

## Grapefruit

100% Pure Grapefruit Essential Oil has a delightful aroma which may promote a lightness of spirit and clarity of thought. It can be an ideal oil for those who have high expectations of life and others and often feel let down, giving way to tension, frustration, irritability and moodiness. Grapefruit Essential Oil, activates solar energy which increases ones bioelectrical energy allowing for purification and transformation of heavy emotions to renewed optimism. Grapefruit Essential Oil's nature is to remind us that true healing begins when we forgive ourselves and others.



## Tea Tree

Tea Tree Essential Oil works well on a wide range of skin problems, including blemishes, rashes and warts. Clinical studies in Australia have shown that tea tree oil rivals benzoyl peroxide for effectiveness in fighting acne, but without causing dryness, itching, stinging, burning, redness of the skin or other side effects. Men can prevent skin irritation from shaving and the infection of ingrown hairs by applying Tea Tree Essential Oil after shaving. Tea tree oil also provides an effective treatment for fungal infection of the fingernails, an increasing problem that may be linked to the growing use of artificial fingernails.



## Lavender

100% Pure Lavender Essential Oil, not to be confused with Lavender Spike, is known as the most versatile herb and Essential Oil. It is very gentle and can be used directly on the skin. Lavender's loving aroma is often considered an aromatic "Rescue Remedy" and is ideal for men, women and children. It may calm and balance strong emotions such as frustration, irritability, nervous anxiety, panic, hysteria and insomnia. It appears to cleanse and soothe the heart, allowing for a release of anger, the emotion which so often a cause for severe depression.



## Orange

100% Pure Orange Essential Oil balances the emotions, either relaxing or stimulating as needed. It revitalizes and energizes when boredom and lethargy set in. Orange Essential Oil has a warm, happy and light influence that prevents extreme seriousness. It calms the nerves and can combat anxiety and insomnia. It brightens gloomy feelings, dissipates depressing thoughts and subdues tension and stress, particularly in wintertime or if the stress is related to PMS or menopause. Orange Essential Oil eases fear of the unknown and encourages a more adventuresome attitude. It brings a more positive outlook, replacing sadness with warmth and happiness. Orange Essential Oil awakens creativity, inspires harmony and promotes self-awareness.



## Cinnamon Leaf

100% Pure Cinnamon Leaf Essential Oil is used as a physical and emotional stimulant. It reduces drowsiness, irritability, and the pain and number of headaches. Cinnamon Leaf Essential Oil helps you to concentrate and perform better. It is also used as an insecticide, antispasmodic and aphrodisiac. It eases colds and breathing difficulties. Cinnamon Leaf Essential Oil helps with chills, colds, flu, digestive and menstrual problems, and tooth and gum care.



## Peppermint

100% Pure Peppermint Essential Oil cools emotions and dissipates anger, hysteria and nervousness. It energizes and relieves mental fatigue. It diminishes depression. Peppermint Essential Oil increases alertness and improves concentration. It awakens the central nervous system, stimulates the brain and clarifies thought processes. Peppermint Essential Oil fights bacterial infection and reduces the oiliness present with acne and blemishes. It stimulates circulation and helps enliven dull dry skin. Peppermint Essential Oil leaves skin feeling soft and silky. It also regulates and normalizes oily skin and hair. Peppermint Essential Oil constricts capillaries and minimizes the redness of broken capillaries and varicose veins.



## Cedarwood

Cedarwood Essential Oil is a calming oil that eases anxiety, nervous tension and stress-related conditions. It helps stabilize energy imbalances. It can comfort and strengthen you during difficult times, reinforcing resolve and independence. It can help you see situations more objectively and remain emotionally composed. Cedarwood Essential Oil contributes to clear skin by healing skin rashes and clearing blemishes. It reduces excessive secretions of sebum, or oil, and normalizes both dry and oily skin and hair. Many people claim that Cedarwood Essential Oil is a natural and highly effective aphrodisiac as well. Cedarwood Essential Oil contributes to clear skin by healing skin rashes and clearing blemishes. It reduces excessive secretions of sebum, or oil, and normalizes both dry and oily skin and hair. Cedarwood Essential Oil controls dandruff and seborrhea, improves the condition of the hair and stimulates the scalp and hair follicles. It can minimize hair loss, and some men claim it even promotes hair growth.



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