

Essential Oils

Frankincense, also known as boswellia sacra, is made from the resin of the Boswellia tree. It typically grows in the dry, mountainous regions of India, Africa and the Middle East. Frankincense has a woody, spicy smell and can be inhaled, absorbed through the skin, steeped into a tea or taken as a supplement.

Lavender is an herb native to France, Bulgaria, England, USA and the mountainous regions of the Mediterranean. Lavender is also grown for the production of its essential oil, which comes from the distillation of the flower spikes of certain lavender species. The oil has cosmetic uses, and it is believed to have some medicinal uses. Lavender essential oil, in contrast to the plant form, is toxic when swallowed.

Lemon essential oil is a completely natural ingredient that also serves as a home health remedy. It's extracted from the peel of fresh lemons using a "cold-pressing" process that pricks and rotates the peel as oil is released. Lemon essential oil can be diluted and applied topically to your skin, as well as diffused into the air and inhaled. Some people swear by lemon essential oil as an ingredient that fights exhaustion, helps with depression, clears your skin, kills harmful viruses and bacteria, and reduces inflammation.

Sweet Orange Essential Oil is most often referred to simply as Orange Oil. With its versatility, affordability and wonderfully uplifting aroma, Orange Essential Oil is one of the most popular of essential oils within aromatherapy. The aroma of Orange Oil is cheerful and helps to improve the aroma of a stale-smelling or smoky room.

Peppermint is a plant in the mint family. The leaf and oil are used as medicine. Peppermint oil is used for a long-term disorder of the large intestines that causes stomach pain (irritable bowel syndrome or IBS). It is also used for indigestion (dyspepsia), spasms in the bowel, hard, painful breasts in breast-feeding women, bed sores (pressure ulcers), and tension headache.

Rosemary is an herb. It is native to the Mediterranean region but is now grown worldwide. The leaf and its oil are used to make medicine. Rosemary is used for improving memory, indigestion (dyspepsia), arthritis-related joint pain, hair loss.

Thyme is an herb. The flowers, leaves, and oil are used as medicine. Thyme is sometimes used in combination with other herbs. Thyme is taken by mouth for bronchitis, whooping cough, sore throat, colic, arthritis, upset stomach, stomach pain (gastritis), diarrhea, bedwetting, a movement disorder in children (dyspraxia), intestinal gas (flatulence), parasitic worm infections, and skin disorders. It is also used to increase urine flow (as a diuretic), to disinfect the urine, and as an appetite stimulant.

Vanilla is a spice derived from orchids of the genus *Vanilla*, primarily obtained from pods of the Mexican species, flat-leaved vanilla (*V. planifolia*). The word vanilla, derived from *vanilla*, the diminutive of the Spanish word *vaina* (*vaina* itself meaning a sheath or a pod), is translated simply as "little pod"

Wintergreen essential oil is sourced in rural regions of Nepal. The minty Wintergreen oil is extracted from the leaves of a creeping shrub and contains a unique chemical component called methyl salicylate. This chemical contains strong soothing properties and naturally occurs in only two plants worldwide—birch and wintergreen. Because of its distinctive natural constituents, Wintergreen oil is treasured for its topical benefits and is commonly used in lotions, creams, and oral hygiene products. The soothing sensations of Wintergreen oil also make it an ideal component for massages. Wintergreen essential oil has a prominent scent that is sweet, minty, and refreshing. This aroma can be both uplifting and stimulating to the senses.

Ylang ylang essential oil is a type of essential oil commonly used in aroma therapy. Sourced from the flowers of *Cananga odorata* (a plant native to the Philippines and Indonesia), ylang ylang essential oil is said to offer a variety of health benefits. One of the main components of ylang ylang essential oil is linalool, a compound found to possess stress-reducing properties in a number of preliminary studies. Ylang ylang essential oil may be of some benefit to people with high blood pressure, anxiety, Athlete's foot, colds, cough, depression, fever, headaches, insomnia, muscle tension, and sinus infections.

Immunity Boost is a proprietary blend of Clove, Lemon, Cinnamon Bark, Eucalyptus, and Rosemary essential oils.

Spiced Apple is a proprietary blend of Lemon, Balsam Copaiba, Clove, Cedarwood, Cinnamon, Lime, Davana, Eucalyptus, Rosemary, Lavender, and Ocotea Essential Oils, and Vanilla Extract.

Stress Relief is a proprietary blend of Wild Crafted Lavender, Rosemary, Eucalyptus, Fir, Niaouli, Tea Tree and Peppermint essential oils.

Sunshine is a proprietary blend of Orange, Cinnamon Bark, Cinnamon Leaf, Camphor and Eucalyptus Essential Oils.