



Emotional
Cleansing

Spiritual Renewal

Harmony through
essential oils

Release past
trauma ...

Reconnect with
self ...

Envision the
Future.

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Healing The Heart With Essential Oils

Essential Oils Guided by Wisdom Inspired by Nature

There are many essential oils and blends that one can choose from to address the various dis-eases of the heart and the cardiovascular system. An important thing to remember is that we do not create dis-ease in a day, nor does it occur in a vacuum. Rather, it is the end result of many lifestyle choices made over time. To create powerful change on the physical realm, one must begin by making conscious lifestyle choices that promote health and wellbeing. When we look at healing from the holistic perspective, we take into consideration that we are physical, emotional, mental and spiritual beings. When we make choices that bring all these aspects of who we are into balance, the opportunities for healing are limitless!!

To support heart balance physically

Aroma Life – Contains Helichrysum, Ylang Ylang, Marjoram and Cypress. Supports balance in the cardiovascular, lymphatic and circulatory systems; may irritate sensitive skin; avoid direct sun 3-6 hours after applied over heart, on feet, life line of hand, under ring finger left hand, above elbow, behind ring toe on left foot, to spine 1st-4th thoracic vertebrae (also C4-T5, correspond to cardiopulmonary nerves) or dilute for full body massage.

Cypress – From the branches; supports balance in the circulatory, nervous and intestinal systems; essential oil most used for circulatory system; helps ease feelings of loss; creates feeling of security, grounding, helps heal emotional trauma; apply topically as massage toward center of body or where you would wear a deodorant.

Helichrysum – From the flower; promotes healthy flow of blood and blood pressure in the circulatory system and supports balanced cholesterol levels; diffuse or apply topically; uplifting to the subconscious.

Marjoram – From the leaves; supports balance in the cardiovascular system and parasympathetic nervous system; diffuse or apply topically.

Ylang Ylang – From the flowers; promotes overall balance in the cardiovascular system and on all levels; promotes balanced male/female energies and emotions and relationship with self through a feeling of self-love, confidence, joy and peace; diffuse or apply topically.

Idaho Balsam Fir – From the leaves, needles & branches; grounding, stimulating to the mind, relaxing to the body; dilute to apply topically, inhale or diffuse.

To support heart balance emotionally & spiritually

Frankincense/Sacred Frankincense – From the tree resin; precious holy oil in ancient times; diffused, it creates a beautiful doorway to one's spiritual connection; apply topically, inhale or diffuse.

Palo Santo – "Holy or Sacred Wood"; from bark, wood and branches; similar to Frankincense and considered a spiritual oil used by the Incas to purify and cleanse the air of negative energies and for good luck; dilute to apply topically, inhale or diffuse.

Pine – From needles; relieves anxiety, revitalizes mind, body & spirit and empowering yet grounding fragrance; dilute to apply topically, inhale or diffuse.

Evergreen Essence – Contains Idaho Blue Spruce, Idaho Ponderosa Pine, Scotch Pine, Red Fir, Western Red Cedar, White Fir, Black Pine, Pinyon Pine and Lodgepole Pine; crisp scent, invigorating and emotionally strengthening; dilute to apply topically, inhale or diffuse.

Royal Hawaiian Sandalwood – From the heartwood of the tree; woody aroma, uplifting and relaxing; traditionally used for meditation and sacred practices; inhale, diffuse or apply topically.

Joy – Contains Bergamot, Ylang Ylang, Geranium, Lemon, Coriander, Tangerine, Jasmine, Roman Chamomile, Palmarosa, Rose; expands heart energy, helps to access our inner joy, inspires romance, helps overcome deep-seated grief and depression; apply topically, inhale or diffuse.

Rose – From the flowers; it promotes heart balance on the physical level and emotionally it brings balance and harmony, supports overcoming insecurities and a calming, lightness of spirit to the heart; apply topically, inhale or diffuse.

Awaken – Contains the blends of Joy, Forgiveness, Present Time, Dream Catcher and Harmony; awakens and enhances inner self-awareness and strengthens one's desire to reach one's potential; stimulates right brain creativity amplifying the function of the pineal and pituitary glands in balancing the body's energy centers helping to identify our true desires and how to pursue them; apply topically, inhale or diffuse.

Inner Child – Contains Orange, Tangerine, Ylang Ylang, Jasmine, Sandalwood, Lemongrass, Spruce and Neroli; this fragrance helps to stimulate memory response and reconnect with our inner-self and identity, one of the first steps in finding emotional balance; apply topically, inhale or diffuse.

Release – Contains Ylang Ylang, Lavandin, Geranium, Sandalwood and Blue Tansy; helpful to release anger and the memory of trauma from the liver; supports emotional well-being through pineal stimulation to release deep-seated trauma; apply topically, inhale or diffuse.

Valor/Valor II – Contains Spruce, Rosewood, Blue Tansy and Frankincense; the II formula contains Ylang Ylang, Coriander, Bergamot, Northern Lights Black Spruce, Matricaria, Idaho Blue Spruce, Frankincense, Vetiver, Cistus, Cassia, Davana and Geranium; balances energies, instills courage, confidence and self-esteem, releases fear, helps body self-correct its balance and alignment; apply topically, inhale or diffuse.

Grounding – Contains White Fir, Ylang Ylang, Pine, Cedarwood, Angelica and Juniper; grounding giving a feeling of solidarity and balance; helps cope constructively with reality; apply topically, inhale or diffuse.

Gratitude – Contains Idaho Balsam Fir, Frankincense, Coriander, Myrrh, Ylang Ylang, Galbanum, Bergamot and Geranium; fosters a feeling of gratitude which elevates, soothes and brings a sense of relief to the body; apply topically, inhale or diffuse.

Into The Future – Contains Clary Sage, Ylang Ylang, White Fir, Idaho Tansy, Frankincense, Jasmine, Juniper, Orange, Cedarwood and White Lotus; fosters leaving the past behind in order to move forward with vision and excitement and a feeling of being able to reach one's potential leaving the fear of the future behind; apply topically, inhale or diffuse.

Abundance – Contains Orange, Frankincense, Patchouli, Clove, Ginger, Myrrh, Cinnamon Bark and Spruce; this blend exemplifies the true power of synergy as each oil magnifies in vibration creating the law of attraction and the frequency of prosperity, apply topically, inhale or diffuse.

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