**EUCALYPTUS**

**LAVENDER**

**LEMON GRASS**
Uplifting scent. Antispasmodic - used for asthma, bronchitis, & throat infections. Improves circulation, lowers blood pressure, lowers the level of blood sugar and helps to remove toxins from the blood. Relieves arthritis and rheumatism symptoms. Blends Well With: cedar, grapefruit, lavender, lemon, orange, patchouli, tea tree, & ylang ylang.

**PEPPERMINT**
When ingested helps improves appetite, helps eliminate flatulence, nausea (also caused motion sickness), indigestion, diarrhea, stomach pains & helps to break up gallstones. Relaxes and helps to relieve menstrual cramps. Blends Well With: basil, pine, lemon, geranium, rosemary, tea tree, lavender, eucalyptus, grapefruit, & black pepper.

**SPEARMINT**
Cool and refreshing, keeps body temperature down and relieves stress. Helps to focus and think clearly. Relaxes muscles and is helpful in the treatment of asthma. Blends Well With: lavender, orange, grapefruit, rose, & chamomile.

**ORANGE**
**GRAPEFRUIT**
When inhaled induces euphoria. When ingested helps with gall bladder problems. Great digestive aid. Used topically, it’s a lymphatic stimulant and helps reduce water retention. Blends Well With: ginger, clove, ylang ylang, lavender, geranium, rosemary, peppermint, eucalyptus, frankincense, & patchouli

**LIME**
Helps with bronchitis and depression. Strong mood elevator. When used as a topical, it works as a wonderful astringent. When ingested, helps with liver pain and stomach cramps. Blends Well With: EVERYTHING!

**LEMON**
Stimulates the immune system. As a topical, used to diminish corns, warts, bleeding gums. Great for the digestive and circulatory systems. Energizing and uplifting. When ingested works as a liver stimulant and cleanser. Blends Well With: EVERYTHING!

**CEDAR**
A “woody” aroma when inhaled is good for treating bronchitis and cartarrh. Also used as a topical to help with cystitis, urinary infections. A great aid in the removal of body fat. Blends Well With: bay, bergamot, cardamom, chamomile roman, clary sage, cypress, eucalyptus, frankincense, geranium, grapefruit, juniper, lavender, marjoram, orange, neroli, palmarosa, petitgrain, rosemary, sandalwood, & ylang ylang

**ROSEMARY**

**TEA TREE**
When inhaled acts as a powerful energy stimulant. Helps ward off influenza. As a topical, works great on infections, skin cancer, staph and strep infections, tinea acne / pimples, cancer, chicken pox, cold sores and dental abscesses. Blends Well With: basil, bergamot, black pepper, lavender, rosemary, lemon, chamomile roman, chamomile german, eucalyptus, peppermint, & thyme

**CITRUS PARADISE**
A custom blend of Sandlewood, Lavender, Clary Sage, and Cedar.

**APHRODISIAC**
A custom blend of Lemon, Lime, Jasmine and Thyme.

**FLORAL WONDER**
A custom blend of Jasmine, Rose, Ylang Ylang, and Patchouli.

**ANXIETY RELIEF**
A custom blend of Ylang Ylang, Rose Bergamont & Clary Sage.

**COLD & SINUS**
A custom blend of Marjoram, Jasmine, and Frankincense.