

Comments about Chromatographic Analysis

Excerpts from Mikaël Zayat's lecture, Columbus - October '04

..."Many aromatherapists just go by the chromatographic analysis of Essential oils. Chromatography does not give us the whole picture about the quality of essential oils. If you take **a love letter for example**, and put it into the machine to analyze its chemical components, you will not find any love in the data sheet, because it's just fiber, ink and other chemical molecules. If you want to read a love letter, that is not the way to connect with the love. You have to identify the letters, the words, the phrases, and the sentences and then get the feeling of the love letter. If it's a poem, by just analyzing the paper, we cannot see its beauty.

One day I visited a large machine factory that manufactured chromatographic apparatus, which allows you to analyze an essential oil to find out exactly what's in it. I asked if they had a smaller machine for me so that I could analyze my oils. After an hour talk, I really understood that these chromatographic machines are mainly sold to the industry in order to standardize the oils. Let's take for example, the **peppermint oil**, which must have around 48% menthol. I can add or subtract pure menthol to match the standard established by the industry. But if you distill it after three wonderful days of sunshine, the oil is not going to be the same as the standard. So, this **machine will correct the essential oil to standardize it but by doing so you will destroy the subtle uniqueness of the oils.**

Why? Because the industry needs standard oils, so that when they make a shampoo or other substance, the oils will be exactly the same from one batch to another, because they need the approval from a chemist at work. **It's like having a wonderful unique wine and you say, oh, it is not exactly the same amount of alcohol, so I have to add pure alcohol. But in doing so, you destroy its unique qualities.** Of course, when you want standard wine for a chain restaurant, it's ok, because you want everyone to like it. But you would not go to a connoisseur and expect that.

And I see people doing it here a lot. **They don't accept how they are.** They remodel their body to look a certain way like adding silicone here, silicone there. To look like a model. Which model? It depends on the fashion; maybe ten years from now it will be another shape. So they will reshape their bodies again and again. **This is artificial.** If you have a beautiful person, whether a man or woman, the attraction is the true substance, not just the shape of the body or the makeup. You are attracted by the truth. You are **attracted by the authenticity.** The same is true for essential oils. **People are attracted by the good smell**, like we are attracted to our food by our noses."

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Therapeutic Blends & Singles

11/9/2007

How to Use Therapeutic Essential Oil Blends

- **First, smell** the oil. It should be pleasing to the senses. If not, the oil may not be the right one for you at this time. Try a different oil. Your intuition is always the best!
- If the oil is not dermocaustic (skin sensitive), test on the skin for any reactions. Dermocaustic oils are Thyme, Oregano, Cinnamon, Clove, Savory, Ajowan, etc. When in the sun, avoid the use of Cinnamon, Bergamot and citrus oils.
- **Use only 1 or 2 drops at a time. Mikaël's oils are therapeutic grade (100% concentrated) and very potent.**
- Rub a drop on the inside of your wrist, elbow/ankle, sides of neck or behind ears. The oil immediately enters the bloodstream through veins at the pulse point.
- Apply to **the soles of your feet** to spread throughout the body immediately via the bloodstream. Apply directly on reflex points. A good book of reference is Feet First by Laura Norman.
- Essential Oil blends (we have 80+) are a combination of Essential Oils mixed to produce a specific effect or feeling. When using a blend, **use no more than 3 at one time.** But you may repeat or take 3 different ones throughout the day. Always use in moderation.
- The **full effect** of the oil in the blood lasts 21 minutes. Use them throughout the day in moderation, and wait one hour before reapplying.
- If you are pregnant, suffer from epilepsy or heart problems, consult your health practitioner before using essential oils. Keep them away from children, your eyes and tender mucus membranes.

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GUARANTEE

This is to certify that our essential oils are free of pesticides, insecticides and any other synthetic products. They are steam distilled at low pressure (except for the citrus peel oils that are cold expressed), without solvents. They have not been tested on animals. We guarantee they are 100% pure, natural and genuine. If you are not satisfied, just return your oil within 2 months and we will exchange it for another. — *Mikaël Zayat*, President, *Canadian Essential Oils Research Center*, & Founder President, *Quebec Essential Oils Distillers Alliance*, President, *Académie Jardin de Vie*, Professor at *European Institute of Natural Health (YOSANA)*

****All our products are completely hand bottled with care in order to maintain their subtle energies. We offer you the natural aromas as nature produces them! We put all of our expertise, our love and our joy in our blends. Actually, love, joy and compassion are the main ingredients we put in our blends! We are proud of our oils and we hope you will love and respect them also!

THERAPEUTIC BLENDS

4Dshift: Canadian Tsuga and Nard

To help get through difficult times due to the Shift: It is like a Spiritual 911. Also good in cases of grief and sadness. --- *Massage the feet with 4 drops and raise this energy up to the crown chakra.*

5Dshift: Laurel, Lavandin Abrial, Bals Fir, White Angelica

To help raise consciousness and reach our highest potential. To assist with the ascending flow of energy and bring joy. --- *Rub 3 drops under the feet, then 2 drops touching chakra No 3, 4, 6 and 7.*

Abundance: Orange, Rosewood, Mandarin, Frankincense, Cinnamon

One of our most popular blends as it attracts prosperity and joy. --- *Apply 1 drop to palms, rub together and then touch what you want to prosper: money, bills, check book, a contract etc. Good to diffuse also.*

Personal Experience: "I have been using the Abundance oil primarily and have tripled my income in the last 3 months without increasing the amount of work I do. Just amazing." *Cal Garrison*

"I add abundance to my lottery ticket and multiply by 10 the \$\$\$ I put in. It works!" *DT*

Adrenals: Blue Spruce, Canadian Tsuga, Larch

Overworked adrenals can cause poor digestion, stress, dizziness, water retention, hand and foot swelling, and difficulty walking upstairs without getting out of breath. This blend feeds the adrenal glands, helps raise energy level and can even decrease an overactive appetite. --- *Apply 2 - 3 drops to adrenal glands (on the back just above the waist) and the soles of the feet.*

Personal Experience: "I have been pregnant or nursing for the last 5 years and Adrenals oil is the one that got me out of depression." *WT*

"Good Stuff." *AH*

Allergy: Rosemary, Peppermint, Balsam Fir, Goldenrod

Helps you breathe better and when used in combination with Immune Up, it will strengthen your resistance. --- *Inhale the blend deeply; apply 3 drops to wrists, and/or diffuse in home or office.*

Anger Out: Virginia Cedar, Lavandin, Clary Sage, Balsam Fir

This special blend will soothe your emotional body, resulting in the release of negative emotions, whether conscious or unconscious! --- *Apply 2 drops to 3rd chakra (two inches above the navel).*

Personal Experience: "It is excellent for all the mistreated children who come to school." *Dominica*

Anointing: Canadian Tsuga, Frankincense, Myrrh, Nard

--- *Use 1-2 drops on third eye.*

Anxiety Out: St John's Wort, Rosewood, Tsuga, Clary Sage

Helps release fears, nervousness, and feelings of apprehension by promoting relaxation and balancing the body. --- *Apply 2 drops to 3rd chakra (2" above the navel).*

Personal Experience: "I was on anti-anxiety meds for quite some time, until I tried the Anxiety Out and Fearless oil. Thanks to them, I was able to go off the meds and the attacks are down to a minimum." *Teresa*

"I have experienced for 15 years a knot in my solar plexus causing a very frightening feeling that won't go away. I took tranquilizers and had no results. But by applying 1 drop of Anxiety Out in that area, within minutes this feeling is gone. It is absolutely wonderful. Thanks." *SK*

Aquarius: Eucalyptus radiata & globulus, Laurel, Vetiver, Spearmint

however, take ONE drop of our "Immune Up" blend (with 20% thyme) under the tongue before or during a cold to strengthen your immune system. Good companion oils are Lavender, Lavandin, Marjoram, Rosemary, Lemon, Bergamot and Pine.

Vanilla, *Carphephorus odoratissimus*

Inhaling Vanilla will almost always remind you of mother and home cooking. It is calming, soothing, it stimulates the feelings of the 1st chakra as well as helping to remove negativity. **Natural VANILLA** is expensive (\$1,200/lb, while synthetic costs only \$7). We just received some from Madagascar. For professional use only. **The Vanilla alcoolat** is a food grade material, but much stronger than vanilla essences, many of which are synthetic. You can find it in high quality ice cream like Ben & Jerry's and organic foods.

Yarrow, *Achillea millefolium*

Yarrow, which grows wild throughout Europe and North America, has been considered to be a sacred plant by the Chinese, ancient Greeks and early Germanic tribes. It is suggested that the Latin name for the plant was the result of its battlefield use by the Greek Achilles, hero of the Trojan War. The stalks of the Yarrow were originally used for I-Ching divination by the Chinese. An early Chinese proverb says that yarrow "brightens the eyes and increases intelligence." The yarrow plant does well in dry soil and poor growing conditions and can frequently be found growing by the side of the road. The yarrow plant has a very feminine energy but because of its historical use in **treating battlefield injuries**, it is associated with war.

The white flowers from the yarrow experience a chemical reaction when distilled, producing a beautiful deep blue oil. It is a **strong coloring agent** and frequently the cap of a bottle of yarrow is tinted blue from the oil. A few drops of yarrow can be **used to flavor vermouth or bitters**. The physical attributes of Yarrow are similar to the German Chamomile. Yarrow is principally known in a poultice **to reduce fever, staunch the flow of blood and as an anti-inflammatory**. It reduces indigestion, can reduce or prevent scarring and promotes the healing of wounds. The yarrow was used by the American Indians to help heal bleeding **hemorrhoids**. One of yarrow's common names, **Nosebleed**, suggests its early use as a poultice for that purpose. It is also very calming for the **adrenals**.

Application: *Careful as all it touches will turn blue. Do not diffuse as it might leave traces of blue. It can also be taken internally.* It compliments and strengthens the attributes of the Canadian Tsuga. It blends well with Balsam Fir and Labrador Tea (Ledum), Vetiver and Cedarwood.

Ylang-Ylang, *Cananga odorata*

It is distilled from its flowers that have an **exotic sweet floral scent**. Ylang-Ylang is heralded by many as an aphrodisiac. Traditionally used to uplift and bring out feelings, relieve anger and anxiety, **relax tense muscles**, to calm and promote restful sleep. **It reduces the blood pressure. Good for the skin and strengthens hair** to prevent hair loss. Ylang-Ylang will help you find the courage to reach out and claim the love that is yours.

Application: *3 - 5 drops in massage, full strength or in a vegetable oil.*

Average yields are 4 - 6.5% with arguably the best sandalwood coming from Mysore, in the southern Indian state of Karnataka.

It is a good diuretic and helps restore the voice in cases of laryngitis, bronchitis or stress.

Blue Tansy, *Tanacetum annuum*

Blue Tansy was used to preserve dead bodies, as its word in greek Athanaton, means immortal. **Physical uses:** bruises, itching, skin irritation, asthma crisis, colds, fever, hypertension, worms and stress. Also a wonderful anti-inflammatory. **Mental uses:** I am one with myself, I am connected with my soul; I forgive and I am forgiven; it brings feelings of peace and equality with the inner self, at peace with self and world. **Spiritual uses:** can indicate that you are the flag bearer of your soul which means you may be asked to clear things that don't have a direct bearing on this present life, but that the soul can use you to clear some of it's issues and of course these are your issues too. Blue Tansy helps the soul release its karma and heal so that the individual can become more aware of soul and more spiritually grounded creating a true inner peace. It also helps to lower blood pressure.

Note: *Use with care as it stains everything blue and is hard to get rid off* \$28/4ml; \$52/10ml.

Common Tansy, *Tanacetum vulgare*, Canada

Native American used it to regulate menstruation and to support child birth. Because of high ketones (up to 80% thujone) this oil is considered hazardous.

Commonly used for congestion, intestinal worms and to repel insects and flies, this oil will purge the system of any energy that is negative or holding you back from taking on your life mission. It allows you to clear any issue getting in the way of your inner power. Especially good for chakras 6 and 7 as it allows spirit to enter more fully. **Clear negative energy form, specially parasitic ones**, from the energy field.

Application: *Best to use in a blend like Fungus to clear mold in a house.*

Common Thyme, *Thymus vulgaris v. linalol*

The name Thyme, comes from a Greek word meaning "to fumigate" or "to sacrifice", which reflects the practice of burning this aromatic woody plant on the altar in purification ceremonies. A common kitchen herb, it is also one of the **oldest medicinal herbs**. This tough ground cover thrives in rocks and crevices. You may even find it growing between bricks. Thyme and its derivatives have been used extensively in the **treatment of coughs, lung irritations, bronchitis** and even as a suppressant for **whooping cough**. It was one of the key ingredients in a commercial cough syrup called Pertussin.

Thyme strengthens the link between a person and the earth. It is an antiseptic and makes an **excellent gargle or mouthwash** when diluted. It is excellent for treating **swollen gums and sore throats**. As a tea, thyme provides relief for a **stressed digestive system**. Thyme can be used to relieve general fatigue and **exhaustion during convalescence**. It is an anti-oxidant and has powerful anti-microbial abilities when the body's **immune system** is under attack. We carry the Thymol, Linalol (less strong) and Borneol (internal fungus) types.

Application: *Undiluted thyme oil should never be placed directly onto the skin. You can*

To reach new consciousness for yourself and others. --- *Rub 2 drops into palms, breathe in, then massage soles of feet.*

Archangel Chamuel: (Archangel of Consciousness) Orange, Petitgrain, Laurel, B Rose and Neroli

We are in the day of opportunity, not only to make things right, but to spread the Cause of Freedom and its glorious effects across the face of the planet into the consciousness of mankind. --- *Rub 2 - 3 drops into palms, inhale deeply, then brush your aura with it.*

Archangel Gabriel: (the Messenger of Love) Lavender, Rosemary, Geranium, Orange, Black Spruce, Bulgarian Rose

He is the archangel who announces to Mary the good news! --- *Rub 2 drops into palms and apply to your forehead to receive the message of love from the Divine.* (For more information, see page 18)

Archangel Metatron: Red Pine, White Pine, Basil; White Angelica, Cinnamon, Clove

Considered the greatest of the archangels, this blend gives vision and courage, also sacred guidance and inspiration. --- *Put 3 drops into palms, rub together firmly for 30 seconds, then inhale the aroma and brush your aura, or someone else to get rid of any negative influence. To purify a space, or after a death, put 5 drops in each corner of the room starting from the East. Can also rub 3-4 drops on lower back for strength, self confidence and trust as the angel watches over you.* (See pg. 19 for more information)

Personal Experience: "Love the blend and he is my favorite angel for manifestation!" *ND*

"At the Mary Magdalen workshop in Seattle, Tom experienced his tremendous energy and saw thousands of land mines, but when stepped upon, instead of exploding, they offered a pathway to the Light!" *Wow! Mb*

Archangel Michael: Petitgrain, Balsam Fir, Neroli, Jasmine, White Angelica

With his power of love, justice and balance, Archangel Michael uses the energy of the dragon to reach the heart and help shift from 3rd dimension "I love you if". to 4th dimension "I love you even if". --- *Take a few minutes to center daily and apply 1 drop to your heart chakra and think of all the beautiful things for which you are grateful. Also good for nervous system: put a drop on the line at base of foot, just below 2nd to 4th toes.* (See pg. 19 for more information)

Personal Experience: (from the master himself) "I got a positive answer on Archangel Michael liking the oil, it was his idea anyway, he said. These products are to enhance our connections with him." *channeled through Mathias*

Archangel Raphael: Rosemary, Laurel, Clary Sage, White Angelica, Hyssop

He is the shining light, the one who heals. This oil is to support the healing process as Raphael is the absolute healer. --- *Apply a few drops to your heart chakra. Take a few minutes to absorb the healing energy of Raphael.* (See pg. 20 for more information)

Archangel Uriel: Orange, Petitgrain, Rosewood, Lavender

A BRIDGE TO THE "LIGHT OF GOD" - Uriel helps us connect with the "light of God" within us. He sheds light for us to see our path more clearly with love, wisdom and compassion. Uriel teaches us to open our heart to pure love, which is the real alchemy. --- *Apply 1 - 2 drops to your crown chakra, to help you feel the connection between your inner self and the Sacred Spirit of Love and Light.* (See pg. 20 for more information)

Archangel Zadkiel: Petitgrain, Orange, Laurel, Mandarin, Tangerine, Lavender, Rosewood, Tsuga, Neroli, Frankincense, Peppermint

To overcome hard times and get through difficulties. To gain strength through light and gentleness, and stay focused on the light knowing that life is full of challenges. Have the certitude that everything is in divine

order. --- *Rub 3 drops into palms and massage your feet and soul.*

Personal Experience: “Zadkiel is the serpent energy. During Tom Kenyon’s workshop on M Magdalen in Seattle, Tom saw thousands of serpents, but when you stepped on them, they were sending out light!! And it is by far my favorite of the archangels. It shot up my entire head and connected Chakra’s 6 and 7.” *Lana*

Aries: Balsam Fir, Basil, Blue Chamomile

To let go of the fear of success and enjoy the moment. --- *Apply 2 drops to the forehead.*

Arthritis: Eucalyptus citriodora, Balsam Fir, Black Spruce, Wintergreen, Arborvitae, St. John’s Wort

Use to ease joint pain. Eucalyptus citriodora is known to reduce inflammation. --- *Apply 2 - 3 drops where needed and massage into areas.*

Personal Experience: “I have chronic joint pain, especially the feet and this oil helps me a lot. Even my dog gets relief!” *RT*

“Wow. That was fast. Last night I put some **Arthritis** oil on my wrist and it felt much better. I was able to do reflexology with no problem.” *Annet*

Ascension: Balsam Fir, Rosewood, Virginia Cedar, Basil, Frankincense

To enhance dreams and visualizations and reach a higher state of consciousness with the help of the Frankincense. --- *Apply 1 - 2 drops to 6th or 7th chakra.*

Aura Cleanser: Balsam Fir, Eucalyptus, Lemongrass, Black Spruce, Ylang-Y, Peppermint, Benjoin, Cistus

To cleanse the aura of all miasms. Good for ceremony or drumming session. --- *Put a few drops on the palms, inhale, then brush the aura with it.*

Balance: Black Spruce, Rosewood, Canadian Tsuga, Blue Tansy, Frankincense

As we balance our energy it will flow with ease and power through us. Promotes confidence, energy and well being. --- *Apply 4 - 8 drops to base of spine and massage in.*

Breathing: Eucalyptus, Balsam Fir, White Pine, Ravintsara, Rosemary

Relaxes bronchial airways and stimulates breathing. Great for improving air quality in airplanes, cars, etc. --- *Inhale the blend and apply 2 - 3 drops to chest, or diffuse it 10 minutes twice a day.*

Buddha: Mandarine, Verbena, Jasmine, Cinnamon

To honor the Buddha in us. Connecting with the inner Buddha is very helpful at this time as it reminds us of who we are and our true nature. It helps anchor the Beam of Oneness and Compassion. Buddha comes to us now in different ways as love, forgiveness, peace, harmony, tranquility and serenity. It helps us embody these qualities and experience them in our everyday life. After meditating on the Buddha, I asked to be inspired by this loving energy. These aromatic essences manifested themselves to be combined in this special blend.

Mandarin (*citrus reticulata*) promotes happiness and releases nervous tension. Its oil is fresh and joyful and the inner child loves its smell, so does our inner Buddha.

Verbena (*litsea cubeba*) has a long medicinal history in China. It is spiritually used to uplift the level of intimacy and connection to the heart center. Life becomes child-like and light hearted.

Jasmine: In China, these flowers were used for many healing ceremonies. In Europe, it was favored as an aphrodisiac to uplift the body, soul and spirit. It brings euphoria and wisdom; it unites apparent opposites. It is a potent aid for spiritual development.

Cinnamon bark is one of the oldest recorded spices in China and the rest of Asia. Egyptians used it in their embalming procedures. It is known to help shift from self hate to love of self. It will attract love, compassion and wealth into your heart and

type. Rosemary verbenone is used to regulate the hypothalamic, pituitary and sexual glands. Camphor, the second type, is the most popular. These are usually used for **bronchial colds** but can also be used to combat **candida**.

Application: *Use in diffuser or in a blend for massage of up to 20% in a carrier oil. Topically, 4 - 10 drops. Avoid using on traumatized skin, pregnant women, or people with high blood pressure.* It blends well with Lavender, Lavandin, Peppermint, Eucalyptus, Cedarwood, Petitgrain and Ravensara.

Common Sage, *Salvia officinalis*

Originally found in Asia Minor, Sage is a plant well known throughout Europe and North America, in fact, so much so, that the early Chinese frequently traded their best tea with the Dutch for Sage. The Latin root is derived from the word, *salvare*, which means “to save.” The Romans called it herba sacra and they believed it could heal everything. It was carried around the world by the traveling monks who cultivated Sage in their gardens. White Sage is used by the American Indians for **purification**. It clears the negative field around the body’s energetic field. Although Sage is a well known spice in the kitchen, it has a long standing reputation for its effectiveness in **treating ailments of the mouth, teeth, throat and tonsils**. It’s antibacterial quality is strong enough to stand up to *Staphylococcus aureus* or reduce perspiration. If the plant is gathered after it has flowered, Sage contains a large amount of ketone and **it should be used carefully in aromatherapy**.

Clary Sage, which is not as strong as common Sage, is acceptable as a safer substitute. Sage is a typical feminine oil. It **can be used to treat the liver, kidneys and gallbladder**. In a tea infusion, it has been known to be effective in breaking up and assisting in the removal of **stones**. It is also used to relieve menstrual cramps and modulates the symptoms of **menopause**. It assists in rebalancing the **hormonal system** and can be used to stop lactation in nursing mothers. **It also helps clear radiation from energy field.**

Application: *Topically through the skin; in a blend with Red Pine, it can reduce the discomfort of swollen feet. Sage should never be used by pregnant women, people with high blood pressure or anyone subject to seizures or convulsions.* This oil blends well with Lavender, Lavandin, Rosemary, lemon Eucalyptus, Laurel, Rosewood, Cypress and Hyssop.

St. John’s Wort, *Hypericum perforat, Canada*

SJW exists as an oil on the market but the most commonly use is in a maceration. In June, let the fresh buds macerate in olive oil and put them in the sun for two lunar months. It is totally natural and can be easily ingested or used for massage as it makes a wonderful carrier oil. **A few drops mixed with honey or on a piece of bread will help you fight depression and give you an energy boost.** It also helps with burns, cuts and bruises etc. If it hurts somewhere, go get your bottle of SJW. I recommend everyone have some at home for emergencies, along with some Lavender and Canadian Tsuga.

Since SJW allows the blends to penetrate into the skin, I use it a lot in our healing set.

Sandalwood, *Santalum album*

Sandalwood is extracted from the heartwood and roots using water and steam distillation.

Rose, *Rosa damascena*

The **Rose** has traditionally been associated with Venus, goddess of love and beauty. To the Christian mystics, it was the flower of the Virgin Mary. There are thousands of different varieties of roses. **Rose damascena** is normally used to produce Rose essential oil and the main production comes from Bulgaria and Turkey. The rose petals are hand-picked before the dew evaporates. They are then steam distilled to produce the essential oil. It is almost clear in color and will solidify if placed in a cool place (a sign of the distilled oil).



The **Rosa centifolia** or cabbage rose is another variety which is normally used to produce rose absolute in Morocco and Tunisia using "solvent extraction." It's oil has a reddish color. Both Rose oils are **very costly**, each drop is equivalent to 25 hand-picked roses. Therefore, they are regularly adulterated by profit-hungry companies, so be wary and buy only from a reliable aromatherapy source.

Of all the essential oils, **Rose oil has the highest vibration**. It radiates love, whether physical or unconditional. If you experience grief, this oil helps in **opening the heart chakra** again resulting in a faster recovery. It also **strengthens the heart energy** and helps radiate unconditional love. It helps with healing birth traumas. It is a gentle aphrodisiac, facilitates creativity, and spiritualizes sexual encounters. It is a **PRECIOUS** oil.

Application: Place a drop on the heart or dilute with a good massage oil and spread it all over your body.

Rosemary, *Rosmarinus officinalis*

This silvery green plant with its needle shaped leaves was found growing extensively in the limestone cliffs along the shores of the Mediterranean Sea, thus the Latin name "ros" meaning dew or spray and "mare" which means sea. Rosemary plants may be grown in an herb garden, but the plants that grow in the light sandy soil of walls are smaller and the fragrance is more concentrated. Rosemary was one of the earliest plants to be used for food, healing and fumigation.

Crushed into the reeds on the floors of medieval castles to **ward off vermin** and **keep evil spirits at bay**, it is also **burnt in sacred** ceremonies to invoke the Goddess. Rosemary has always been treated with a certain reverence and is frequently seen at weddings and funerals. Its vibration **supports loyalty towards others and oneself**. Rosemary is also liberating. It can be used by those individuals **breaking the bonds of co-dependence** and is useful in liberating oneself from incest memories and emotions, as well as the **pain of heartbreak**.

It was the habitat of the plant that suggested that it would be useful for treating ailments of the **kidney**. It's use soon extended to **liver** and **respiratory complaints** (strong antifungal properties), **muscular pain**, **circulatory ailments**, aiding in **digestion** and for the treatment of **hair and skin problems**. The flower essence helped to **bring about clearer thinking**. It **improves mental clarity, alertness, and memory**. It can **open sinuses, uplift moods**, especially in those with slow metabolisms. It has become a frequent ingredient in shampoos and soap products. Rosemary clears drugs (medical or recreational) from the energy field.

There are several types of Rosemary oils, the most common of these being the cineol

radiate it to all sentient beings. --- *Apply 2 drops to palms and inhale, or diffuse it.*

Calming: Lavendula Vera, Rosemary, Clary Sage, Basil

Encourages calmness, quietude and peace. Also good for purifying the house and eliminating odors. Good for insomnia and hyperactivity. --- *Apply 2 - 3 drops to wrists or 3rd eye or add 2 drops to a sheet or towel before putting in the dryer, it will smell like a lavender field! Recommended for diffusing especially in special education classrooms. Child Relax could also be used (Orange, Petitgrain, Lemongrass, Mandarin).*

Personal Experience: "Using 2 drops on my solar plexus, I rub it in clockwise and see tension leave, I breathe more consciously, and feel deeply relaxed." *Carey*

Chakra 1 (base): Red Pine, Clove, Cinnamon

To ground the body and allow you to operate easily on the physical plane. --- *Apply 2 - 3 drops to the chakra or your wrists.*

Chakra 2 (sex/creativity): Black Spruce, Ylang-Ylang, Geranium, Goldenrod, Clary Sage

Encourages utilization of creative forces into all aspects of being. Procreation. --- *Apply 1-2 drops to 2nd chakra.*

Personal Experience: "I recently received your two bottles of the **Chakra 2** and **4** oil. Splendid! I am happy to tell you that I connected with them immediately and our company will be buying and selling your oils. They are wonderful. It's nice to know there are others who care about the quality and integrity of the products they work with. Keep up the awesome work." *Patti H*

Chakra 3 (solar plexus): Rosemary, Virginia Cedar, Marjoram, Basil

As the center of our emotions, you can apply any of our oils in the Emotion set. --- *Apply 2-3 drops to 3rd chakra (2" above the navel).*

Chakra 4 (heart): Lavendula Vera, Geranium, Bulgarian Rose

Releases emotionally suppressed trauma. To express love in action with the help of the Bulgarian rose. A BIG FAVORITE. --- *Apply 1 - 2 drops to 4th chakra.*

Personal Experience: "I used the **Chakra 4** with one of my clients when she was stuck in an emotion. It helped to move her through the space quickly. I am a very happy, satisfied customer." *Ellen* (see Chakra #2)

Chakra 5 (throat): Canadian Tsuga, Petitgrain, Clary Sage, Balsam Fir

To help express oneself freely. Works well with Thyro Balance. --- *Apply 1 - 2 drops to 5th chakra.*

Chakra 6 (third eye): Balsam Fir, Peppermint, German Chamomile

To open the door to intuition. Clear also works well here. --- *Apply 1 - 2 drops to 3rd eye and visualize what you desire to manifest.*

Chakra 7 (crown): White Pine, Laurel, Frankincense

Open to the infinite, oneness with God. --- *Massage 1 - 2 drops on top of the head.*

Chakra 8 (upliftment): Lavendin, Palmarosa, Canadian Tsuga, Cinnamon Bark

The East uses a chakra above the head which is full of prana. --- *Put 2 drops into palms, rub together, inhale the blend and then brush your aura while raising the vibration.*

Personal Experience: "Wow! What's in those oils, my whole crown chakra expanded with one drop of the **Upliftment** oil." *Adrienne R, Chiropractor*

"I mixed the **Upliftment** oil in my bath. The results were wonderful. My body experienced a tingling vibration. It created a very warm feeling which remained with me for hours." *P.S.*

"Amazing, it's like a Divine broom sweeping

all the debris out of my system." *MS*

Childhood Trauma: Canadian Tsuga, Balsam Fir, Mandarin, St. John's Wort

To remove old trauma that you might not even be aware of. It helps remove them from your DNA. A BIG FAVORITE. --- *Apply 3 to 5 drops to wrists, back, feet or 3rd chakra and massage in. Repeat 2 - 3 times a day for 10 days.*

Personal Experience: "My first 5 months of life, I was in foster care and was not held or fed and almost died. That was just the beginning of a tough childhood. **Childhood Trauma** is helping me clear "stuff" I have never been able to access without having to relive it. I use it on my 3rd chakra and top and base of spine." *MS*

"Licette, 41, has been retarded all of her life. She could not go to the bathroom or wash by herself, or read etc. So I immediately started applying a few drops of **Childhood Trauma** under her feet, back, wrists etc. Within a week, she was able to become independent again and started to read. And now a month later, she is helping the children get dressed etc. Wow! Bravo Mikaël. The oil was then used on the other 5 retarded children who were always fighting and had to be kept apart from the other children. No more, they now are much calmer." *Dominica, director of an orphanage in Santo Domingo*

Circulation: Red Pine, Cypress, Eucalyptus, It Helicrysum

To help circulate the blood, bring life again to cold hands and feet. --- *Massage 3 - 5 drops into hands or feet.*

Clear: Eucalyptus, Balsam Fir, Lemon Verbena

Removes any issue, vibration or odors. Allows you to function with all your power. It can clear anything from your mind, your house etc. Plus verbena is delicious. The favorite by far to diffuse at shows/exhibit. --- *Apply a drop to 6th chakra; put 1 - 3 drops in palms, rub together, inhale the oil deeply, brush all of aura, then touch the ground with*

your hands. If you want to clean your house energetically, use a spray bottle. Good for Feng Shui.

Personal Experience: "I can't live without my bottle of **Clear** from Mikaël. It vibrationally alters the etheric field of any debris to bring it into balance and harmony." *Donna Smith*

"I must tell you that I personally, really love **Clear**. It takes me to levels in the morning that remain with me all day." *Janis*

"This oil snaps my 8 year old out of nasty moods." *Debra P.*

"Add some drops to your paint and your lungs will love it!" *JP*

Conifer: Balsam Fir, Red Pine, White Spruce, Canadian Tsuga, Arborvitae

Excellent to purify the air, bring a forest into your home by diffusing it. To get rid of mold in a basement, add some Arborvitae. You can also put a drop in your dryer. A favorite of Mikaël's. --- *Inhale the blend.*

Deodorant: Cypress, Lavender, Rosewood, Petitgrain, Balsam Fir, Peppermint, Clary Sage

This combination helps neutralize bacteria. The cypress has a cooling effect and a wonderful scent. A popular oil, many survivors of breast cancer are now choosing this healthy alternative. --- *Apply 2 - 3 drops under arms or use a spray. (\$48/1 oz)*

Personal Experience: "And as a bonus, our research shows a cleansing of the lymph nodes." *AD*

Delete: Lavender, Havoza, Spearmint

To help remove old programming that no longer serves you. --- *Apply 2 - 3 drops to solar plexus.*

Personal Experience: "Excellent, it really works and helps release issues from the past. I can feel the clients releasing them though they are not aware of it. But they feel great coming out of their session. This oil releases patterns, emotional attachments. Bravo!" *Lana, MT*

Application: *When using our Peppermint oil, PLEASE be mindful that an overdose produces a shock reaction similar to the body's initial reaction when stung by a bee or bitten by a snake. It should not be used close to the throat or neck, OR be used on small children (under 2 years). Massage 1 - 2 drops on stomach; for headache, rub on temples; to improve mental ability, rub 2 - 3 drops on top of head.* It blends well with other mints, Lavandin, Rosemary, Marjoram, Lemon and Eucalyptus.

Red Pine, *Pinus resinosa*

Red Pine grows in Northern America. It's oil is very similar to the Cypress that grows in the Mediterranean region. It is traditionally used to avert negative influences. In Europe, the cemeteries were surrounded with these trees. This particular pine provides an essential oil that has similar characteristics to the essential oil distilled from the Cypress tree. **It harmonizes the energy field, especially between couples, as it allows love to flow between all living beings. It stimulates the adrenals glands and the circulatory system** and is beneficial for the respiratory system as well.

Application: *Use in massage therapy to help heal circulatory problems, such as varicose veins.* Its companion oils are all the conifers, Rosemary, Eucalyptus, Angelica and Citronella.

White Pine, *Pinus palustris*

White Pine is the tallest conifer in North America, up to 150 feet. It has very similar characteristics to the long leaf yellow pine. The needles have a high vitamin C content, however this benefit is only available when the needles are used in a tea or extracted by making an infusion of the needles in alcohol. White Pine oil is recommended for **bronchitis and respiratory ailments.** Pine oil has a long history of success as a **disinfectant** and is a good oil for the diffuser. Hospitals that treated **tuberculosis** patients were located in the Pine Barrens of New Jersey, to take full advantage of the healing properties of these trees. Pine oil is a **stimulant and is good for relieving fatigue.** It is also good as an **insect repellent.** Pine helps people come together in joy and friendship and facilitates group nurturing.

Applications: *Excellent to diffuse, or apply a few drops to wrists.* It mixes well with other conifers, Rosemary, Rosewood, Angelica and Citronella.

Ravintsara, *Cinnamomum camphora*, Madagascar

Ravintsara, often referred as Ravensara, is an evergreen tree native to Madagascar and belongs to the same families as the cinnamon, laurel and camphor. In its home country, it is known as "the oil that heals." Ravina means leaf or tree and Tsara means good health. This oil is of cineol type, like Eucalyptus, which is distilled from the leaves. Not to be confused with the Ravensara aromatica in which both leaves and bark are distilled.

Ravintsara is a strong **anti-viral** oil and excellent for **respiratory problems.** It can be used for **liver and lung infections, flu, sinusitis, as well as colds, coughs, fever and burns.** It is an anti-bacterial, anti-fungal, anti-infectious and antiseptic.

Application: *Rub 8 - 15 drops on the chest for fast relief. Can also be diffused to disinfect a room.* It can blend with conifers, citrus, Eucalyptus, Clary Sage, Rosemary and Clove.

Neroli, *Citrus aurantium*, Morocco

From the Mediterranean regions of Tunisia, Spain, Egypt or Israel, these fragrant white flowers (orange blossoms) have a long history of use in perfumes, oils and eaux de Cologne. The name is associated with an Italian princess who lived in 1680. She used this essence to perfume her gloves, clothes and stationary. The scent became known as Nerole's scent or later as Neroli. The symbolism of these flowers has long indicated **purity**. It has been traditionally used in wedding bouquets and as a decoration on wedding cakes. In years past, a tradition of crowning a new bride with a wreath of these flowers was an acknowledgment of her virginity and also helped **her to relax and regain her confidence**. Inhaling the bitter-sweet aroma can calm and connect us to our higher selves and/or the ones of our partners.

Neroli is versatile. It is recognized for its properties as an analgesic, antibacterial. It is known to promote sleep but also helps excited children to relax. The aroma of Neroli makes it excellent for use as a stimulant and helps to uplift your moods. As a topical, it can be used for scars, stretch marks and wrinkles and also helps to stimulate the pancreas. Neroli soothes the heart. It enhances our ability to de-stress at the end of a long day. It is an aphrodisiac and can bring **emotional harmony and joy**, therefore an excellent antidepressant in cases of grief or abuse.

Orange, *Citrus sinensis*, Brazil

As with all citrus, Orange has cheerful, uplifting qualities, so use or diffuse it when you need to be joyous. It is antiseptic, quiets the nerves, reduces stress and harmonizes the physical and mental bodies. Helpful in cases of radiation exposure.

Personal Experience: "Diagnosed with a 6 cm long endometrial tumor, I was on watch by my doctor who talked about surgery. She gave me hormone therapy and the tumor reduced. But I added **Orange** oil to my diet everyday for its anti-tumoral quality. It got smaller and now, two years later, it is GONE." *LB*

Peppermint, *Mentha piperita*

This hardy perennial herb is easily propagated and has been found in existence throughout the world back to ancient times in China, Japan and Egypt. Best known for its capacity to **relieve stomach upsets**, it continues its use as a popular tea today. The best time to pick Peppermint for distillation is when it starts flowering, thus producing a highest percentage of menthol, otherwise the oil contains a higher percentage of menthone and menthofurane that is an excellent insect repellent but is not recommended for the body.

American Indians used Peppermint for **headaches** and neuralgia and to help **relieve skin rashes**. Peppermint oil is a key ingredient in many **toothpastes** and hygiene products. It is a popular **flavor in food, gum and candy** products. Peppermint **energizes and helps to refocus** so that one can concentrate. It can relax emotional tension caused from exhaustion. **It raises the intuition and allows communication with the whole**. It inspires the soul. Energetically, it helps digest new thoughts and beliefs and new situations of rapid change. **Beneficial for digestive problems**, it also helps relieve pain and stimulate mental ability. Can heighten/restore one's sense of taste. Peppermint **stimulates the liver and pancreas**. It is helpful for **sciatica** and works as a local anesthetic (toothache). Good in cases of food poisoning or fainting.

"I found I had been carrying around my families' expectations for far too long. **Delete** is helping me detach from their energies and bring forth my own dreams and ambitions." *KS*

Depression: St. John's Wort, Ravintsara, Citronella, Clary Sage, Ylang-Ylang, Basil, Laurel, Neroli

If you want to say goodbye to hopelessness and recover your joie de vivre. --- *Inhale blend and rub 2 - 3 drops on 3rd chakra, or on a piece of bread. Add some sun to your daily routine too.*

Personal Experience: "Finding myself looking over the abyss in the throws of clinical depression, this oil renewed the sunshine within my spirit, pulled me back and gave me hope." *Lou*

Digestive: Aniseed, Fennel, Peppermint, Tarragon, Basil, Cardamom

These oils are known to help the digestive system by purifying and improving digestion. It will also help with an upset stomach or bloating. --- *Take 1 - 2 drops under the tongue. Or use 2 - 4 drops in a quart of water or an herbal tea on a regular basis. Put a drop in your soup or juice.*

Personal Experience: "After 3 weeks of liver attacks, I took 3 drops of **Digestive** twice a day and within a week I had completely recovered and started eating again." *Glenda*

Divine Feminine: Bergamot, Geranium, Tsuga, Red Pine, Goldenrod, St. John's Wort, Ylang-Ylang, Bulgarian Rose, Jasmine, Nard

The Goddess principle is designed to heal the deep inner split of the inner masculine and feminine within each Soul. Helpful for women to recover their power but they must balance with the divine feminine. This oil softens the resistance and you will come to new levels of love and appreciation towards yourself and others. It gives you protection and guidance.

Bergamot, is known to uplift, calm and bring joy. It assists in healing, reopening the heart after grief and radiating joy.

Geranium brings courage. It calms the mind so you can move through changes easily with joy and divine happiness.

Tsuga will dissipate fear and facilitate change and transformation.

Goldenrod brings love of life. It adds the masculine aspect to the blend.

St. John's Wort helps healing and facilitates the penetration of the oil in the body.

Ylang-Ylang helps to create a feeling of peace and dispels anger.

Bulgarian Rose helps you come to terms with your divine self. You are an incredible being of light and wisdom. It will soothe the heart.

Jasmine brings euphoria and wisdom. It unites apparent opposites is a potent aid for spiritual development.

Nard brings deep inner peace and the realization that humans are a bridge between the earth and the heavens. It helps attain a sacred space within. --- *Apply 1 - 2 drops to wrists and heart as often as you wish.*

Personal Experience: "What a fabulous blend, opening vistas I did not know were there, the precious oils are truly divine." *Arle*

"My intention for creating this oil was to honor the Divine Feminine in myself and other women. This oil represents the sacredness of the feminine mysteries and gives us a sense of languishing grace, exquisite beauty and serendipitous intimacy. When we anoint with this oil on the heart center, it opens our heart to love and compassion; behind our ears to trust our 'gut' and the bottoms of our feet to walk firmly on this sacred earth and fulfilling our mission in life." *Ku'uipo Latonio, the original creator of this blend*

"**Divine Feminine** is incredible - complex, simple and hitting different notes depending on the time of day and my moods. Very beautiful, even profound. Thank you." *Karen*

Dragon: Cinnamon, Clove, Oregano, Thyme

A Big favorite! --- *Apply 1 drop to solar plexus or under tongue or in a teaspoon of honey, or in warm water. Also diffuse Breathing and massage your back with Spinal*

Cleanse. For faster results use up to 10 times a day and for 10 days.

Personal Experience: "I used 1 drop on my client who has MS, on the feet and wrists. The spinal column chalk was being cleaned and the dust blown off to fire better. It was neurologically warming. She felt warm for the first time in ages!" *Vicki*

"I have CFIDS - Chronic Fatigue Immune System Dysfunction syndrome. I have just started using Mikael's oils - mainly **Dragon**. One of my biggest issues is a completely hyperactive nervous system, and when I use **Dragon** I feel like my whole body calms down and it can get to the business of healing. I use it everywhere - on my feet, wrists, a couple of drops on a damp face cloth and rubbed all over my body in the bath or the shower. I can feel myself protected and am able to manage the day (or night), it is as if I have a powerful guardian by my side. Mornings are the worst time for me, so I have my bath, and use the oils (and a little Liver and Archangel Raphael), and I am totally restored. Thank you so very much for this blessing." *Sandra*

"My son had a throat infection for 3 weeks, with white mucus and he is about to be a father. Mikael gave him **Dragon** (2 drops every hour) and 10 ml of Immune Up to massage all over his chest, throat and back. Next day, it was all gone. Alleluia!" *Jane*

"Dona Tina, 65, with cerebral palsy, was sent home to die. I gave her **Dragon** and she is now walking around." *Dominica*

Endocrine: Balsam Fir, Ravintsara, Cinnamon

The endocrine system is a series of glands that secrete chemical messages called hormones. This oil supports a healthy gland function and maintains a delicate balance. It could also help with controlling weight. (See separate flyer) — *Massage 1 - 2 drops only on 3rd eye, thyroid, or pulse points.*

Personal Experience: "It was love at first sniff when I opened the **Endocrine** bottle!" *Joan H*
"I love using **Endocrine** in the morning. It awakens all my senses; they come alive. My

response time is faster; I am surer of myself. **Endocrine** is better for my body than a major tune-up is for a car; it's even better than orange juice in the morning." *Jan Z*

Energy: Rosemary, Lemon, Black Spruce, Peppermint

To raise your energy level and give you that instant boost of energy, utilize this AMAZING blend. — *Apply 2 - 3 drops to adrenals (in the back, just above the waist) around the ears or on back of neck.*

Personal Experience: "After a long trip, this is my favorite." *Drunvalo*

"I was sick and your oils **Energy** and Immune Up made a world of difference. I could clear my body, so that I could function again. I did not realize how potent your oils are." *Jeremiah*

Eve: Lavender, Orange, Rosewood, Clary Sage, Geranium, Ylang-Ylang, Jasmine, Sandalwood, Vetiver

To enhance your femininity. — *Use as an attractive perfume by applying 2 drops behind the ears.*

Fearless: Black Spruce, Canadian Tsuga, St. John's Wort

Canadian Tsuga helps with transformation, whether it is a wedding, a divorce, travel, someone dying, etc. By using this oil, you will experience smooth sailing! A BIG FAVORITE. — *Inhale the oil and then rub 3 - 4 drops on the 3rd chakra.*

Personal Experience: "We continue to use the oils every day and have had a number of healing experiences. We have both been using a lot of **Fearless** to get out of the scary 3D reality and stay focused on the higher vibrations. It has worked incredibly well." *A customer whose bought 100's of our oils!*

Flower of Life: Marjoram, Balsam Fir, Basil, Jasmine

Great for getting connected to the root chakra and your creative geometries of life! -

make **potpourri**, to freshen linen drawers and closets. They can also be included in sleep pillows.

May books referencing Marjoram, talk about *Oreganum marjorana* which is the Egyptian Marjoram (Sweet Marjoram). *Oregano marjorana* is very useful for **hyperactive thyroid** and is helpful in cases of **hypertension**. Just one drop in a teaspoon of honey can give wonderful results. It is associated with **celibacy** as it diminishes the desire for sexual contact, especially if used in a bath. It is very good for relieving **solar plexus spasms** and muscular spasms. It has been known to help an **irregular heartbeat** and can help reduce **snoring**. It promotes **creativity** as it balances and clears the mental body.

Spanish Marjoram, *thymus mastichina*, is a **decongestant for the chest** and is good for treating **bronchitis and other respiratory ailments**. It's a strong, supportive oil, but **less toxic than other thymus species**. It is an antiseptic and a warming oil that **stimulates the glands**. It can also help relieve the symptoms of whooping cough. It may contain up to 75% cineol which is also the main ingredient in Eucalyptus and Rosemary.

Application: *A few drops on the chest or under the feet.*

Oregano Marjorana (Egypt) has a soft energy and blends well with Lavender and Basil. *Thymus mastichina* blends well with Eucalyptus and Rosemary.

Myrrh, *Commiphora molmol*, Somalia

In Arabic, it means sadness (to remove it). It is a very powerful oil from ancient times. The Arabian people used myrrh for many skin conditions, such as chapped skin and wrinkles. It was also listed by Hildegard of Bingen in her book of medicines. Some of the many uses are for treatment of candida, ringworm, eczema and tooth/gum infections.

Nard, *Nardostachys jatamansi*

Nard, sometimes known as SpikeNard, is native to northern India and Nepal and has been highly prized in the Middle East and Mediterranean regions since antiquity. It is mentioned in the Bible in the song of Solomon and in three gospels, we find the story of Mary Magdalena anointing Christ's feet with Nard. Physically, the oil has an effect on the person as a whole. It is helpful for allergic skin reactions and all kinds of rashes. It rejuvenates and balances the skin's physiology. Nard is wonderful when dealing with tension and anxiety. It stimulates and supports the immune and nervous systems. Like Frankincense, Nard assists in letting go of fear and old emotional wounds. It is very good for chakra energy or auric massage and helps persons nearing death in transition. Nard acts on the brain and helps regenerate mental functions whenever you lack concentration.

Spiritually, Nard helps us realize that our life on earth is not separate from the true purpose of creation. It helps strengthen the alchemy between matter and spirit, symbolized by the cosmic serpent that links the beginning and the end by biting its tail. Nard reveals the secret path to the seeker who seeks intently with an open heart. The exceptional quality of its spiritual forces is expressed in this flower which comes directly from its roots. It is a **PRECIOUS** oil.

Application: *Put 2 - 3 drops on your heart chakra in the morning to connect you to your inner self or 2 drops of our blend: "Grounding" on each foot to ground you or your clients.*

Lavandin, *Lavandula hybrida*, France

Mother nature created Lavandin as a hybrid plant when true lavender was cross pollinated with Spike Lavender. This enabled greater production of plants that had healing and therapeutic properties of lavender plants, but were tolerant of warmer climates. The traditional lavender prefers the cold (i.e. the Yardley company is located in England) and Lavender plants have been known to grow at high mountain elevations.

There are many types of Lavandin plants which have retained the healing qualities of its parent plant. Some are closer to the lavender (*Lavandula vera*) and are soft to the touch. Some plants are closer to the Spanish lavender and have spiky leaves (*Lavandula spika*). Other varieties are Lavandin Abrialis, and Lavandin Super which each represents 10% of the lavender production. The L. grosso represents the rest, i.e. 80%. There is no noticeable difference in the quality of oil that is produced from these varieties. Most of these come from France where I go twice a year to choose my "vintage"!

Lavender **was used** during the 16th century to heal wounds and to rid the body of worms. Like its parent plant, Lavandin is probably the most versatile oil. It is soft and calming enough to be used around small children, but is a strong and effective antiseptic. Mikaël recommends using **Lavandin reydovan** for baths or if you like stronger fragrances. The *Lavandula vera* is more for subtle uses, but it's a matter of personal preference.

Lavandin abrial is grown at a lower elevation than lavender and yields more than the *Lavandula vera*. This hybrid results from natural fertilization by insects thanks to the low altitude and is therefore not GMO. The plant is a hybrid between L vera and latifolia. As a lavender it is a tonic, anti-inflammatory and muscle relaxant. And for Dr. Kurt Schnaubelt, its main use is for metabolic detoxification.

Lavandin super is closer to the true lavender and Mikaël chooses it according to his nose! It helps you get good sleep and also in removing anxiety. It helps support the heart and is good for skin problems. Lavandin's work on the crown chakra and helps relieve past memories.

Application: *The best way to use Lavandin is through massage, or apply 4-5 drops wherever needed or add to your bathwater.* Its companion oils are Laurel, Rosemary, Clary Sage, Geranium, Lemon, Orange and Petitgrain.

Lemon, *Citrus limonum*, Italy

Lemon is cold pressed from the lemon peel. It is said that lemon was used to prevent scurvy by our ancestors who traveled the seas. It is known **to refresh and uplift, to cleanse the body** or to disinfect. It balances the nervous system but may cause skin sensitivity to the sun or irritate sensitive skin. It can relieve bitter resentment, distrust, irrational thinking.

Application: *1 - 2 drops in water, as it is so refreshing.*

Marjoram (Spanish Marjoram), *Thymus Mastichina*

Marjoram was used by the ancient Greeks as a remedy for narcotic poisons, convulsions and dropsy. According to Greek myth, if Marjoram grew on a grave, the deceased was happy. It was also a custom of the Greeks and Romans to use wreaths of marjoram for marriages. It was believed that Aphrodite, the goddess of love, created sweet marjoram as a **gentle symbol of happiness**. Crushed leaves of fresh sweet marjoram are used to

--- Rub 2 drops into palms and touch each chakra with oil.

Flu: Ravintsara, Black Spruce, Eucalyptus

Another favorite of Dominica's and the orphans. Also, Tiger can help. *--- Rub 5 - 8 drops on the chest, front and back.*

Personal Experience: "I put this oil on my chest — 10 drops front and back, along with Immune Up and the symptoms ceased within 2 hours!" *MB*

Focus: Rosewood, Sandalwood, Tsuga, Nutmeg, Ginger, Sage, Cinnamon, Patchouli

Focus on your mission; your life path. *--- Rub 1 - 2 drops on 3rd or 6th chakra.*

Personal Experience: "Focus is wonderful; it really clarifies questions/thoughts concerning my future paths." *Jan Z*

Fungus: Arborvitae, Balsam Fir, Tansy, Geranium, Black Spruce

Excellent for getting rid of the nail fungus. A BIG FAVORITE. *--- If it is old fungus, apply 2 drops 3 times a day under the nail for 2 - 3 months, otherwise twice a day. For athlete's foot, put a few drops in a basin of warm water and soak your feet for a few minutes. If it is internal fungus, then try Thyme Borneol, 1 drop in the morning and evening.*

Personal Experience: "I have several friends who had mild to severe fungus on their finger nails or toenails and nothing would get rid of it completely. They applied a little on the nail or nails every day and all have been amazed how quickly their fungus disappeared. It really works." *AD, Reflexologist*

"I am 76 years old and have had fungus on my toe nail, all my life. I used 2 drops of **Fungus Out** every night for 5 weeks. I now have gorgeous toenails!"

"My 80 year old father had fungus for years on his toenails. He was amazed that in 2 months it was completely gone!" *Mikaël Z*

Gaia: Juniper, Balsam Fir, Lavender, Arborvitae, Clove, Clary Sage, Thyme

To spiritually protect and love the earth; meditation for mother Earth. It also gives you the freedom to speak the truth. I want to sing/praise. *--- Rub 3 - 4 drops in your palms, inhale, then brush your aura and touch the earth.*

Gemini: Bergamot, Lavender, Lavandin Super, Clary Sage, Sage Officinalis

To connect with the universal wisdom. *--- Apply 2 - 3 drops to the lungs and back, or apply with a sprayer.*

Gratitude: Grapefruit, Rosemary, Cinnamon, Frankincense

Acknowledges the blessings that are beyond measure and present at every moment within creation. Use this oil to embellish your perceptions about the way you see your own life. Be blessed and enjoy what you have. A big favorite of children. *--- Inhale the oil; rub 2 - 3 drops on 4th chakra or sternum.*

Grounding: Nard, Tsuga, Black Spruce

Promotes grounding and with the help of Nard, it encourages spirituality! *--- Apply 1 - 2 drops to 3rd eye, especially after a group meditation.*

Personal Experience: "After doing a Reiki or healing session, the application of one drop of **Grounding** on the crown chakra brings the client back to earth." *Jean Redd*

"The **Grounding** oil is EXCELLENT. Also the Spirit of Grandfather helped my friend's son who, under pressure from his father's imminent death, was threatening to kill her!" *Dennis, FL*

Gum Tonic: Lemon, St. John's Wort, Aniseed, Cinnamon

Rub 2 - 3 drops on your gums. It tastes delicious!

Personal Experience: "Gum Tonic was part of a program that rescued my gums from severe dental disease." *Jan Z*

"It took care of the infection in my gums and saved me many \$\$\$." *Deb, along with many other similar experiences.*

Harmony: Jasmine, Orange, Ylang-Ylang

To build your self esteem. This new perfume-like blend is so delightful. For jasmine lovers.

--- *Use 2 drops behind your ears or on your heart.*

Personal Experience: "I love this spiritual blend, especially before a painting session, as it helps me to connect." *Maria Gertrudes who channels impressionists*

Head Relief: Rosemary, Peppermint, Spearmint, Aniseed, Clary Sage, Basil

Removes the pressure of a busy day or stressful moment. --- *Apply 2 drops to the back of the head or directly to the area of pain at onset or on temples.*

Personal Experience: "I suffered terrible headaches for years and my head would spin because of a fall when I was young. Dominica gave me some **Head Relief**. I put 2 drops on the center of my head. In 10 minutes, the headache was gone for the first time in years. Wow! When I went back to see my doctor, the test results showed no more irregularities in the brain. The doctor was amazed." *Maria Pacheco, teacher*

"Please send another large bottle of **Head Relief**, it is great at removing the tension in the back of my neck." *PA*

Healing: Lavandin, Black Spruce, Spearmint, St. John's Wort

Re-establishes the body's power to be whole. Assists in the recovery from or prevention of illness. --- *Apply 2 drops to 3rd chakra (2" above the navel).*

Personal Experience: "It is one oil every healer should have." *Rev Gardner*

"Best oil I use for my class of karate, as Japanese love this one." *MT*

"Thank you and Mikaël for the magnificent oil. Two drops and I feel like my old self again. I have no pain...it is a miracle." *Idaherma*

"The **Healing** oil is very good. When I deeply inhale it, I feel its healing energies permeating my body and getting rid of the

aches and pains I occasionally experience." *PS*

Herpex: Blue Spruce, Ravintsara, Clove, Blue Tansy, St. John's Wort

Very little goes a long way! --- *Put olive oil on a Q-tip, add 1 - 2 drops and apply where needed.*

Personal Experience: "I had VD warts on the vagina and my lips. After one week of **Herpex**, they was totally gone!" *Monalisa*

Immune Up: Black Spruce, Ravintsara, Thyme Thymol, Linalol, Rosemary, Niaouli

Helps support and restore the immune system. Good to combine with Allergy, Asthma, Sinus, Virus, Flu. Super successful oil. Could be a preventive for many childhood diseases. --- *Apply 2 - 3 drops on the wrists and rub together twice daily or more if quicker results are desired. Or rub on the soles of your feet.*

Personal Experience: "I can't live without my bottle of **Immune Up**. I recommend it to everyone feeling under the weather. It is magical." *Elizabeth*

"You took several kids to the beach who had runny noses, coughs and flu symptoms. Thanks to **Immune Up**, in two days they are back in perfect health. One drop under the tongue and on the wrists twice a day seems to do miracles. Bless you." *Dominica*

"I have used it during the past week on my 23 month old granddaughter who has had a really bad cold with a high fever. It seemed to help her recover from the worst part of the cold. She would come to me and ask me for the 'breathe' and 'mune'. Thank you so much." *Catherine*

"I love **Immune Up** too. I use it more or less everywhere. I put drops on a damp cloth and rub it all over my body. It tingles a little, but this feels very good. I also take it under the tongue, a drop or two once or twice a day when I am acutely ill. During the day, I put it on my wrists and in the crook of my elbow, and the soles of my feet. I feel supported and uplifted and protected from virus and bacteria that I seem to be so susceptible to. I

Laurel, *Lauris nobilis*, France

This strongly aromatic evergreen tree is native to the Mediterranean region where it can grow as high as 60 feet. It was associated with the god Apollo and its leaves were used to make the crowns of victory during the early Pythian Olympic games. The word "baccalaureate" actually means laurel berries. The importance of the role of the bay leaf was also acknowledged by the Romans who named this noble plant Lauris (from the root word *laudere*, to praise). The word "laurels" has carried over into our modern English language. The word "bay" was added by the Anglo-Saxons (also a word for "crown"). Culpepper felt strongly about the curative powers of bay, "neither witch nor devil, thunder nor lightning will hurt a man where a bay tree is."

It is an expectorant, therefore good for all respiratory difficulties, virus infections, mouth ulcers (aphthes), muscular aches and pains and arthritis. A good quality hydrosol cleanses the lymph nodes.

Application: *1 drop on the wrist or blend with massage oil. Also can be used as a spray with distilled water.*

Lavender, *Lavandula angustifolia* or *vera*

The plant name comes from the Latin word, lavare "to wash." It was Lavender that first led Rene - Maurice Gattefosse to pioneer the concept of aromatherapy as a scientific discipline. Rene was working in his laboratory when there was a small explosion and he burned his hand. Looking quickly for something to soothe the burn, he reached for a bottle of Lavender oil and was amazed at how quickly it acted on the burn. This prompted his life's work of research into the practice of aromatherapy. He published the first book on the subject in 1937.

There is a favorite story about Maggie Tisserand who was a passenger on a plane with a young child who was distressed and crying. Maggie offered the mother of the child some Lavender but her offer was rejected. When the child continued fussing, Maggie placed some lavender oil on her own clothing and then offered to hold the child to give the mother some relief. The child quickly settled down and slept for the remainder of the trip.

One drop of Lavender reveals that it is composed of over 300 different molecules making it a very versatile oil. These molecules are very **calming and soothing**. Lavender is wonderful for **scars** and helps the skin quickly reproduce new cell tissue making it an effective treatment for **wounds and burns**. It also helps to **reduce fever** and the gentleness of this oil makes it an **excellent oil to use with children**.

It helps to facilitate **birth**. It is interesting to note that, although it is very calming and soothing, it **can quickly become a stimulant when used in a large quantity**. Lavender **Hydrosol** is also good for eye cleansing, especially soothing to the cornea if dry or scratched.

Spike Lavender (*Lavandula latifolia*) comes from the hills of France and Spain and contains more cineol and camphor. It increases the ability to give and receive love, when there are **issues with Mother or feminine side, with being a woman, also with food issues, especially cravings for sugar**. Spike Lavender balances the male and female, the left and right side of the body.

Application: *The best way to use Lavender is through massage, or apply 4 - 5 drops wherever needed. It blends well with most oils, especially Lavandin and Petitgrain.*

Application: *Put 1 - 2 drops in water as it is so refreshing.* It can mix with other citrus.

Helichrysum, *Helicrysum italicum*, *Immortelle*

Traditionally used for infection and skin inflammation as it helps the skin to repair bruising, nerve damage, circulation and lymph nodes. It also helps singers voice. It is a **PRECIOUS** oil.

Application: *Apply 1 - 2 drops only where needed.*

Jasmine, *Jasminum grandiflorum*

This "Queen of the Night," *Jasminum grandiflorum*, is originally from China and Asia where it has a rich history. The tiny star shaped Jasmine petals are usually collected at night, when the scent is at its strongest. This essence has a long history of use in oils and perfumes. It is a **precious oil**. The price for 500 ml of pure oil can cost up to \$6,000 since large quantities of flower petals are necessary for the "solvent extraction" absolute. Most commonly associated with tea, the Jasmine flowers were excellent for treating **liver problems and dysentery**.

Jasmine is **uplifting** and supports **self-confidence and optimism**, and the voice of singers. It is antidepressant, anti-inflammatory, excellent for the skin and for female problems and tends to strengthen contractions during labor. It is good for eczema when associated with emotional problems. It relieves pain and helps to establish a balance of the Yin and Yang.

According to many renowned aromatherapists, it is a powerful **aphrodisiac**. Jasmine is also a potent aid to **spiritual development**. It could help in the spiritualization of sexuality. With this oil, we may understand that there is no division between the physical and divine love. It helps to **reduce anxiety, nervous exhaustion and stress** and helps one gain a new outlook on life. It lifts melancholy and is good for impotence. It could help relieve repressed feelings, bitter jealousy, **low self-esteem, guilt, and emotional abuse**.

Application: *1 drop on the heart or mix with a blend or a vegetable oil.*

Labrador Tea, *Ledum groenlandicum*

Ledum is a strong aromatic herb found throughout the cold areas of North America. As suggested in its common name, it was used as a tea infusion, as a general tonic, and to treat kidney-related problems. The structure of the plant is interesting as it grows about 1 - 2 feet high. It likes areas where there is a lot of peat moss and is frequently found near the Black Spruce. Leaves on the top are dark green, smooth and shiny and the bottom of the leaf is furry. The leaf attracts the sun from the top, but the bottom is covered and protected from the coldness of the soil. Ledum is a very hardy plant, resistant to decay, yet able to flower very early, in early June.

Although it was originally used by the Cree Indians for **fevers and colds**, its common use today is for the treatment of **prostate** infections, **liver** dysfunctions, **thyroid** regulation and all types of **skin problems**. It is anti-inflammatory, anti-tumoral, antibacterial and a decongestant. In an herbal infusion, the plant has a mild narcotic effect therefore it is also very good for **insomnia and nervous disorders**.

Application: *Topically through the skin. It is quite expensive to diffuse.* It blends well with its **companion plants**, Black Spruce, Goldenrod, Frankincense, Lemon and Clary Sage.

have been taking so many herbal remedies and supplements for my dysfunctional immune system, but nothing really seems to work. I feel the oils are reaching places that supplements do not. And I smell fabulous!"
Sandra

Isis: (the Sun Goddess) Cypress, Geranium, Black Spruce, Tagete, Goldenrod, B. Rose, Jasmine

Isis is the most famous Egyptian goddess and is often represented as a woman with two horns with the sun in the middle to connect with the sun spirit inside. It is important to understand that the sun in Native American, Sematic and Arabic traditions is considered a feminine energy. **This blend will awaken our spirituality, deploy our golden wings and raise our spirit which allows us to see things from a higher perspective giving us a different comprehension of what happens to us.**

Geranium helps balance feminine mood swings while Cypress helps with balance when there is turmoil. **Black Spruce** is like a mast of a ship which holds the sails up and gives vital force to the spine. It also links us to our ancestors. **Tagete**, a sunny Egyptian flower, adds a very deep and warm fragrance to the blend and shines the sun in the brain. The **Goldenrod, Bulgarian Rose and Jasmine** all work on the heart chakra balancing the emotions and helping the user to open the heart without fear. --- *Put 3 drops in palms, rub together and open your arms like wings to receive and give love energy.*

Joy: Balsam Fir, Lemongrass, Rosewood

Promotes joy and a sense of well being. Children love this oil, so simple and so beautiful. It smells SO good. Children's favorite --- Apply 1 - 2 drops over the heart.

Personal Experience: "Joy - delightful and refreshing! Helps cheer me up when I'm feeling grumpy or gloomy." *WS*

Karosa: Shea Butter, Bulgarian Rose, Geranium, Rosewood, Palmarosa

Helps support or restore the natural function of the skin. Karite Butter comes from the nuts of a Madagascar tree. It has natural vitamins A, D and E which rejuvenate, protect and smooth your skin. It also fights wrinkles and dry skin without leaving your skin oily. Shea Butter is also known to help eczema. Good for all skin types. Excellent for chapped lips, sunburns, cracked skin, stretched marks, diaper rash. --- *Take very little and warm it in the palms, then apply to your face, lips etc.* \$19/25 ml; \$36/50 ml; \$60/100ml

Personal Experience: "It is the best NATURAL cream there is. I use it everyday and carry it in my emergency kit." *Marie Eve*

Kidney: Balsam Fir, Virginia Cedar, White Spruce, Aniseed, Tarragon, Geranium, Peppermint, Basil, Clary Sage, Labrador Tea, Laurel, Carrot Seed, Texas Cedar

A healthy kidney is basically a filtering system. Healthy kidneys also balance the chemicals in the blood and produce hormones which control blood pressure and maintain healthy blood cells and bones. --- *To balance, apply 3 - 4 drops on the kidney area and massage in.*

Personal Experience: "I've been fighting a UTI all week and **Kidney** and **U-Tract** blend really helps." *Nancy P*

Knee Ease: St. John's Wort, White Spruce, White Pine, Balsam Fir, Canadian Tsuga, Petitgrain, Ylang-Ylang, Sandalwood

The elderly love this one. Be generous. --- *Massage 6 - 10 drops into your knee.*

Kwan Yin: Lavendula Vera, Petitgrain, Laurel, Clary Sage, Sandalwood

Her essence opens you to compassion first, then enables you to reach out to others. --- *Rub 1 - 3 drops into palms and put them on your chest, heart chakra and thymus.*

Large Intestine: Peppermint, Fennel, Cumin, Aniseed

The large intestine is called the 'Minister of Transportation'. It controls the transformation of digestive wastes from liquid

to solid state and transports them out of the system. It plays a major role in the balance and purity of bodily fluids and assists the lungs in controlling the skin's pores and perspiration. --- *To help promote its normal function, take 1 drop internally every hour when needed or apply 2 - 3 drops to intestinal area and massage in.*

Leo: Geranium, Rosewood, Bulgarian Rose

To feel united with the whole, establishing unity in diversity. --- *Rub 2 drops on the heart area.*

Let Go: St. John's Wort, Petitgrain, Canadian Tsuga, Chamomile

Emotional release of negative feelings brings us back into balance. From balance we can reclaim a healthy body, mind and spirit. --- *Inhale the blend, apply 1 - 3 drops to solar plexus or wrists, or any place/thing from which you wish to clear negativity.*

Comment: "The most sold oil in New York City after 9-11!"

Liberation: Laurel, Canadian Tsuga, Lavender, St. John's Wort, Nard

To liberate you from ancient trauma, including family trauma. --- *Apply a few drops to the back of your head, just above the neck.*

Light of God: Tsuga, Orange, Petitgrain, Mandarin, Rosewood, Frankincense, Lavender

Could be a blessing or a protection. --- *Put 2 - 3 drops on palms, rub together, inhale blend deeply, brush all of aura, then touch the ground with your hands.*

Liver Boost: Ravintsara, Eucalyptus, Orange, Rosemary, Labrador Tea, Peppermint, Grapefruit, Helichrysum, Thyme

For cleansing the liver and helping with the digestive organs, kidney and bladder. Should help release toxins. --- *Apply 1 - 3 drops to the liver area.*

Love: Rosewood, Palmarosa, Geranium, Bulgarian Rose

Makes the world go round. In ancient times it was known that rose would protect and bring a sense of love and well being. Rosewater was ingested, bathed in and rose oil was applied to the skin. Definitely a favorite. --- *Inhale the oil, then massage 1 - 2 drops over the heart.*

Lung: Ravintsara, White Spruce, Laurel, Arborvitae

To help open your lungs and use them fully. - --- *Apply 3 - 4 drops for 2 weeks on exterior of lungs twice a day, or massage on soles of the feet.*

Personal Experience: "My husband loves it and diffuses it. He now gets the best nights sleep. Thanks so much for your help." *Ruth*

Lymph Nodes: Red Pine, Niaouli, Italian Helichrysum, Sandalwood

To encourage normal circulation and help overcome fluid retention. Use of a trampoline is also very good. This oil is back by popular demand! --- *Apply 3 - 4 drops to lymph nodes around neck, on top of feet or in the groin area.*

Mary Magdalen: Canadian Tsuga, White Spruce, Nard, White Angelica, Frankincense, Neroli, Hyssop

To open the heart. It helps strengthen the alchemy between matter and spirit and can assist you through difficult times with courage and serenity. NARD reveals the secret path to the seeker who is focused and sets an intention to live and serve with an open heart. (see pg. 21) --- *Inhale the oil deeply, put a drop on your sternum as it will spread throughout your body and soul.*

Memory: Rosemary, Petitgrain, Peppermint

Good for post menopausal short-term memory loss. Children and students love this one, especially when exams are near. --- *Apply 1 - 3 drops to scalp. Do NOT use within 2 hours of bedtime as it might keep you awake.*

effective treatment for dysentery.

Geranium oil has a strong rose scent and is sometimes substituted when rose oil is not available. The geranium stands for constancy and availability. **Geranium helps to reduce inner conflict and is recommended for mending a broken heart.** It helps reunify the person, (body, soul and spirit) and gets the body into harmony again. It has the capacity to regenerate itself from a very small piece. It is **good for the solar plexus, the hands and the sole of the feet.** Geranium stimulates the adrenals, circulatory and lymph nodes and is an effective astringent with **good antifungal** qualities. It can be used for skin problems, reduce stretch marks and wrinkles, relieve **cellulite** and is a good **mosquito repellent**. It aids in the relief of **poor circulation**. It continues to be effective in the treatment of **sore throats and tonsillitis** and is anti-depressive.

Application: *It can be used in massage in a 2 to 3% dilution in a good carrier oil. Also topically through the skin.* It can be used in a blend with Lavender, Rose, Bergamot, and citrus oils.

Goldenrod, *Solidago Canadensis*

Goldenrod, a member of the Daisy family, is found in many varieties throughout North America. The names of the plants, Hairy goldenrod, Blue-stemmed goldenrod, Tall goldenrod and Stiff goldenrod describe the physical characteristics of the plant and the names Seaside goldenrod and Canada goldenrod refer to where the plants grow. Sweet goldenrod is named for the fragrance, which results from crushing the leaves. It is picked in the wild and you need a large amount as the yield is very small.

The plant is the state flower of Alabama, Kentucky and Nebraska. American Indians used Goldenrod as part of an herbal steam bath in the belief that the evil spirits that are making the person ill would leave the patient's body. **The Zuni chewed goldenrod blossoms and slowly swallowed the juice to cure the throat. Ground flowers were used on bee stings. Teas were brewed from the plant to treat stomach ailments, fevers and snakebites.** The herbal tea can increase the production of urine without disturbing the levels of electrolytes. The tea may also help **rheumatoid arthritis and the roots were used to treat burns.** Following the Boston Tea Party, the English changed to drinking Goldenrod tea which resulted in the nickname, Liberty Tea. We are referring to the ones that grow about 7 feet tall.

Goldenrod is **useful in treating cardiac diseases** (pericarditis, endocarditis), and hypertension. It is an **anti-inflammatory**. Although there is a high frequency of allergic reactions to the plant, it is actually excellent for the **treatment of hay fever**. The oil is very effective in **treating heart conditions**, acting on the muscles of the heart as well as **the arteries**. It has a positive effect on the solar plexus. It helps people, especially men, who are experiencing sexual problems. Goldenrod is also effective in cleansing the **kidneys**.

Application: *3 - 5 drops applied topically through the skin.* It blends well with Ledum, Red Pine, Lavender and Rosemary.

Grapefruit, *Citrus paradisi, Israel*

Grapefruit oil is cold pressed from the peel of the grapefruit. It has a **fresh, sweet, citrus scent that purifies**. Traditional uses are to lift melancholy, relieve muscle fatigue, as an astringent for oily skin, to refresh and energize the body, stimulate detoxification, as an airborne disinfectant. Good also in cases of self-doubt and criticism, dependency, frustration and grief. It can calm mental chatter.

different chemical structure between the two oils. E. citriodora contains a large quantity of citronellol. Nowadays, the main producer is Brazil. It has extensively been used as an **aromatic in closets** and dresser drawers. It is also excellent as an **insect repellent for mosquitoes, silverfish and cockroaches**.

E. citriodora has been shown to be effective in combating the bacteria resulting from Staphylococcus aureus. E. citriodora is anti-viral and supports individuals who experience a **breakdown in their immune system**. It is **anti-fungal** and can be used to treat skin infections, like **chicken pox**. Lemon scented Eucalyptus is an **anti-inflammatory**.

Eucalyptus helps people in their growing stages, assisting in accepting change and reducing the pain connected and attached to shedding the old ideas. It is now grown where malaria is a problem. It helps the sufferer and protects the caregiver.

Application: *Good to diffuse or apply topically. As a massage, it is good therapy for rheumatoid arthritis, like in Pain Ease.* It blends well with Palmarosa, Lemon, Hyssop and Marjoram.

Frankincense, *Boswellia carteri*

Associated with the highest spiritual aspirations, Frankincense, (in French, the real incense) is used to uplift and create a meditative state; it has the ability to deepen and slow the breath which helps bring body and mind into meditative state. It was offered to the infant Christ by the Magi in recognition of His divinity and it helps each of us to connect to that part of our selves which is eternal and divine.

Much of what is on the market is synthetically enhanced. The pure oil from the gum resin is called Frankincense, *Boswellia carteri*, while the standard is called Olibanum. There are many Olibanums labeled as Frankincense and your nose cannot always tell you the truth, but the resin sticking to your fingers will. There is also a new way to extract it using CO2, but it makes the oil much more expensive. In ancient Egypt, it was used in face masks, cosmetics and perfumes. It has been used for syphilis, rheumatism, respiratory and urinary tract infections, digestive and nervous tensions. This resin has healing powers, cures wounds, and stimulates the immune system. In the past, it was burned to drive out evil spirits. It also covers a wide range of uses from antibacterial, anti-inflammatory to revitalizing, uplifting but is also used to calm, relax, promote sleep, soothes and heals inflamed skin, bruises and burns.

Frankincense helps break ties with the past, especially where these block personal growth. When you feel inadequate or need to let go, take a bath to wash away any old ties, or put it in burners so you get to know who you are and gain self confidence. Good for release and forgiveness, so you can pursue your journey of power.

Application: *Put 1 drop on your heart chakra or 1 on each ankle before going to bed.* It blends well with Myrrh (Spirit of the Temple, Anointing), Cinnamon and Nard.

Geranium, *Pelargonium graveolens*

The unique shape of the fruit on this plant resulted in its name Geranium, which is the Greek word for a crane's bill (*Geranium maculatum*). The wild geranium is common in North America and can be found on the side of the road or in wooded areas. Native Americans knew of and respected the healing properties of this plant. The root, when boiled, would help in the treatment of sore throats and mouth ulcers, but when powdered, it would help coagulate their open wounds. A tea infusion made from the leaves was an

Mental Alert: Rosemary, Peppermint, Clary Sage, Cinnamon, Clove

Promotes alertness and keeps you awake when you need to be sharp. Excellent for driving. — *Inhale the oil, rub 1 - 2 drops on the back of the head.*

Personal Experience: "During my exams, I was totally concentrated and unstressed." *Constance*

"I apply **Mental Alert**, and my thoughts begin to come more quickly, more clearly. I can really think on my feet." *Jan Z*

Merkaba: White Pine, Lavandin Reydovan, Lavendula Vera, Jack Pine, Red Pine, Goldenrod, Labrador Tea, Petitgrain

Good balance with 3 pines electro magnetic (charges) ions and Lavender to ground. It will restore, energize and balance the fields around the human body. — *Put 1 - 3 drops in palms, rub together, inhale the oil, brush all of aura and then touch the ground with your hands.*

Personal Experience: "I'm very satisfied with the oils I ordered a while ago, **Merkaba** and White Light." *Sampo, Finland*

Moskito & Insects: Citronella, Eucalyptus, Lavender, Peppermint, Spearmint, Arborvitae
— *Before you go outside, massage 3 - 4 drops into arms, legs, neck. If already bitten, rub a drop and the itching will go away.*

Personal Experience: "The **Moskito Out** was wonderful!!! Take it from a "body" that attracts mosquitoes like honey to the hive. I used it all weekend in the mountains, and came away with no bites." *Shari*

"I have been using Mikaël's oils for several years now. I use **Moskito Out** to keep mosquitoes and annoying insects away. Put a few drops in your palms which you rub on your arms and neck. Ticks Out is also effective." *Bernadette*

Om: Canadian Tsuga, Sandalwood, Nard, Jasmine

Excellent for meditation, transforming, or reaching a higher state of mind. — *Apply 2 drops to heart chakra.*

Oxygen Up: Ravintsara, Eucalyptus, Balsam Fir, Red Pine

Helps you breathe better and avoid catching a flu when moving around the same air, such as when you are in an airplane. Diffuse it to help clean the air you breathe. — *Inhale the blend or put 2 drops on a tissue.*

Pain Ease: Balsam Fir, St. John's Wort, Lemon Eucalyptus, Wintergreen, Black Spruce, Arborvitae

Promotes a feeling of well being by easing away various pains instantly. A FAVORITE. — *Apply 5 - 7 drops anywhere it hurts. For a large area use Pain Relief massage oil.*

Personal Experience: "Pain Ease is instant relief and one of my favorites. Thanks for such great products." *Jody D*

"I have fibromyalgia, and my friend used the **Pain Ease** blend on me. She put a drop on my shoulder, then mixed some with a carrier oil and massaged in. Immediate results and 10 days later, still no pain!" *Karen*

"We all drove back to Louisville, using **Pain Ease**, Joy and Abundance. We all were pain free and laughing our heads off in abundant joy!!!! Thank you for the best laugh I've had in years! Your oils are truly a gift from God." *AMM*

Parasites Out: Ajovan, Balsam Fir, Eucalyptus, Cinnamon, Clove, Myrtle

— *Take 1 drop ONLY internally twice a day with 8 oz of warm water for 2 - 3 weeks, or add to a teaspoon of honey.*

Personal Experience: "I love your **Parasites Out**, it gives me so much energy." *LT Ojai*

"Parasites manifest now and then underneath my breast. In 1-3 days, they disappear practically overnight." *BA*

"Ten of our children had a big belly. We applied 4 drops a day on the stomach. They recovered a normal belly within 10 days!" *Dominica*

Pineal: Balsam Fir, White Spruce, Clary Sage, Canadian Tsuga

It is an often a forgotten gland which helps us to function in our daily life. If it shuts down, we may develop disease. This oil combination will help you recover your balance. Archangel Michael calls it the higher vibrational portal to the body. (see article <http://www.4dshift.com/dru02.htm>). --- *Rub 1 - 2 drops on 7th chakra and temples.*

Personal Experience: "Wow! what's in those oils, one drop of **Pineal** delivers quite a wallop." *Adrienne Rich, Chiropractor*

Pisces: White Pine, Black Spruce, Canadian Tsuga, Nard

To reconnect with the creative side and to help master the emotions. --- *Apply 2 drops to the heart area.*

Pituitary: Rosemary, White Spruce, Canadian Tsuga, Bulgarian Rose

"When our right and left brain hemispheres are equally balanced, our spiritual brain centers, our pituitary, pineal, hypothalamus glands and the ganglionic centers at the base of the brain are activated. When these centers function at full capacity, our center of enlightenment, our Crown Chakra, is open to full breadth, which connects us with all of the various aspects of our multidimensional God Self. In this balanced state, our power is always embraced with love and reverence for life and our gift of free will is used properly." *Patricia Diane Cota-Robles* --- *Apply 1 - 2 drops to 3rd eye or crown chakra.*

Personal Experience: "Pituitary blend is like a multi-purpose healer for me; it balances the energy on my sinus, crown chakra and thyroid." *Kim*

Protection: Camphor, Canadian Tsuga, Coriander, Tarragon

Good to protect your car, etc. --- *Rub 2 drops into palms and touch the car, etc.*

Personal Experience: "It was a big help with

the latest hurricane. I put a drop on each window. A giant oak tree fell on the lake instead of my house." *AD*

"We experienced many times a true protection while driving." *Pine*

Rejuvenate: St John's Wort, Calendula, Thuya, Calophyllum, Argania, Borage

To rejuvenate your cells and to glow. --- *Apply 3 - 5 drops to face, neck and upper torso 3 times a week.*

Personal Experience: "I said goodbye to my expensive facial creams since I discovered this powerful blend. It is so nourishing that I can't use it more than three times a week. My skin radiates and so do I." *JB*

Romance: Ylang-Ylang, Orange, Mandarin, Grapefruit, Jasmine, Cinnamon

--- *Use as a perfume.*

Sagittarius: Grapefruit, Red Pine, Palmarosa

For getting the right guidance for your path. --- *Apply 1 - 2 drops to your lower back.*

Saint Germain, Comte: Basil, Lavendin Super, Rosemary, Marjoram, VA Cedar

To let go of the fear of change and walk in confidence. Also, to trust the flow of life and shift to higher consciousness. --- *Apply 2 drops under the feet and 1 to forehead and solar plexus.*

Personal Experience: "I absolutely love the **Saint Germain** oil and use it every day, 2 drops in the morning and evening. This blend assists me in remembering to trust and stay in the flow. When I take my focus away from fear and place it in trusting the universe, that's when the miracles happen! Thank you, Mikaël, for creating such a potent oil for transformation. Many felt the transmutation and saw the violet flame." *Pine*

Scar Tissue: St. John's Wort, Arborvitae, Balsam Fir, Canadian Tsuga

Clove Bud, *Eugenia caryophyllata*, Madagascar

It has a **spicy, fruity, warm and sweet aroma**. It is used for toothache, colds, flu and fungus infections, as a mosquito repellent, to relieve fatigue and melancholy. Clove bud oil should not be used on damaged or sensitive skin. Use in moderation. Can blend with Bergamot, Laurel, Rose, Clary Sage and Ylang-Ylang.

Used in **Acne, Chakra No.1, Dragon, Spell Out, Concentration, Mental Alert, Spinal Cleanse, Virus, Parasites, Toothache.**

Eucalyptus radiata, *Eucalyptus officinalis*

When we hear the name "Australia" many of us immediately think of koala bears and eucalyptus trees. In the wild, they can be found in Tasmania, New South Wales, and Australia, where they began 35 - 50 million years ago. "Eucalyptus", the name which was assigned to this tree in the 1790's, is a concoction of two Greek words: "eu" which means "well" and "kalypto" which means "I cover", and refers to a covering, which is over the flower until it is ready to bloom. The second part of the Latin name, "globules" describes the shape of the flower bud covering which is button-shaped.

The Eucalyptus, which grows very quickly and can reach a height of 60 - 70 feet, protects itself against insects and pests by exuding a gummy substance on its trunk which drowns the bugs. The spread of these trees to other parts of the world is due to its association with **halting the spread of malaria** in areas where they grew. The trees' root system absorbs a large quantity of water, drying out the swampy marshes and eliminating the breeding ground for mosquitoes.

There are over 600 varieties of Eucalyptus and they come in all shapes and sizes but are all strong and resistant to drought and disease. Eucalyptus was used as a poultice by the Aborigines to cure sores and open wounds. The main varieties, which are used for essential oils, are *E. radiata* and *E. globulus*. The oil extracted from its leaves is an effective **expectorant**. At the 1888 World's Fair in Melbourne, it was used as an inhalant to treat 26 diphtheria patients. All but two recovered.

Eucalyptus has a strong, fresh odor and is frequently used to deodorize closets and dresser drawers. It is an effective **insect repellent**, good for discouraging mosquitoes and driving away silverfish and cockroaches. Eucalyptus oil is good for respiratory ailments and is a **key ingredient in Vaporub, cough drops and cough syrups**. It is also a **natural disinfectant** and has been used as a spray in sick rooms. It has anti-fungal and anti-microbial characteristics. Its **anti-viral** properties make it appropriate to use for relief of **flu and cold** symptoms. To relieve an **earache**, place one drop of *E. radiata* on a cotton ball, place on the entrance of the ear canal and massage around the ear.

Application: *It can be used in massage of the upper back to stop coughing. It works well in diffusers.* It blends well with Balsam Fir, Rosemary and Oregano mastichina.

Eucalyptus citriodora, *Lemon Eucalyptus*

When seen from a distance in its native Australia, *E. citriodora* is a large tree with an almost white trunk. Upon closer inspection you will notice its dappled grey, pink and cream coloring. Standing tall and straight, the Eucalyptus appears to be able to withstand anything. Slightly different from the standard Eucalyptus, the Lemon scented Eucalyptus is true to its name, with the extracted oil having a slight lemon scent. This is due to the

"Yes, I love Tsuga," Mikaël said, "and I use it a lot as it helps people **breathe better, sleep, adjust to new surroundings (including jet lags), avoid fear, bring harmony, fight disease.** Many good results have been reported when used to help dying persons make their transitions in peace as it opens subtle doors." It is good for **mental fixation** and it helps with circulation and the production of adrenaline. You will feel more energized and uplifted.

Application: Use full strength (4 to 8 drops) in slow and delicate massage on feet and upper chest. Breathe it consciously, put a few drops on your solar plexus, 5th chakra or your hands. If you are too tense to meditate, put a few drops of Tsuga on palms and apply it to the adrenals, in the middle of your back.

If you travel, make sure to carry a bottle of Canadian Tsuga with you, as it promotes a smooth transition and prepares you for the energies of the countries you are visiting. For Europe, add Lavender and Sage; for Asia, Palmarosa; for the South, some Citrus (lemon, orange); for Africa, add Basil.

Application: Apply the oils 2 - 3 days before departure, on your hands and feet. Do the same while you are on the plane and for 2 - 3 days afterwards. It blends well with other conifers, all lavenders, St. John's Wort and Yarrow.

Chamomile, *Chamaemelum nobile*

Chamomile was a sacred herb to the Saxon. It has a **sweet and fruity aroma.** As a sedative, it eases anxiety and nervous tension, and helps with sleeplessness or to calm children. It helps relieve muscular pain, and release anger, hysteria, fear, grief, worry, and spirit disconnection. It blends well with firs and lavenders.

We offer three types: the comparatively inexpensive Moroccan, the Roman, and the 'blue' or 'German'. If a type is not specified, then Roman is the oil of choice for most purposes. The main difference between Chamomile Roman and German chamomile is that the Blue chamomile contains more azulene. Azulene is known to be a very good anti-inflammatory agent and also gives it the blue color. You need only a few drops to have an effect.

Cinnammon Bark, *Cinnamomum zeylanicum, Madagascar*

Often adulterated with cassia bark (C. cassia) which is less expensive and has a coarser bark, Madagascar cinnamon is considered superior. According to Gritman, it is used for tooth and **gum care, warts,** poor circulation, arthritis, anorexia, diarrhea, intestinal infection, repelling insects, **sluggish digestion,** lice, **childbirth (to stimulate contractions),** frigidity, colds, flu, **infections, nervous exhaustion, stress conditions.** It helps in cases of poison or spasm.

Cinnamon will release rage from the energy field.

Application: Put 1 drop **only** on center of the tongue. This oil is very strong as it is a skin irritant. Use with **CAUTION.**

Citronella, *Cymbopogon winterianus, Indonesia*

It is wonderful as a **mosquito repellent** and can relieve colds, flu and neuralgia, pain of **rheumatism and arthritis,** melancholy. It **eases nervous depression.** Avoid using on sensitive or damaged skin. Can blend with Citrus, Geranium, Lavender, Neroli, Clary Sage.

Don't hesitate to use on your old scars. St. John's Wort and Arborvitae will attack the infection often stuck behind scars. --- Apply 3 - 5 drops directly on the scar or wound.

Personal Experience: "Your Scar Tissue oil makes a big difference in a scar I've carried since childhood." Marg

"When I cut 2 fingers with a hedge trimmer, Lavender saved me. Three weeks later I had clean scars but lots of pain and weird nerve feelings. I then used Scar Tissue and within 24 hours, the pain was gone and no weird feelings." JD

Scorpio: Petitgrain, Orange, Nutmeg, Cinnamon

To be reassured, to feel protected, to have confidence. --- Apply 1 drop under soles of feet or to lower back each day.

Self Esteem: White Pine, Balsam Fir, Grapefruit, Jasmine

Promotes confidence, acceptance and encourages self esteem. Excellent if you have to perform. Actors love it. A BIG FAVORITE.

Personal Experience: "I was frightened to speak in public. I used 2 - 3 drops on my 3rd chakra and the wrists. It went so smoothly. Thank you." BA

Sinus: Eucalyptus, Ravintsara, Balsam Fir, Red Pine, Niaouli, White Spruce

Gives instant relief to clogged heads and sinuses. One of the BIG favorites as it clears your sinuses immediately and allows you to start breathing again! It can also stop a runny nose within minutes. --- Inhale the oil deeply; apply 1 - 3 drops to sinuses. If it is too strong to apply directly, rub on top of fingers and toes (sinus reflex points).

Personal Experience: "I used to have sinusitis every winter for years until I came across Sinus from MZ 4 years ago. My French doctor can't believe how fast it works. Now I can't live without my bottle." Françoise

"I have been suffering from sore-throats since I was a little girl, as have my daughter and 12 of the children from our orphanage/

school. They were receiving monthly shots which became too expensive for our budget. For the past four years let me tell you that my throat nor the affected children's do not bother us any longer. One or two drops of Sinus applied to the back of the ears is enough, but do it every night." Dominica

"Sinus is a testimonial for the whole orphanage and community. Many people suffered with bad breath. and sinusitis and were on antibiotic treatments for years. We put Sinus on top of the head for 2 - 3 weeks. The odor and sinus sickness is gone." Dominica

"I have used Sinus and Immune Up during the past week on my 23 month old granddaughter with a bad cold and high fever. It seemed to help her recover from the worst part of the cold. She would come to me and ask me for the 'breathe' and 'mune'. Thank you very much." Catherine

Sleep Well: Mandarin, Orange, Canadian Tsuga, Lavender, Petitgrain, Chamomile

For the ones experiencing difficulty sleeping. --- Inhale the oil deeply; put a drop on your pillowcase, handkerchief or piece of cotton. If you still can't sleep, or awake early morning, try using Stress Out at night and Sleep Well when you wake up too early.

Personal Experience: "I had not slept in 3 weeks. With this oil, I slept like a log." John R "Am really liking the Sleep Well." Nancy B

Snoring: Marjoram, Aniseed, Rosemary, Peppermint, Petitgrain

And it works! --- Put 2 - 3 drops on the culprit's pillow, pajamas or on a tissue.

Personal Experience: "The oil worked like magic. I had to touch my husband to make sure his body was warm because his breathing was so silent!!!" Babs

Spells Out: Rosemary, Lemon, Clove, Cinnamon

It protects and purifies my surroundings. I feel secure. A FAVORITE. --- Apply 2 - 4

drops to wrists and palms before giving a massage or a session.

Personal Experience: "It not only protects me from unwanted vibrations, but also protects my space. Can't live without it!" *Lana, Russian healer*

Spinal Cleanse: Black Spruce, St John's Wort, Arborvitae, Peppermint, Ravintsara, Eucalyptus, Clove, Tanzy, Geranium

Gives instant relief. The Black Spruce warms up and relaxes the spine. Known for its deep anti-inflammatory action and ability to clear the spine of its fungus and viruses. By far the favorite of massage therapists. — *Apply 10 drops to the spine and massage into skin.*

Personal Experience: "The **Spinal Cleanse** is fantastic!!! I have spinal discs that have been deteriorating for more than six years. I have used so many things to stop the pain, and different things have worked at different times. But the pain would return. Not with the **Spinal Cleanse**. I have yet to have any pain. I have been waiting for the pain to come back, but thanks to Mikaël, it hasn't. Thank you, thank you, thank you." *JK*

"**Spinal Cleanse** and Balance removed the pain from my lower back." *Jan Z*

"**Spinal Cleanse** felt so good that I was overjoyed. I released one of many things I had stored in my spinal column. I am still working to heal it all but am much better." *Michelle*

Spirit of Love: Lemon, Orange, Lavender, Rosemary, Basil, Marjoram, Clary Sage, Palmarosa

Evokes a sensation of being loved in security. — *Rub 1 - 2 drops over the heart.*

Spirit of The Temple: Frankincense, Myrrh, Clary Sage, Amber

Use in ceremony or to clear sadness. — *Apply 1 drop to crown chakra.*

Personal Experience: "By applying 1 drop to the temples, it provides a purer, clearer and higher meditative state." *Carey*

Spiritual Warrior: Balsam Fir, White Pine, Cedarwood, Arborvitae, White Spruce, Black Spruce, Frankincense

To anchor and manifest the male energy. Also to connect with fierce compassion and promote courage. "I command." — *Apply to 6th chakra or put 1 - 2 drops in palms, rub together, inhale the oil, brush all of aura then touch the ground with your hands.*

Comment: "This oil was once found in the snow in Montana! The happy new owner re-ordered one immediately!"

Stress Out: Lavandin, Rosewood, White Spruce, Balsam Fir, Ylang-Ylang, Chamomile

Releases tension brought on by stress. Helps remove the stress we all carry from living on Earth at this time. When you experience mental fatigue, it helps to remove the root causes. Including the stresses some experience around food! A BIG FAVORITE. — *Inhale the oil deeply; apply 2 - 3 drops to wrists or temples.*

Personal Experience: "When I went to France, they asked me if I had gallons available!" It really works, even on me, especially at shows." *Marie*

Success: Neroli, Lavendula Vera, Petitgrain Combava

This new perfume-like blend is so delightful. For Neroli lovers. — *Use 2 drops behind your ears or on your heart.*

Summer Drink: Orange, Lemon, Tangerine, Mandarin, Grapefruit, Lime, Combava

This combination of citrus is superb. Good for helping you relax or slim down! So refreshing, an excellent replacement for sodas. — *Add 2 - 3 drops to an 8 oz glass for taste and enjoy!*

Taurus: Balsam Fir, Red Pine, Grapefruit, Patchouli

To unify with Mother Earth and express joy and gratitude! — *Apply 2 drops to the neck.*

Black Spruce, *Picea mariana*

Black Spruce is widespread in North America and Canada. The Native Americans used Spruce to strengthen their ability to communicate with the Great Spirit. You will probably notice it growing very well in areas that have gone through forest fires. The tree is resilient and has the stamina to grow up to 50 feet high in cold weather and can live more than 1,000 years! The wood from the spruce is soft and is best used for making paper. When walking through a stand of black spruce you may sense the gentle energy. Feeling nurtured, you may want to sit in the shade and let its cleansing energy wash over you until you feel lightened.

Black Spruce, steam distilled from needles, is used when there is an imbalance in the hormonal system. It is a **general tonic**, releasing tense muscles and ligaments and is also beneficial for arthritis, bone pain, and sciatica. It also helps to support the nervous system. It helps people through periods of mourning and sadness. Good for **arthritis, candida, hyperthyroidism** and to **boost your immune system**, especially if you mix it with other oils. It stimulates the **endocrine system**, especially the thymus gland. It is used to **calm, reduce stress**, open sinus and breathing passages, therefore good for calming a cough and is a **good disinfectant**.

Excellent if you are **anxious or tense** as it frees up emotional block; it uplifts your mood, makes you and others **happier, improves mental clarity** and encourages communication. It helps balance your intuition and your rational mind. On the spiritual level, it helps you become your own person. It balances the 2nd and 3rd chakras, allowing for more light to enter the body. Also, good for when you meditate.

Application: *The best use of Black Spruce oil is through diffusers and the massage of the joints and adrenals. Apply 3 to 5 drops on skin.* It blends well with Lavender, other conifers, Wintergreen, Eucalyptus, Frankincense and Ravensara.

Borage, *Borago officinalis*

The French used Borage to control fevers and treat pulmonary disorders, Greeks to uplift spirit. It is cold pressed from the seeds and helps with gastric problems, tingling fingers and boost size of breast.

Personal Experience: "The **Borage** oil has increased circulation to my breast tissue after a month a half of 3 drops/day x 3 times, they went from an A cup to a B cup with no other lifestyle changes. That was 8 months ago and they remain firmer and larger with one daily application." *Gaia*

Canadian Tsuga or Eastern Hemlock, *Tsuga canadensis*

This is Canada's most graceful conifer, which is abundant in Quebec and the North-Eastern region of the U.S. It can be distinguished from all other eastern conifers for its summit branch bending toward the East. Jean Dessureault, aromatherapist and distiller of essential oils in Quebec since 1986, recommends this oil for its quality as a **breathing tonic**. It is useful for people suffering from asthma and respiratory weakness. Anne Meurois-Givaudan found in her work, that it helps to calm and prepare both terminally ill patients and individuals who are moving to the final stage of their life on earth as it helps you get in the "here and now," so you can reduce fears and anguish for those that find it difficult to let go. It also alleviates anxiety and stimulates mental grounding.

hung on the doors to keep out evil and eventually it became a symbol of welcome for the holidays.

Although current beliefs denote that cutting down a fresh tree is wasteful, if done in the right mindset, with love and intuition, we would probably choose the tree that is the weakest in a stand of trees — one that would love to accompany us, and be honored, for the holidays. The trunk of the Balsam Fir produces a very sticky resin that was used to glue optical lenses because it has a very similar refraction degree as the glass. The resin was also used by the Native Americans in their **cleansing and purification rituals**. The resin has also been used as an ingredient in cough expectorants. It is a good household solvent.

Balsam Fir is a **stimulant, antifungal, fights respiratory ailments**, helps to break up congestion in diffusers. Due to its antiseptic quality, for many people, it offers relief for fatigue and muscular aches.

Application: *Put a few drops on a handkerchief and put it in your pocket, or apply it to your feet. It can also be diffused in therapy rooms, massage rooms, waiting rooms, retail stores, your living room, instead of using the synthetic fragrances found in most candles and "aromatherapy" products.* Balsam Fir is commonly accompanied by White or Black Spruce, thus making these the perfect companion oils. Another one is the Canadian Tsuga.

Sweet Basil, *Ocimum basilicum*, France

Hindus have used it for centuries in medicine; it is considered sacred, and was found planted around temples and graves. It has been used to treat poisonous snake and insect bites. This member of the mint family has a slightly licorice aroma. Sweet basil is an antidepressant, is antiseptic and antispasmodic. Good for the skin, it can be used topically for **insect bites** (in association with Spike Lavender), **and for relief of muscular aches and pains**. It also helps relieve indecision and doubts, lack of direction. **It can brighten moods, strengthen the nervous system, improve mental clarity and memory, also relieve headache and sinusitis.**

Application: *1 drop under the tongue. Or 5 - 10 drops in one ounce of sesame oil.*

Bergamot, *Citrus bergamia*, Italy

Tradition has it that these citrus trees were first brought to Berga, Italy by Christopher Columbus...thus the name Bergamot. The oil, which has a **sweet, spicy lemony scent**, is extracted from the peel of a small fruit that resembles an orange. Bergamot was historically used in Italy to treat malaria and as an antiseptic. Used during the 18th and early 19th centuries to flavor gin, today, Bergamot is well known as the distinctive flavor in Earl Grey tea.

This citrus draws the sunshine's positive energies and **stimulates digestion and is an anti-spasmodic**. It has been shown to have antibacterial and antifungal properties. It is uplifting, and makes an excellent room freshener in a diffuser. Traditional uses include: balancing nervous system, relieving anxiety and stress, hopelessness, emptiness and grief, lifting melancholy, and very calming. It is excellent for the skin in treating cold sores, psoriasis, eczema and as an insect repellent.

Our Bergamot is bergaptene-free, which means that sun exposure is no problem.

Ticks Out: Geranium China, Geranium Rosat, Tansy

Reports say that it helps in prevention, and if bitten, they are on the surface and easily removed. — *Apply the oil to a Q tip and you will see the tick die in front of you!*

Personal Experience: "I work outside in gardens all day, at least 3 days a week. I love **Ticks Out**. I put a drop on my perfume points and a drop on my boots. If a tick gets on me at all (which is much less frequent than it used to be) they hardly bite and it's very easy to get it out." *Wendi*

Tiger: Wintergreen, Spike Lavender, Lemon Eucalyptus, Peppermint

Amazing blend to strengthen lungs in case of prolonged cold or flu and to calm deep coughing. Very strong.— *Massage vigorously 4ml front and back.*

Personal Experience: "I'm moving through bronchitis again, releasing lots of old stuff around familial heartbreak. A round of antibiotic took the edge off but did not stop the infection. What is working for me to help me breathe easier is **Tiger** and Immune Up." *JL*

Thymus: Balsam Fir, Eucalyptus, Lemongrass, Black Spruce, Ylang-Ylang, Peppermint

According to Archangel Michael, the Thymus is the energy portal of the Heart Chakra where the light or energy emissions are experienced in their essence as Unconditional Love. (see article in our catalogue pg. 13 on Spiritual Endocrine System or our webpage) **The Thymus is a small gland located in the chest just under the breastbone. It is critically important in the body's response to disease invasion. White blood cells originate in the bone marrow. About half of them go directly into the bloodstream and tissue fluids but the rest must pass through the Thymus gland which is a central figure of the immune system because of its primary role in processing these white blood cells into T lymphocytes.**

For Dru, it is the gland that controls our weight — *Apply 2 - 3 drops to the area between breasts.*

Thyro Balance: Myrtle, Canadian Tsuga, Petitgrain, Labrado Tea, Marjoram, Tuberose

Symptoms of a low thyroid may include: fatigue, cold hands and feet, weight gain, constipation, hair loss, moving slowly, depression, irregular menses etc. Your body is making adequate thyroid hormones but it is so full of synthetic hormones and toxins that your real hormones cannot get to their target to deliver their messages. — *Apply 2 - 4 drops to the throat once a day for 3 weeks. Stop for two weeks and repeat if needed.*

Trauma Out: St. John's Wort, Black Spruce, Canadian Tsuga, Arborvitae, Nard

To release fear and anger caused by a shock and help you recover quickly, even when the trauma is old. — *Apply 5 - 10 drops on area of pain; good also before and after surgery.*

Personal Experience: "A friend had corrective surgery done on her toes on both feet. She used Recovery and **Trauma Out** oils immediately after her operation and only had to take one pain killer. Her doctor said her recovery has been unusually rapid. She's even starting to take dance lessons again!" *AD*

Unity: Palmarosa, Rosewood, Geranium, Lavender, Canadian Tsuga, Black spruce, Sandalwood, Bulgarian Rose

To feel one with the partner. — *Apply 2 drops to heart chakra.*

Virgo: Virginia Cedar, Juniper, White Spruce, White Pine, Jasmine, Neroli

To let go and retrieve confidence and trust. - *— Apply 3 - 4 drops on stomach.*

Virus: Ravintsara, Eucalyptus, Black Spruce, Clove, Tea Tree

Great to protect against viruses. Use as support against all types of infections. —

Apply 5 - 10 drops to wrists, stomach, lower back and solar plexus.

Personal Experience: "Kids and adults suffer from flu, colds, coughs ALL THE TIME in D.R. **Virus Out** works very quickly. My aunt Elena had a hole on top of her foot that was very infected and carried a bad odor. **Virus Out** helped a lot and she comes often to the school to get that "miracle oil", as she calls it." *Dominica, director of an orphanage*

"Most of the women teachers and myself are absolutely SURE that **Virus Out** cleanses the uterus/ovaries. We apply the oil to the lower abdomen before going to bed and the next day, we expel an unusual odor and wetness. We continue using **Virus Out** until we feel clean." *Dominica*

"During the Dengue epidemic, we protected the children using this oil and saved Antonio Rivas, 6, and Raphael, 9, who were sent home from the hospital to die. I used 3 - 4 drops of **Virus Out** on his wrists, ankles and behind his knees. Within 30 minutes, he started sweating and then moving around. I was SO relieved. He recovered completely." *Dominica*

Weight Reducer: Aniseed, Tarragon, Basil, Fennel

To help the gastric juice flow and facilitate digestion. Delicious! --- *Take 2 - 6 drops internally before meals, depending on the amount of food you ingest.*

White Light: Canadian Tsuga, White Spruce, White Pine, Angelica

Only those things of the highest vibration can communicate or come into your energy field when one drop is anointed upon the crown chakra. --- *Apply to 6th chakra; put 1 - 3 drops in palms, rub together, inhale the oil, brush entire aura.*

Personal Experience: "I must tell you, how satisfied with Merkaba and **White Light** I am." *Sampo, Finland*

Using **White Light** produces the most active and consistently vivid meditations I have ever had." *Michelle*

Women's Wisdom: Rosewood, Rosemary, Lavendula Vera, Orange, Geranium, Lavendin

To connect with the wisdom of all times. It creates reality and can clear dysfunction. --- *Inhale the oil, then apply 2 drops to the naval area or use it as a perfume.*

Personal Experience: "My favorite by far as I spend long hours in front of computers creating and tuning in!" *Susan*

Wrinkle Out: St. John's Wort, Rosewood, Sesame, Borage, Bulgarian Rose

To ease the signs of stress, age and pollutants. --- *Apply 2 - 5 drops to your face; it interacts well with Shea Butter and Karosa.*

Most blends

4 ml - \$17

10 ml (1/3 oz) - \$23

15 ml (1/2 oz) - \$29

30 ml (1oz) - \$40

Please check price list

IF YOU CAN'T FIND AN OIL, we probably have phased it out to make room for new ones. You can still order it via email BUT only a 30 ml minimum, with an additional \$15 fee. So don't cry!!!

For Additional Blends, go to:

[http://www.4dshift.com/
products/addblends.htm](http://www.4dshift.com/products/addblends.htm)

SINGLE OILS

Mikaël carries about 400 single oils. While we have a very large range of oils on our pricelist, if you can't find a specific one, please e-mail us as we most likely have it.

Arborvitae, *Thuja occidentalis*

It is called arborvitae or "tree of life" by Native Americans because of its purifying and healing properties. Some people also call it White Cedar. *Thuja occidentalis* is a conifer that belongs to the same botanical group as the cypresses. They both have scale-like leaves. In many Canadian and French villages, this tree is used to make hedges. When they are trimmed in the Spring, the clippings are collected and steam distilled to produce the essential oil. This E.O. is wrongly referred to as Cedar Leaf oil, which causes great confusion between this *Thuja* oil and the cedar oils like the Virginia cedar (*Juniperus virginiana*), the Texas cedar (*Juniperus mexicana*) the Atlantic or Atlas cedar (*Cedrus atlantica*), the Himalayan cedar (*Cedrus deodora*).

According to Dr Daniel Pénoel, MD, this essential oil should be called Arborvitae because of its life supporting actions. He recommends it to fight **arthritis**, heal the body in **mending cuts and wounds** - for this use, it can replace *Helicrysum*, thus helping save this scarce and expensive oil.

Dr Richard Wirtanen, MA. DC., uses it to **eliminate nail fungus and warts**, to fight skin parasites, virus and to help soothe **muscle aches and body joints**.

This oil also helps harmonize the energy field and **expel negativity**. It is also good in case of accidents, severe **trauma, drug and alcohol abuse, exposure to radiation and emotional abuse**.

Before using Arborvitae, create a sacred space by purifying your heart, putting yourself in a positive state of mind and thanking the universe for this wonderful gift.

Application: *Massage 5-10 drops as needed for a short period of time (2-3 weeks). Because of its high content of thujone, Arborvitae must be used wisely and never internally.* It blends well with other conifers, Common tanzany and Sage.

Personal Experience: "Poison ivy is doing much better, the **Arborvitae** is helping dry it up very quickly, even though it is acting homeopathically and itching more for the first 20 minutes or so... then I get relief!" *Gabriele*

Balsam Fir, *Abies balsamea*

The Balsam Fir is best known for its association with the Christmas Tree. It is always symmetrical in appearance with leaves that diminish in size until it comes to a point. It is frequently referred to as the "Church Steeple Tree". During the holidays, people gather in large groups and spend more time indoors. Traditionally people would choose the tree, cut it and put it into a bucket filled with water. The tree would drink about 4 - 5 pints of water daily to stay alive.

The needles when **steam distilled** produce a large amount of essential oil. The tiny molecules of the airborne oils are effective in fighting bronchial ailments, especially Tuberculosis. In order to produce more oil, the people would heat the needles by hanging small candles from the branches. The greatest health benefit would be gained when the whole family was gathered around the tree. Circles of the branches (wreathes) would be

Aromatherapy Diffusers *by Mikaël Zayat, M.Ed*

Negative ions are abundant in wooded areas, beaches or near flowing cascades. These ions lift our spirits and increase our sense of well-being. Unfortunately, they are depleted by air conditioning and heating systems, but you can bring them back by diffusing essential oils with a nebulizer. It will purify the air we breathe. Several types of diffusers are available.



Heat The first type uses heat. Among them we find: candles, light bulb rings, lanterns, incense sticks, etc. Unfortunately, **heat destroys the subtle aromas of natural essential oils**. That is why harmful synthetic fragrances are sold with these diffusers.

Evaporation through pottery, car air fresheners, potpourri is good for tiny spaces but it doesn't create therapeutic concentrations of fine particles in larger spaces.

Ventilation by desk fans that blow air through a filter soaked with essential oils, air fans in your car or home, and heat or air-conditioned systems is another type. This method is better than the first two but many particles remain in the filter itself.

Mist The last method involves an **electric air pump**. The air is blown into a glass nebulizer that produces a mist of very tiny droplets (micro particles) of essential oil. The fineness of the mist gives the droplets the ability to remain suspended in the air and benefits the aromas diffused. It allows everybody to freely inhale them. The mist is revitalizing, deodorizing, and fights bacteria/fungus.

Glass diffusers can help in reducing respiratory difficulties in a natural way **if you use the appropriate essential oils**. The quality of the glass is crucial and must produce a very fine mist. Our glass diffusers are useful at home, office, shop, or salon and are highly recommended for medical offices, hospitals and massage rooms. They are beneficial to the patient and the therapist.

Always be aware of the quality of the oils you diffuse, as you can breathe the harmful chemicals from the synthetic ones. To avoid becoming intoxicated, **never use pure oils like Cinnamon, Arborvitae, Sage or Tansy**. Instead, **diffuse** pure Lavender or Rosemary or use therapeutic blends like 5Dshift, Breathing, Calming, **Clear, Conifer, Archangel Michael/Metatron, Divine Feminine, Energy, Gratitude, Joy, Light of God, Love, Memory, Oxygen Up, Sleep Well, Stress Out, White Light**, Upliftment, Uriel, and Air Cleansing.

But **DO NOT use blends with** St. John's Wort or pure Frankincense, Nard, Patchouli or Ylang-Ylang as it will clog your diffuser. It comes with a control button (\$99 for the white). The wooden type has an internal timer: \$129. Please **DO NOT WASH the nebulizer**, as it is very fragile, instead, diffuse some Balsam Fir, or rubbing alcohol.

HOW TO USE - They are TUBELESS, so it's easy. No water please, it'll ruin it. Gently insert the glass nebulizer into the rubber ring. Simply take out the glass cap, pour 15 - 20 drops into the glass cylinder and turn on. You can chose the diffusion speed according to your room size. The timer on the wooden one will run automatically and might stop after 1 minute and will shut off automatically after 2 hours.

Personal Exp: "Got the diffuser figured out. I really like it. It's quiet, beautiful to look at. I love **Clear, Conifer, Joy, Uriel, Buddha, Stress, and White Light** as they change the vibration of a room within minutes." *Mary*



BLENDS for the ARCHANGELS

ARCHANGEL GABRIEL: THE SCENT OF LOVE

The name Gabriel means "Man of God", shown himself Mightily. Gabriel is the angel of the moon who brings man the gift of hope. He is the spirit of truth and the prince of justice. He is the ruler of herbal medicine. He is the leading angel who stands in the presence of the Divine creator. He is the Archangel who announces to Mary the good news! Maker of changes, he is the Patron Saint of communications workers.

Mikaël blended six Essential Oils to create an elixir that will help us clarify the message about our life mission: Lavender, Rosemary, Geranium, Orange, Black Spruce, Bulgarian Rose. The **Lavender** brings the spirit of truth and justice. Rosemary helps men integrate their feminine aspect. The **Geranium** calms the mind, helps with receptivity, clairvoyance and brings courage. The **Orange**, symbol of the sun that everyday rises in the East, help us find our direction. The **Black Spruce** gives us the strength to manifest the I AM power. The **Bulgarian Rose** helps us stay in the presence of Divine and come to terms with your divine self. It soothes the heart.

Oils: Messenger from God, or God has Lavender, Rosemary, Geranium, Orange, Black Spruce, Bulgarian Rose

ARCHANGEL METATRON FOR STRENGTH, GUIDANCE and INSPIRATION

Metatron is considered the greatest of the archangels. According to the Jewish mystics, he is at the head of the chore of

the most powerful angels. His name means "The Guide". He is the angel of liberation as he is the one who supposedly stopped Abraham from sacrificing his son Isaac. He is known for making the link between the humans and the divine. Metatron is a mysterious figure, one of the most important angels in the heavenly hierarchy, though he is not mentioned in the Scriptures. He carries many names and is identified as "lesser YHVH", the most sacred, unpronounceable name of God. Metatron occupies the throne next to the divine throne. He is known for having been the prophet Enoch, a scribe with immense knowledge, before his transformation into a fiery angel. Calling upon him is believed to offer protection and access to his powers. It will help us break off our old bonds, habits and insecurities, and reach a new level of consciousness. Call upon him when you need strength to change and expand your limits with confidence and simplicity.

Oils: Red Pine, White Pine, Basil, White Angelica, Cinnamon and Clove, which gives strength, vision and courage (the pines) and also sacred guidance and inspiration (Basil and White Angelica).

Experience: "At the Mary Magdalen workshop at Easter in Seattle, Tom experienced his tremendous energy and saw thousands of land mines, but when stepped upon, instead of exploding, they offered a pathway to the Light. Wow!"

A TRIBUTE TO ARCHANGEL MICHAEL

I was inspired by my guardian angel to create an oil that connects us with our higher self. I blended 5 pure Essential Oils to remind us of the white ray that connects us with our highest consciousness and help us realize our unity within the diversity. The key oil of

this blend is **White Angelica** that helps to make the user more open to angelic energies. According to Patricia Davies, in Subtle Aromatherapy, this oil may mean being more in tune with our higher selves. The plant is often referred to in mediaeval and Renaissance herbals as Archangels, Angel's Herb or the Herb of the Holy Spirit because of its almost miraculous powers of healing at a physical level, particularly during the plague. These healing properties are very real and we can draw on them in both subtle and traditional aromatherapy. **Jasminum Grandiflorum**, this "Queen of the Night," is originally from China and Asia where it has a rich history. The tiny star shaped Jasmine petals are usually collected at night when the scent is at its strongest. This essence has a long history of use in oils and perfumes. It is a precious oil. **Neroli**, Citrus aurantium, comes from the orange blossom and is associated with purity. It soothes the heart and inhaling it can calm and connect us to our higher selves and/or the ones of our partner. It is also a precious oil. **Petitgrain**, from the leaves of wild orange trees, helps stimulate clarity and consciousness. **Balsam Fir** brings enlightenment and joy. With his power of love, justice and balance, Archangel Michael uses the energy of the dragon to arrive to the heart and help shift from 3rd dimension "I love you if" to 4th dimension "I love you even if".

Oils: Petitgrain, Balsam Fir, Neroli, Jasmine, White Angelica

UNDER ARCHANGEL RAPHAEL'S WINGS

In Hebrew, Raphael means "God has healed". Other sources say that the name Raphael signifies "Shining Being who heals". Archangel Raphael is

credited with healing the earth and its inhabitants indeed, but he is also associated with the planet Mercury and the Egyptian Hermes who brought Sacred Geometry and Alchemy to mankind.

Our lives are now more challenging than ever, which means that we have to go through more healing movement than ever. The alchemy of transformation takes place inside us at the moment when we can bring the light of God in our soul, when we can bring more of pure love into matter. That is Alchemy in its most spiritual sense. If you are going through a difficult period of change, invoke the name of Raphael without hesitation. If beauty, health and fitness are your concerns, you can be supported by the force of Raphael. Under his loving wings, you will powerfully feel how much your body is holy. If your body is in pain, call upon Raphael's wisdom to help you create the alchemical bridge between your mind, body and spirit.

In the old days, singles used to invoke him to meet their spiritual companion. And I am sure it is relevant today too. I just created a blend with Rosemary, Laurel, Clary Sage, White Angelica, and Hyssop that calls forth the healing light of Archangel Raphael. May his shining light assist you in the alchemy of transformation and help you achieve the sacred union of male and female energies, of spirit into matter, of heaven on earth.

Oils: Rosemary, Laurel, Clary Sage, White Angelica, Hyssop

ARCHANGEL URIEL: A BRIDGE TO THE "LIGHT OF GOD"

This 5th Archangel oil is inspired by and

dedicated to Archangel Uriel. He helps us connect with the "light of God" within us. He sheds light to see our path more clearly with love, wisdom and compassion for us and around us. Uriel means God is my Light, or Fire of God. Light means understanding and fire means purifying. Uriel teaches us to open our heart to pure love, which is the real alchemy.

The blend that I created is made of these four pure therapeutic grade Essential Oils: Orange, Petitgrain, Rosewood and Lavender. Orange is the symbol of the sun that everyday rises in the East (Orient) and helps us find our direction. **Petitgrain** facilitates the exchange between Heaven and Earth, and establishes self-love and self-nurturing. **Rosewood** facilitates the flow of the spirit to the body and gives us the courage to open our hearts without fear. And **Lavender** helps us to embrace love and peace at the deepest level.

Oils: Orange, Petitgrain, Rosewood, Lavender

MARY MAGDALEN OINTMENT TO OPEN THE HEART

Mary of Magdala was named after a town on the shore of the Sea of Galilee. The root of the name "Magdalene" is the Hebrew word "migdal," which means "tower," "fortress", or "stronghold". Mary Magdalen appears in the four canonical Christian gospels. She is the one who anointed Jesus with a very precious aromatic essence of spikeNARD. She is also important to the Gnostics but remains a subject of ongoing debate.

According to Tom Kenyon, who channeled The Madgalen Manuscript and Daniel Meurois who wrote a book on her life from the Akashic Records, she was a

High Initiate of the Temple of Isis. Her relationship with Yeshua represented the union of the Divine Feminine and Masculine through which all creation transpires, as well as redemption through divine illumination. On an emotional level, this sacred marriage means the union of the male and female aspects of our psyche through which our personality is brought into a harmonious manifestation where our true intelligence and creativity become expressed.

It was important then to use aromatic essences to heal the body and the spirit.

NARD (nardostachys jatamansi) is a small aromatic plant mentioned in the song of Solomon. "While the king setteth at his table my spikenard sendeth forth the smell thereof." 1:12

Oils: Tsuga, White Spruce, Nard, White Angelica, Frankincense, Neroli, Hyssop

NOTE: The information contained in this catalogue is for educational purposes only. It is not provided to diagnose, prescribe or treat any condition of the body. This information should not be used as a substitute to consult a health professional. These products are to support your comfort and pleasure. They are meant to be inhaled or diffused. Do not apply directly on the skin or take internally. We do not accept responsibility for such use.