage ✓ Helps heal damaged skin ✓ Combats dehydration & loss of elasticity ✓ Delivers high amount of tocopherols (vit E)







Oil	Aromatherapy Benefits	Skin Benefits	
		<ul style="list-style-type: none"> ✓ Protects against free radicals using antioxidants 	<ul style="list-style-type: none"> ✓ Improves the appearance of scars ✓ Calms & nourishes
<p>Babassu (Babasuorbig nya oleifera)</p> 		<ul style="list-style-type: none"> ✓ Soothes ✓ Protects ✓ Penetrates quickly ✓ Calms 	<ul style="list-style-type: none"> ✓ Renews skin cells with naturally occurring plant sterols ✓ Corrects dry & flaky skin ✓ Delivers anti-oxidant protection against free radicals
<p>Baobab (Adansonia digitata)</p> 		<ul style="list-style-type: none"> ✓ Supports collagen production ✓ Properties rich in vitamins A, E & F & sterols ✓ Absorbs quickly highly penetrating deeply nourishing ✓ Restores moisture & softens ✓ Improves the skin's tone & elasticity 	<ul style="list-style-type: none"> ✓ Encourages cell regeneration & renewal ✓ Regenerates epithelial tissue quickly ✓ Helps repair skin damage from the sun ✓ Aids in healing & preventing stretch marks ✓ Maintains healthy skin using restructuring essential fatty acids
<p>Basil (Ocimum basilicum varLinalool)</p> 	<p><u>Clarifying</u> <u>Increases</u> <u>Concentration &</u> <u>Confidence</u></p>	<ul style="list-style-type: none"> ✓ Clarifies congested skin ✓ Enhances the luster of dull skin & hair ✓ Improves skin tone ✓ Soothes sore muscles & joints 	<ul style="list-style-type: none"> ✓ Promotes hair & scalp health ✓ Soothes minor irritations ✓ Stimulates circulation & refreshes dull skin
<p>Benzoin (Styrax benzoin)</p> 	<p><u>Relaxing</u> <u>Sweet & Inviting</u> <u>Warming</u></p>	<ul style="list-style-type: none"> ✓ Supports wound healing ✓ Aids in diminishing scar tissue ✓ Improves elasticity ✓ Reduces redness, irritation of damaged skin 	<ul style="list-style-type: none"> ✓ Protects wounds from infection ✓ Restores cracked skin ✓ Aids the healing of sores ✓ Supports wound healing







Oil	Aromatherapy Benefits	Skin Benefits	
Bergamot (Citrus bergamia) 	<u>Calming</u> , <u>Relaxing</u> & <u>Uplifting</u> <u>Dispels Anger</u> <u>Soothes Emotional Imbalances</u>	<ul style="list-style-type: none"> ✓ Extracts harmful bacteria & eliminates sources of skin irritations ✓ Improves complexion ✓ Tones & detoxifies naturally ✓ Prevents premature aging 	<ul style="list-style-type: none"> ✓ Stimulates circulation ✓ Regenerates ✓ Encourages new cell growth ✓ Promotes scar healing ✓ Relieves & conditions dry skin
Birch (Betula) 	<u>Comfort</u> <u>Relaxation</u>	<ul style="list-style-type: none"> ✓ Constricts ✓ Toners ✓ Tightens skin ✓ Removes toxins 	<ul style="list-style-type: none"> ✓ Reduces wrinkles & sagging skin ✓ Stimulates circulation ✓ Detoxifies ✓ Delivers antiseptic & astringent benefits
Black pepper (Piper nigrum) 	<u>Warming</u> <u>Stimulating</u> <u>Energizing</u> <u>Dispels Anger, Exhaustion & Frustration</u> <u>Helps Concentration</u>	<ul style="list-style-type: none"> ✓ Increases circulation ✓ Burns fat ✓ Protects the body from damages done by free radicals ✓ Helps to repair those damages that have already occurred 	<ul style="list-style-type: none"> ✓ Aids in detoxification ✓ Stimulates the circulation & digestive systems ✓ Delays adverse effects of aging - wrinkling, degeneration & loose sagging skin
Borage (Borago officinalis) 		<ul style="list-style-type: none"> ✓ Improves hair's health & vitality ✓ Contains GLAs to help delay male baldness & hair loss ✓ Encourages new hair growth ✓ Prevents further hair loss ✓ Provides nourishment for dry or damaged hair 	<ul style="list-style-type: none"> ✓ Repairs hair follicles ✓ Combats dry, itchy scalp & replenishes oil ✓ Moisturizes deeply to reduce appearance of stretch marks ✓ Keeps skin looking young & supple ✓ Restores skin tissue & elasticity ✓ Softens fine lines & wrinkles







Oil	Aromatherapy Benefits	Skin Benefits	
Broccoli Seed (Brassica oleracea italica) 		<ul style="list-style-type: none"> ✓ Nourishes with nutrient rich vitamin C & other nourishing ingredients ✓ Absorbs quickly leaving a clean, non-greasy finish ✓ Moisturizes 	<ul style="list-style-type: none"> ✓ Promotes hydration ✓ Delivers youthful-looking hair with radiant sheen & luster ✓ Creates shiny & glossy hair
Buriti (Mauritia flexuosa) 		<ul style="list-style-type: none"> ✓ Contains carotenoids to deliver vitamin A ✓ Richest known source of beta-carotene ✓ Supports & aids anti-aging damage 	<ul style="list-style-type: none"> ✓ Nourishes, moisturizes, & repairs the epidermis with remarkable ability ✓ Reduces wrinkles by improving mature skin elasticity
Calendula (Calendula officinalis) 		<ul style="list-style-type: none"> ✓ Restores & improves bruises, cuts, scars, stretch marks ✓ Stimulates production of collagen ✓ Minimizes scarring ✓ Contains lipophilic & hydrophilic extracts 	<ul style="list-style-type: none"> ✓ Heals & softens ✓ Reduces inflammation ✓ Soothes irritated, dry, chapped skin tissue ✓ Moisturizes & protects skin ✓ Promotes healing & repair using flavonoids & saponins
Camelina (Camelina sativa) 		<ul style="list-style-type: none"> ✓ Provides a protective coating for hair follicles ✓ Revitalizes, restores & reverses signs of damaged hair ✓ Helps to nourish & protect weakened hair 	<ul style="list-style-type: none"> ✓ Delivers moisturizing to restore luster & shine ✓ Strengthens hair & prevents breakage ✓ Improves elasticity- rich source of omega 3






Oil	Aromatherapy Benefits	Skin Benefits	
Camellia seed (Camellia sinensis) 		<ul style="list-style-type: none"> ✓ Distributes excellent emollient properties ✓ Absorbs quickly ✓ Delivers hydration & restores moisture balance ✓ Reduces signs of aging ✓ Improves Complexion 	<ul style="list-style-type: none"> ✓ Nourishes with Vitamins A, B, & E & Omegas ✓ Contains Squalene to replenish, protect & nourish ✓ Protects from free radicals ✓ Enhances Radiance ✓ Softens Wrinkles & Tiny Age Lines
Candelilla wax (Euphorbia antisiphilitica) 		<ul style="list-style-type: none"> ✓ Creates protective barrier to hold moisture – humectant ✓ Reduces dryness ✓ Attracts water 	<ul style="list-style-type: none"> ✓ Delivers vitamin A to support cell turnover & reconstruction ✓ Repairs wounds ✓ Softens skin
Carrot seed (Daucua carota) 	Cleansing Replenishing Purifying	<ul style="list-style-type: none"> ✓ Nourishes ✓ Tones ✓ Reduces wrinkles ✓ Detoxifies skin ✓ Provides rich vitamins & minerals ✓ Rejuvenates & regenerates health to damaged traumatized skin ✓ Aids hair growth 	<ul style="list-style-type: none"> ✓ Combats dark circles under eyes ✓ Supports healing of scars, stretch marks & cellulite ✓ Balances & maintain moisture in the hair & scalp ✓ Strengthens & conditions hair while preventing split ends
Cedarwood (Cedrus atlantica) 	Calming Grounding Revitalizing Sexy	<ul style="list-style-type: none"> ✓ Aids in removing body fat ✓ Stimulates lymphatic drainage 	<ul style="list-style-type: none"> ✓ Diminishes appearance of cellulite ✓ Delivers antiseptic wound healing benefits




Oil	Aromatherapy Benefits	Skin Benefits	
Chamomile (Anthemis nobilis or Chamaemelum nobile) 	Calming Soothing Dispels Anger Impatience & Anxiety	<ul style="list-style-type: none"> ✓ Nourishes dry skin ✓ Reduces puffiness & skin inflammation ✓ Helps tone & strengthen skin tissue ✓ Increases ability to regenerate new cells 	<ul style="list-style-type: none"> ✓ Protects against ravages of free radicals ✓ Uses anti-inflammatory action reduces swelling, dark circles & puffiness under eyes
Clary Sage (Salvia sclarea) 	Balancing Soothing Euphoric Stimulates Dreams	<ul style="list-style-type: none"> ✓ Boosts hair growth ✓ Helps in reversing hair loss ✓ Strengthens, adds manageability & shine ✓ Foils premature balding by preventing thickening of the membrane tissue 	<ul style="list-style-type: none"> ✓ Stimulates the hair follicle ✓ Rejuvenates inflamed skin ✓ Boosts cell regeneration ✓ Stimulates metabolic rate & digestion
Cocoa butter (Theobroma cacao) 		<ul style="list-style-type: none"> ✓ Provides deep hydration ✓ Moisturizes ✓ Helps diminish scars & reduce stretch marks ✓ Fights free radicals 	<ul style="list-style-type: none"> ✓ Repairs dry, damaged skin ✓ Evens skin tone ✓ Fights signs of aging ✓ Delivers antioxidants & minerals
Comfrey (Symphytum officinale) 		<ul style="list-style-type: none"> ✓ Repairs wounds ✓ Heals ✓ Treats bruises ✓ Soothes skin 	<ul style="list-style-type: none"> ✓ Delivers cell proliferation / regeneration / rejuvenation ✓ Reduces swelling & redness ✓ Fosters new cell growth during healing process



Oil	Aromatherapy Benefits	Skin Benefits	
Coconut (Cocos nucifera) 		<ul style="list-style-type: none"> ✓ Absorbs quick & clean ✓ Hydrates & soothes ✓ Possesses incredible balance of natural saturated fatty acids not found in other oils ✓ Encourages healthy skin ✓ Relieves dry, rough & wrinkled skin ✓ Fights free radicals 	<ul style="list-style-type: none"> ✓ Helps fight aging by stopping cell damage ✓ Protects ✓ Conditions ✓ Hydrates ✓ Helps to prevent stretch marks ✓ Aids in healing of injuries & wounds ✓ Keeps skin healthy & youthful looking
Coriander Seed (Cariandrum savitum) 	<u>Uplifting & Stimulating</u> <u>Boosts Confidence</u>	<ul style="list-style-type: none"> ✓ Cleanses the body - detoxifying ✓ Flushes toxins & fluid wastes ✓ Stimulates circulation 	<ul style="list-style-type: none"> ✓ Regenerates new skin tissue ✓ Assists in clearing skin disorders ✓ Delivers in vitamins & minerals
Cucumber Seed (Cucumis sativas) 		<ul style="list-style-type: none"> ✓ Helps strengthen lipid barrier ✓ Restores skin's moisture balance ✓ Improves elasticity ✓ Nourishes & stimulates using Phytosterols ✓ Treats dry skin highly effective ✓ Accelerates cell regeneration & helps to prevent premature aging 	<ul style="list-style-type: none"> ✓ Delivers rich vit C ✓ Makes hair super shiny & lustrous ✓ Strengthens each & every strand with Silica ✓ Protects hair from breakage & hair loss ✓ Absorbs quickly ✓ Moisturizes ✓ High amount of Linoleic & Omega 6 notable amounts of Oleic & Palmitic Fatty Acids





Oil	Aromatherapy Benefits	Skin Benefits	
<p>Cupuacu butter (Theobroma grandiflorum)</p> 		<ul style="list-style-type: none"> ✓ Fights dry, damaged skin & improves elasticity & overall appearance with rich phytosterols ✓ Contains polyphenols to combat free radicals & fatty acids ✓ Delivers deep moisture with great water absorption ✓ Delivers true healing & restructuring benefits ✓ 	<ul style="list-style-type: none"> ✓ Improves elasticity ✓ Boosts natural moisture & helps your skin appear more elastic ✓ Fights signs of aging ✓ Improves the appearance prematurely aging & thinning skin ✓ Promotes incredible creaminess with a special softness & smoothness to your skin
<p>Cypress (Cupressus sempervirens)</p> 	<p>Boost Confidence Dispels Anger & Anxiety Comforting</p>	<ul style="list-style-type: none"> ✓ Cleanses ✓ Decongests pores ✓ Reduces the appearance of cellulite ✓ Releases lymphatic congestion ✓ Increases circulation 	<ul style="list-style-type: none"> ✓ Stimulates cell regeneration ✓ Restores ✓ Helps treat wounds ✓ Aids in maintaining healthy hair & skin
<p>Evening Primrose (Oenothera biennis)</p> 		<ul style="list-style-type: none"> ✓ Contains high concentration of a fatty acid ✓ Improves elasticity with GLA's remarkable healing properties ✓ Softens & soothes dry & irritated skin ✓ Contains high levels of linoleic acid to support skin conditions & defend premature aging ✓ Helps rejuvenate 	<ul style="list-style-type: none"> ✓ Delivers anti-aging effects ✓ Reduces the wrinkles & fine lines ✓ Lightens the dark circles around your eyes & gradually minimizes the tired look ✓ Improves firmness & elasticity ✓ Aids in producing new skin cells ✓ Hydrates







Oil	Aromatherapy Benefits	Skin Benefits	
Fennel (Foeniculum vulgare) 	Clarifying Restoring Dispels Fears Boosts Confidence	<ul style="list-style-type: none"> ✓ Releases & eliminates toxins ✓ Reduces the appearance of cellulite ✓ Tonic for the liver, kidneys, & spleen 	<ul style="list-style-type: none"> ✓ Decreases appetite ✓ Stimulates & regenerates
Frankincense (Boswellia carterii or serrata or frareana) 	Relaxing Regulating Balancing Brings Inner Peace Relieves Anxiety & Anger	<ul style="list-style-type: none"> ✓ Delivers ancient benefits to dry, mature & aging skin ✓ Helps defend & reduce appearance of wrinkles ✓ Stimulates immune system ✓ Tonic for all skin types ✓ Regenerates healthy cells & keeps existing cells & tissues healthy ✓ Eliminates sun spots 	<ul style="list-style-type: none"> ✓ Promotes youthful, radiant-looking skin ✓ Slows signs of aging by reducing the appearance of skin imperfections ✓ Strengthens hair roots ✓ Fades stretch marks & surgery marks ✓ Tones, lifts & tightens skin all over ✓ Replaces old/dying cells with new, healthy ones! ✓ Removes micro-wrinkles around the eyes & cheeks
Geranium (Pelargonium graveolens) 	Balancing Regulating Dispels Nervous Tension	<ul style="list-style-type: none"> ✓ Cleanses naturally ✓ Restores balance ✓ Tones & tightens ✓ Defends frequent hair loss, ✓ Strengthens hair ✓ Anti-aging tonic for all types of skin 	<ul style="list-style-type: none"> ✓ Balances skin sebum (oil) production ✓ Revitalizes skin cells ✓ Boost metabolism ✓ Regulates hormonal system ✓ Detoxifies the lymph system







Oil	Aromatherapy Benefits	Skin Benefits	
Ginger (Zingiber officinale) 	Warming Grounding Stimulating Sharpens Memory & Senses Aphrodisiac	<ul style="list-style-type: none"> ✓ Warms ✓ Stimulates & tones ✓ Promotes normal circulation ✓ Stimulates appetite ✓ Benefits digestion ✓ Reduces high cholesterol ✓ Stimulates hair growth ✓ Slows down the signs of aging 	<ul style="list-style-type: none"> ✓ Contains 40 antioxidant compounds protecting against aging ✓ Improves the appearance of your skin by removing the toxins ✓ Delivers antioxidants to prevent cell damage from free radicals ✓ Preserves youthful skin appearance ✓ Improves the elasticity, making skin firm & youthful
Grapefruit (Citrus paradisi) 	<u>Balancing</u> <u>Cleansing</u> <u>Energizing</u> <u>Inspiring</u> <u>Reviving & Uplifting</u> <u>Euphoric</u>	<ul style="list-style-type: none"> ✓ Cleanses ✓ Decongests ✓ Helps an overheated sluggish liver ✓ Dissolves fat ✓ Reduces cellulite 	<ul style="list-style-type: none"> ✓ Increases metabolism of adipose tissue (brown fat) ✓ Detoxifies ✓ Benefits cellulite, lymphatic drainage, obesity, & water retention
Helichrysum (Helichrysum italicum) 	Eases Depression, Stress & Exhaustion Very Compassionate	<ul style="list-style-type: none"> ✓ Helps to speed the healing process ✓ Reduces the appearance of scarring ✓ Heals magically ✓ Detoxifies ✓ Improves skin conditions & appearance ✓ Reduces inflammation ✓ Effective free radical scavenger ✓ Creates firmer youthful, & vibrant skin 	<ul style="list-style-type: none"> ✓ Fades scars, heal stretch marks ✓ Reduces the appearance of surgical scars & skin blemishes ✓ Calms & Soothes ✓ Contains "diketones," to reduce scar tissue & stimulate the growth of new skin tissue ✓ Helps fade redness & soothes dryness







Oil	Aromatherapy Benefits	Skin Benefits	
<p>Jasmine (<i>Jasminum officinale</i>)</p> 	<p>Confidence Building Aphrodisiac Sexy Dispel Nervous Tension</p>	<ul style="list-style-type: none"> ✓ Stimulates circulation ✓ Tones ✓ Increases skin's elasticity ✓ Improves dry skin & stretch marks 	<ul style="list-style-type: none"> ✓ Hydrates & Restores ✓ Helps fade scars & stretch marks ✓ Fights signs of aging
<p>Jojoba (<i>Simmondsia chinensis</i>)</p> 		<ul style="list-style-type: none"> ✓ Cleanses ✓ Reduces wrinkles & lines associated with aging ✓ Helps promote new skin cells ✓ Contains unique proteins, liquid waxes & fatty acids that closely resemble the skin's own natural emollients & pH balance 	<ul style="list-style-type: none"> ✓ Adds balance & fortifies ✓ Softens & protects ✓ Moisturizes ✓ Promotes a healthy, glowing complexion
<p>Juniper (<i>Juniperus Communis</i>)</p> 	<p>Clearing Restoring Calming Relieving</p>	<ul style="list-style-type: none"> ✓ Stimulates & purifies ✓ Detoxifies ✓ Delivers diuretic aids the kidneys & liver 	<ul style="list-style-type: none"> ✓ Diminishes appearance of cellulite ✓ Promotes sweating
<p>Kukui nut (<i>Aleurites moluccans</i>)</p> 		<ul style="list-style-type: none"> ✓ Creates a protective shield that locks in moisture, without blocking pores ✓ Contains large amounts of essential fatty acids, (alpha-linolenic & linoleic acids) & providing antioxidant protection & benefits 	<ul style="list-style-type: none"> ✓ Properties high in Vitamin A, C, D, & E ✓ Rejuvenates & heals ✓ Nourishes dry, mature, & damaged ✓ Penetrates quickly to the deepest layers of skin ✓ Leaves a silky smooth finish



Oil	Aromatherapy Benefits	Skin Benefits	
Lavender (Lavandula angustifolia or officinale) 	Balancing Calming Cooling Dispels Anger, Tension & Stress Helps Sleep	<ul style="list-style-type: none"> ✓ Prevents hair loss ✓ Deeply conditions ✓ Promotes shiny, healthy scalp & hair growth ✓ Helps control dandruff ✓ Encourages new skin cell growth ✓ Aids healing & tissue recovery 	<ul style="list-style-type: none"> ✓ Extraordinary healing properties ✓ Aids in wound healing ✓ Promotes scar formation & tissue recovery ✓ Helps to correct stretch marks ✓ Promotes new cell growth ✓ Balances oil production
Lemon (Citrus limonum) 	Clarifying Cleansing Cooling Improves Concentration & Memory Dispels Anxiety	<ul style="list-style-type: none"> ✓ Aides in toxin release – detoxifies ✓ Helps grow hair ✓ Reduces dandruff & hair loss ✓ Promotes strong, healthy & shiny hair 	<ul style="list-style-type: none"> ✓ Cleanses ✓ Nourishes the skin ✓ Stimulates immune, lymphatic & circulatory system ✓ Detoxifies the blood, kidneys & liver
Lemongrass (Cymbopogon flexuosus) 	<u>Aids Concentration</u> <u>Relieves Exhaustion</u> <u>Uplifting & Stimulating</u>	<ul style="list-style-type: none"> ✓ Delivers Lymphatic detox ✓ Prevents sweating & odor ✓ Helps improve appearance of cellulite 	
Macadamia nut (Macadamia integrifolia) 		<ul style="list-style-type: none"> ✓ Delivers natural anti-aging & dry skin benefits ✓ Rich in antioxidant, calcium, vitamin B, iron, omega 3 & 6 fatty acids, & palmitoleic acid ✓ Heals & repairs 	<ul style="list-style-type: none"> ✓ Penetrates quickly ✓ Contains fatty acid composition similar to scalp & hair's natural conditioning agent - sebum






Oil	Aromatherapy Benefits	Skin Benefits	
Mandarin (Citrus reticulata or deliciosa) 	Reduces Stress Promotes Relaxation Calms Anxiety Cheery, Nourishing & Strengthening	<ul style="list-style-type: none"> ✓ Maintains moisture balance ✓ Works in prevention of stretch marks ✓ Heals ✓ Safe for all including children & pregnant women 	<ul style="list-style-type: none"> ✓ Helps reduce stretch marks ✓ Re-balances the skin ✓ Refines skin's texture ✓ Encourages new cell growth ✓ Replaces damaged skin
Marjoram (Origanum majorana) 	Calms Anxiety Rejuvenating Warming Aphrodisiac	<ul style="list-style-type: none"> ✓ Improves blood circulation ✓ Stimulates & increases blood flow 	<ul style="list-style-type: none"> ✓ Lessens bruises ✓ Flushes toxins
Marula (Sclerocarya birrea) 		<ul style="list-style-type: none"> ✓ Improves hydration & smoothness Reduces redness ✓ Minimizes transepidermal water loss ✓ Helps heal skin tissue ✓ Absorbs quickly & is non greasy ✓ Maintains healthy skin using rich antioxidants & oleic acid – ✓ Demonstrates remarkable absorbency 	<ul style="list-style-type: none"> ✓ Contains high concentration of palmitic acid, which forms a protective coating on the skin's surface ✓ Wonderful ingredient for dry, damaged skin ✓ Properties rich in nutritious proteins, minerals ✓ Contains dramatic ability to nourish, moisturize & improve skin elasticity ✓ Nurtures mature skin
Meadowfoam seed (Limnanthes alba) 		<ul style="list-style-type: none"> ✓ Creates a barrier to lock in skin's natural moisture & prevent moisture loss ✓ Helps prevent dryness ✓ Contains antioxidant tocopherols (vit E oil) & phytosterols 	<ul style="list-style-type: none"> ✓ Delivers very good lubrication ✓ Reduces wrinkles & signs of aging ✓ Rejuvenates ✓ Provides natural ultraviolet protection





Oil	Aromatherapy Benefits	Skin Benefits	
Myrrh (Commiphora myrrha) 	Lifts Feelings Of Apathy Clearing Grounding Rejuvenating	<ul style="list-style-type: none"> ✓ Moisturizes dry, chapped skin ✓ Balances skin hydration ✓ Reduces the appearance of wrinkles 	<ul style="list-style-type: none"> ✓ Regenerates new skin cells ✓ Revitalizes aging skin & wrinkles
Neroli (Citrus aurantium var Amara) 	Relieves Anger Fear & Anxiety Uplifting & Relaxing Inspires Confidence Aphrodisiac Sexy	<ul style="list-style-type: none"> ✓ Regenerates skin cells ✓ Maintains proper moisture & oil balance ✓ Balances sebum ✓ Tones & brightens 	<ul style="list-style-type: none"> ✓ Improves elasticity ✓ Increases tone ✓ Delivers smooth skin with a glamorous glow
Orange (Citrus sinensis) 	Inspiring Brings A Positive Outlook Brings Joy & Cheer Relieves Tension & Anxiety	<ul style="list-style-type: none"> ✓ Provides relief from inflammation ✓ Relaxes muscular spasms ✓ Inhibits microbial growth ✓ Disinfects wounds 	<ul style="list-style-type: none"> ✓ Boosts immunity ✓ Assists with acne & dermatitis ✓ Promotes elimination of toxin ✓ Detoxifies & decongests skin
Palmarosa (Cymbopogon n martini) 	Regulates The Mind Uplifts Exhaustive State	<ul style="list-style-type: none"> ✓ Maintains moisture balance ✓ Properties rich in anti-aging benefits ✓ Enhances regeneration of damaged tissue ✓ Balances skin dehydration ✓ Helps cure sores, cracks in the skin 	<ul style="list-style-type: none"> ✓ Keeps skin supple & elastic ✓ Prevents scars ✓ Regulates sebum ✓ Stimulates cell regeneration ✓ Combats mature skin & wrinkles






Oil	Aromatherapy Benefits	Skin Benefits	
Patchouli (Pogostemon cablin) 	Aphrodisiac Sexy Low Doses – Sedative High Doses - Stimulant	<ul style="list-style-type: none"> ✓ Helps eliminate toxins ✓ Reduces the appearance of cellulite ✓ Regenerates new skin cells ✓ Fights aging, wrinkles, dry mature skin 	<ul style="list-style-type: none"> ✓ Promotes a smooth, glowing complexion ✓ Reduces the appearance of wrinkles, scars & stretch marks ✓ Alleviates chapped dry skin
Pomegranate (Punica granatum) 		<ul style="list-style-type: none"> ✓ Naturally high in flavonoids & punicic acid ✓ Scavenges free radicals that damage & age the skin ✓ Helps destroy & prevent cancer cell formation ✓ Natural plant source of Omegas & CLA (punicic acid) 	<ul style="list-style-type: none"> ✓ Provides powerful anti-oxidant benefits ✓ Assists skin in looking tight & lustrous ✓ Helps dry or irritated aging skin ✓ Balances skin pH ✓ Improves skin elasticity ✓ Moisturizes
Prickly Pear (Opuntia ficus indica) 		<ul style="list-style-type: none"> ✓ Protects the skin against premature aging ✓ Improves skin hydration ✓ Tightens pores for a smoother texture & refinement ✓ Promotes a beautiful & healthy complexion ✓ Reduces under-eye shadows & eye circles 	<ul style="list-style-type: none"> ✓ Moisturizes & revitalizes ✓ Halts the aging of cells & stimulates their renewal with powerful anti-oxidant ✓ Reduce the depth of wrinkles ✓ Smoothes wrinkles & fine lines ✓ Strengthens the skin's natural defenses







Oil	Aromatherapy Benefits	Skin Benefits	
<p>Raspberry (Rubus idaeus)</p> 		<ul style="list-style-type: none"> ✓ Rich source of polyunsaturated fats, including omega-3 & antioxidants ✓ Demonstrates superior free radical scavenging capability & lipid support ✓ Helps to protect skin against sun damage ✓ Calms, lubricates, conditions ✓ Creates a lipid barrier providing protection & moisture retention ✓ Possesses antioxidants to prevent oxidative damage which can lead to premature skin aging & skin cancer ✓ Reduces trans epidermal water loss using very high levels of phytosterols ✓ Protects against ultra violet damage 	<ul style="list-style-type: none"> ✓ Absorbs UV-B & UV-C so useful as a broad spectrum sunscreen ✓ Anti-inflammatory ✓ Contains high content of alpha linolenic acid (the highest in any fruit seed oil) & phytosterols - helpful for eczema & psoriasis ✓ Reduces the destruction of collagen & inflammatory response, both major causes of wrinkles using anti-aging benefits of ellegic acid (an anti-oxidant) ✓ Delivers very high level of Vitamin E – an antioxidant ✓ Repairs skin damaged by environmental factors, including sun damage using Phytosterols
<p>Rose (Rosa damascene)</p> 	<p>Comforting & Calming Cheery Cleansing Dispels Anger Jealousy & Apathy Improves Confidence Calming & Balancing Hypnotic Uplifting Aphrodisiac & Sexy</p>	<ul style="list-style-type: none"> ✓ Assists in reducing the appearance of scarring ✓ Relieves dryness ✓ Moisturizes ✓ Stimulates & purifies 	<ul style="list-style-type: none"> ✓ Promotes youthful glowing complexion ✓ Defends against aging ✓ Maintains soft, dewy skin ✓ Rejuvenates aged, wrinkled, or mature skin







Oil	Aromatherapy Benefits	Skin Benefits	
<p>Rose Otto (<i>Rosa damascene</i>)</p> 	<p>Dispels Anger, Fear, Apathy Counters Stress Improves Confidence Aphrodisiac Hypnotic</p>	<ul style="list-style-type: none"> ✓ Packs anti-aging benefits ✓ Fights dryness ✓ Detoxifies & keeps your skin healthy & youthful ✓ Fights against wrinkles 	<ul style="list-style-type: none"> ✓ Promotes youthful glowing complexion ✓ Defends against aging ✓ Maintains soft, dewy skin ✓ Rejuvenates mature / dry skin
<p>Rosehip (<i>Rosa mosqueta</i> or <i>Rosa rubiginosa</i>)</p> 		<ul style="list-style-type: none"> ✓ Luxurious pure oil treats wrinkles ✓ Contains 77% fatty acids – important to regenerating new skin cells ✓ Contains retinoic acid – product of Vitamin A ✓ Helps stimulate collagen ✓ Contains high quantities of Vitamin C & E, which further promote healthy skin ✓ Visibly improves skin's quality & appearance 	<ul style="list-style-type: none"> ✓ Promotes healing from sun damage ✓ Uses antioxidants & polyphenols to revitalize dry, dull skin ✓ Visibly improves the quality & appearance ✓ Reduces wrinkles & signs of premature aging ✓ Improves appearance of stretch marks, scar tissue or problem skin
<p>Rosemary (<i>Rosmarinus officinalis</i>)</p> 	<p>Good For Concentration & Confidence Stimulating & Energizing Dispels Grief</p>	<ul style="list-style-type: none"> ✓ Stimulates & strengthens hair roots, follicles & growth ✓ Increases scalp circulation ✓ Helps produce shine ✓ Slows down premature hair loss & graying ✓ Cleans the scalp & hair of impurities ✓ Aids toxin elimination 	<ul style="list-style-type: none"> ✓ Regenerates new skin cells ✓ Smoothes & tones ✓ Helps keep skin young looking ✓ Increases circulation ✓ Reduces the appearance of cellulite ✓ Stimulates circulatory system






Oil	Aromatherapy Benefits	Skin Benefits	
Rosemary verbenone (Rosmarinus officinalis var verbenon) 	Concentration & Confidence Stimulating & Energizing Good For Memory Loss	<ul style="list-style-type: none"> ✓ Initiates healthy hair growth ✓ Remedies dry scalp, thirsty tissue, & even hair loss ✓ Promotes shiny & healthy hair 	<ul style="list-style-type: none"> ✓ Rejuvenates & tones ✓ Delivers cell regenerating qualities ✓ Promotes tissue regenerating ketones (outer most layer of skin) production
Rosewood (Aniba rosaeodora) 	<u>Tranquil & Comforting</u> <u>Uplifting</u> <u>Dispels Depression</u> <u>Aphrodisiac</u>	<ul style="list-style-type: none"> ✓ Reduces stretch marks ✓ Moisturizes dry, itchy skin ✓ Increases elasticity, repair of stretched skin 	<ul style="list-style-type: none"> ✓ Soothes ✓ Slows signs of aging ✓ Keeps cells & tissue health
Sage (Salvia officinalis) 	Regenerative Helps Against Memory Loss, Fatigue & Lack Of Confidence	<ul style="list-style-type: none"> ✓ Reduces scarring ✓ Promotes wound healing ✓ Regenerates & rejuvenates cells 	
Sandalwood (Santalum spicatum or Santalum album) 	Calming Comforting Brings Inner Peace Aphrodisiac Sexy Overcome Anxiety	<ul style="list-style-type: none"> ✓ Soothes dry aged mature skin ✓ Encourages new cell growth ✓ Increases circulation ✓ Increases retention of collagen ✓ Helps dry ends, & maintains healthy hair ✓ Heals injured scalp & hair ✓ Strengthens & increases shine ✓ Delivers a natural sheen 	<ul style="list-style-type: none"> ✓ Calms & balances ✓ Moisturizes ✓ Soothes & softens & tones ✓ Fights wrinkles ✓ Promotes fat metabolizing ✓ Cleanses & heals ✓ Relieves dry / dehydrated skin






Oil	Aromatherapy Benefits	Skin Benefits	
Sea buckthorn (Hippophae rhamnoides) 		<ul style="list-style-type: none"> ✓ Nurtures damaged skin tissue ✓ Combats wrinkles, dryness & premature aging ✓ Retards the aging process of the skin ✓ Protects from UV rays ✓ Regenerates, protects & restores cellular structure ✓ Supports skin's healing, including burns, skin ulcers, acne & many forms of inflammation 	<ul style="list-style-type: none"> ✓ Rich in essential fatty acids, vitamins & minerals ✓ Improves skin's elasticity ✓ Supports healing ✓ Fights formation of wrinkles ✓ Delivers protection from free radical using anti-oxidants ✓ Reduces the appearance of wrinkles
Sesame (Sesamum indicum) 		<ul style="list-style-type: none"> ✓ Reverses signs of aging with potent antioxidants to fight free radicals ✓ Delivers anti-aging, moisturizing & protecting properties 	<ul style="list-style-type: none"> ✓ Contains vitamin E in abundance with vitamin B complex & vitamin A ✓ Nourishes ✓ Provides all-natural nourishment & glow
Squalane (Olive) (Squalene Olea europaea) 		<ul style="list-style-type: none"> ✓ Helps to protect ✓ Triggers regeneration ✓ Reduces appearance of scars & stretch marks 	<ul style="list-style-type: none"> ✓ Firms tones visibly reduce fine lines & wrinkles ✓ Deeply nourishes & hydrates ✓ Speeds up this healing process
Squalene (Squalene Amaranthus) 		<ul style="list-style-type: none"> ✓ Secret weapon – highest % of Squalene available from plant based oil ✓ Nourishes & hydrates ✓ Boosts the skin's ability to regenerate ✓ Conditions & moisturizes 	<ul style="list-style-type: none"> ✓ Enhances skin elasticity & moisture retention ✓ Reduces the appearance of wrinkles ✓ Relieves dehydrated skin ✓ Protects against radiation of the sun ✓ Prevents age spots



Oil	Aromatherapy Benefits	Skin Benefits	
		<ul style="list-style-type: none"> ✓ Restores the skin suppleness & flexibility ✓ Composition is very similar to human sebum ✓ Packs anticancer & immunostimulating properties to protect ✓ Highly effective oxygen-scavenging agent 	<ul style="list-style-type: none"> ✓ Delivers vit E as tocopherols, tocotrienols, & phytosterols (are not seen together in other common oils) ✓ Highly anti-inflammatory ✓ Supplies oxygen to damaged cells
<p>Tamanu (<i>Calophyllum inopyllum</i>)</p> 		<ul style="list-style-type: none"> ✓ Unique ability to promote the formation of new healthy tissue ✓ Penetrates deep into the connective tissues to repair & encourage healing ✓ Promotes new & protects new tissue from environmental assaults 	<ul style="list-style-type: none"> ✓ Stimulates wound healing ✓ Fades stretch marks ✓ Works miracles on scar tissue ✓ Remarkably curative & regenerative ✓ Delivers antioxidant properties
<p>Thyme (<i>Thymus vulgaris</i> var Linalool)</p> 	<p>Cleansing Energizing Inspiring Helps Increase Awareness Dispels Melancholy</p>	<ul style="list-style-type: none"> ✓ Tones the skin ✓ Stimulates immune & circulatory systems 	
<p>Turmeric (<i>Curcuma longa</i>)</p> 		<ul style="list-style-type: none"> ✓ Stimulates the immune system ✓ Accelerates toxin elimination ✓ Promotes new cell growth ✓ Stimulates digestion ✓ Stimulates blood circulation ✓ Supports the body's natural healing processes 	<ul style="list-style-type: none"> ✓ Uses phytonutrients to attract electrons to protect cells ✓ Prevents the oxidization of lipids using Electrophiles, which in turn may result in protected skin cells & radiance! ✓ Protects the skin from harmful bodies & gives a flawless fair complexion



Oil	Aromatherapy Benefits	Skin Benefits		
		<ul style="list-style-type: none"> ✓ Helps maintain younger looking skin ✓ Potent antioxidant & anti-inflammatory agent ✓ Benefits to the liver: Ar-turmerone, a compound present in turmeric oil is known to support liver & keep it healthy ✓ Contains anticancer properties 	<ul style="list-style-type: none"> ✓ Celebrated to treat wounds, eczema, wrinkles, pigmentation of skin, pimples, acne, psoriasis, cuts, burns & other skin infections ✓ Prevents hair ✓ Health promoting anti-allergic, antibacterial, antimicrobial, antifungal, anti-parasitic, antiviral 	
Vetiver (Vetiveria zizanoides)		Grounding Relaxing Balancing Anchoring & Uplifting Aphrodisiac	<ul style="list-style-type: none"> ✓ Revitalizes ✓ Helps to reduce stretch marks ✓ Improves the tone of slack skin ✓ Heals wounds 	<ul style="list-style-type: none"> ✓ Nourishes deeply while retaining natural moisture balance ✓ Reduces the appearance of dry skin
Ylang ylang (Cananga odorata varGenuana)		Euphoric & Uplifting Eases Anger, Anxiety & Depression Aphrodisiac	<ul style="list-style-type: none"> ✓ Adds luster, balances to glowing skin ✓ Stimulates skin elasticity ✓ Maintains moisture & oil balance of the skin 	<ul style="list-style-type: none"> ✓ Aides dry skin ✓ Stimulates skin's control over sebum secretion ✓ Provides healthy & glowing skin
Yuzu (Citrus junos)		<u>Relaxation</u> <u>Eases Nervousness & Stress</u> <u>Stimulant</u> <u>Refreshing & Uplifting</u> <u>Aphrodisiac</u>	<ul style="list-style-type: none"> ✓ Tones ✓ Promotes collagen production ✓ Exfoliates dead skin cells ✓ Rejuvenates 	

Oil	Aromatherapy Benefits	Skin Benefits
Vitamin E (Tocopherol)		<ul style="list-style-type: none"> ✓ Nature's wonder-healer ✓ Protects & encourages healing from within

