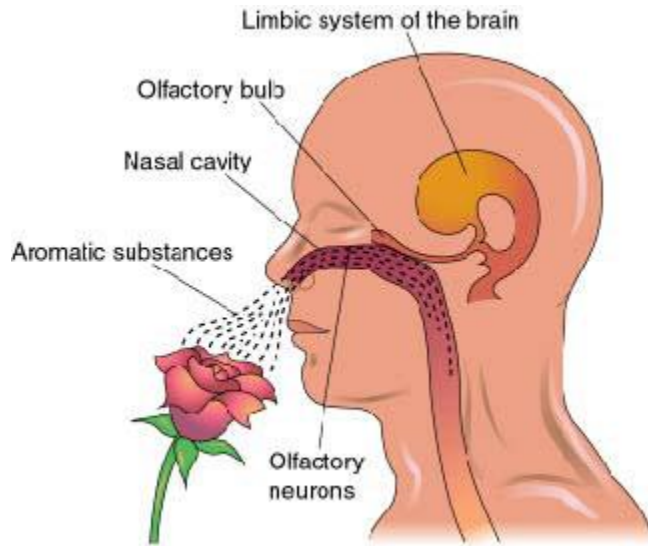


Aromatherapy

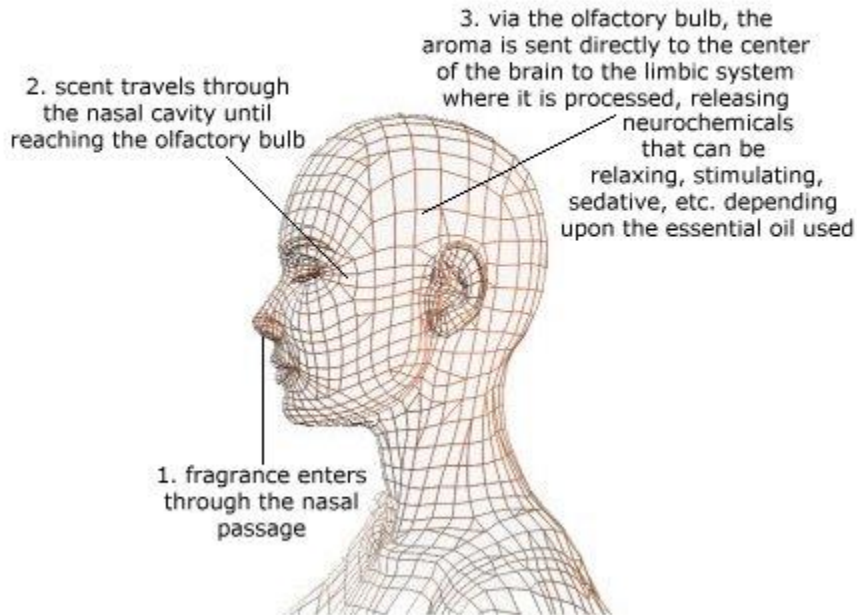
Healing Natural Scents

How do essential oils work?

- Can penetrate cell membranes and diffuse throughout the blood and tissues due to small size of the molecules 1 drop contains 40 million trillion molecules!
- Recognized by the body as nutrients, unlike synthetic chemicals, so they work synergistically to promote wellness.
- In some oils the molecules are so small they can cross blood brain barriers (Cedarwood, Vetiver, Lemon)



How Aromatherapy Is Processed



CATEGORIES OF ESSENTIAL OILS

<u>Relaxation</u> <u>Anti-Stress</u>	<u>Muscle and</u> <u>Pain relief</u>	<u>Immune System</u> <u>Boosters</u>	<u>Digestive</u> <u>Health</u>	<u>Skin</u> <u>Health</u>
<ul style="list-style-type: none"> • Balance • Bergamot • Clary Sage • Frankincense • Geranium • Lavender • Patchouli • Roman Chamomile • Serenity • Vetiver • Wild Orange • Ylang Ylang 	<ul style="list-style-type: none"> • AromaTouch • Deep Blue • PastTense • Cypress • Frankincense • Lavender • Lemongrass • Marjoram • Peppermint • Roman Chamomile • Wintergreen • White Fir 	<ul style="list-style-type: none"> • On Guard • Zendocrine EO • Cassia • Cinnamon • Clove • Melaleuca • Melissa • Oregano • Thyme • Rosemary 	<ul style="list-style-type: none"> • DigestZen • Zendocrine EO • Fennel • Ginger • Lemon • Grapefruit • Lime • Peppermint 	<ul style="list-style-type: none"> • Immortelle • ClearSkin • Frankincense • Geranium • Helichrysum • Lavender • Melaleuca • Rose • Sandalwood • Myrrh • Roman Chamomile

The Top 4 Stress-Relieving Essential Oils



Lemon Balm (Melissa)



Lavender



Vanilla



Rosemary

Essential Oils for Balancing Chakras

 Essential Oils for Health and Wellness

Chakra		Recommended Oils	Where to Apply
Crown		Frankincense, Myrrh, Lavender Gathering, Inspiration, Three Wise Men	Top of the head
Third Eye		Patchouli, Cedarwood, Lavender Awaken, Dream Catcher, Transformation, White Angelica	Between the eyebrows
Throat		Bergamot, Tea Tree, Chamomile Believe, Valor, Envision, Hope	Throat area
Heart		Rose, Jasmine, Ylang Ylang Joy, Acceptance, Humility	Chest area over the heart
Solar Plexus		Fennel, Juniper, Lemongrass Harmony, E-R-Gee, Acceptance, Release, Sacred Mountain	Between the navel and the ribcage.
Sacral or Navel		Clary Sage, Rosewood, Patchouli Peace & Calming, Harmony, Inner Child, Forgiveness	Slightly below the navel
Root or Base		Ginger, Cypress, Sandalwood Valor, Abundance, Grounding	Base of spine or bottom of the feet