



Essential Oils

L A V E N D E R

Floral aroma promotes peace, calm and relaxation

Third Eye Chakra - intuition, imagination,
visualization, and concentration

Physical- Forehead, eyes, ears, nose and brain

W I L D O R A N G E

Refreshing sweet citrus scent. Uplifting and
energising.

Sacral Chakra - emotions, desires and creativity

Physical- Sexual organs, kidneys and urinary system

L E M O N

A crisp and refreshing aroma to promote clarity and
energy.

Solar Plexus Chakra - self confidence and courage

Physical- Digestive system: stomach, liver, pancreas,
bowels



Essential Oils

L E M O N G R A S S

A crisp and refreshing aroma to promote clarity and energy.

Solar Plexus Chakra – self confidence and courage

Physical- Digestive system: stomach, liver, pancreas, bowels.

F R A N K I N C E N S E

A deep spicy scent, with warming feelings of relaxation.

Root Chakra – serves the entire system. Body, mind & spirit. The body's centre of stability.

Physical- Skeletal and muscular systems: spine, joints, tendons, ligaments and muscles (legs and knees in particular).

Heart Chakra – Relationships and love. Grounding and promoting of openness.

Physical- Cardiac nerve plexus, respiratory and cardiac systems. Thymus gland.



Essential Oils

P E P P E R M I N T

Minty, crisp and fresh scent. Invigorating and uplifting in nature.

Throat Chakra – Communication and self-expression

Physical- Throat, neck, mouth and jaws.

E U C A L Y P T U S

Cleansing, clear scent promoting relaxation and clarity.

Throat Chakra – Communication and self-expression

Physical- Throat, neck, mouth and jaws.

G E R A N I U M

Encourages open heart, acceptance and trust with its' strong, sweet scent.

Heart Chakra – Relationships and love

Physical- Cardiac nerve plexus, respiratory and cardiac systems. Thymus gland.



Essential Oils

L I M E

Pungent and refreshing with its' crisp aroma, promotes heightened awareness and positivity.

Throat Chakra – Communication and self-expression

Physical- Throat, neck, mouth and jaws.

V E T I V E R

Rich and complex in its' perfume this woody/caramel/smoky scent is excellent for grounding emotions and relaxation.

Root Chakra – serves the entire system. Body, mind & spirit. The body's centre of stability.

Physical- Skeletal and muscular systems: spine, joints, tendons, ligaments and muscles (legs and knees in particular).

L I T S E A

Clean, fresh and sweet. Great for meditation, balance and inspiration.

Solar Plexus Chakra – self confidence and courage

Physical- Digestive system: stomach, liver, pancreas, bowels.



Essential Oils

J U N I P E R B E R R Y

Woody and spicy tones but delivered in a refreshing calming manner. This is the perfect choice for grounding emotions and promoting calm.

Solar Plexus Chakra – self confidence and courage

Physical- Digestive system: stomach, liver, pancreas, bowels.

L A V E N D E R P E A C E

Floral aroma to soothe the senses and promote and relaxed environment.

Third Eye Chakra - intuition, imagination, visualization, and concentration

Physical- Forehead, eyes, ears, nose and brain

L I T S E A

Clean, fresh and sweet. Great for meditation, balance and inspiration.

Solar Plexus Chakra – self confidence and courage

Physical- Digestive system: stomach, liver, pancreas, bowels.

The background of the entire page is a light green color, decorated with several clusters of pink roses and green leaves. The roses are in various stages of bloom, with some fully open and others as buds. The leaves are dark green and have serrated edges. The text is centered in a white rectangular box.

T E A T R E E

Refreshing, cleansing and clear scent.

Throat Chakra – Communication and self-expression

Physical- Throat, neck, mouth and jaws.

O N G U A R D

Energising and uplifting with tones of orange and cloves.

Sacral Chakra – emotions, desires and creativity

Physical- Sexual organs, kidneys and urinary system,
Immune system, olfactory sense.

B A L A N C E

Airy, woody and sweet tones create a tranquil aroma
promoting whole body relaxation

Root Chakra – serves the entire system. Body, mind &
spirit. The body's centre of stability.

Physical- Skeletal and muscular systems: spine,
joints, tendons, ligaments and muscles (legs and
knees in particular).



C I T R U S B L I S S

Citrus & sweet, energising and refreshing. An uplifting blend.

Sacral Chakra – emotions, desires and creativity

Physical- Sexual organs, kidneys and urinary system, Immune system.

Solar Plexus Chakra – self confidence and courage

Physical- Digestive system: stomach, liver, pancreas, bowels.

Throat Chakra – Communication and self-expression.

Amplifies creative expression.

Physical- Throat, neck, mouth and jaws.

M E L I S S A

A citrus and herb blend, to promote emotional and spiritual wellbeing

Heart Chakra – A very emotive influence on relationships and love. Opens the heart.

Physical- Cardiac nerve plexus, respiratory and cardiac systems. Thymus gland.



P E A C E

Minty & sweet providing reassurance and relief. Ideal for soothing feelings of restlessness or emotional distress.

Throat Chakra – Communication and self-expression
Physical- Throat, neck, mouth and jaws.

E A S Y A I R

Minty and refreshing Eucalyptus blend. Diffuse for seasonal illness and emotional clarity.

Throat Chakra – Communication and self-expression
Physical- Throat, neck, mouth and jaws.

F O R G I V E

Fresh and woody to encourage patience and relief
Heart Chakra – Relationships and love. Helps to stabilise mood.

Physical- Cardiac nerve plexus, respiratory and cardiac systems. Thymus gland.



P U R I F Y

Citrus, herbal and fresh. Designed to refresh any space and cleanse the emotions.

Throat Chakra – Communication and self-expression.

Deeply cleansing.

Physical- Throat, neck, mouth and jaws.

D I G E S T Z E N

Minty, liquorice and sweet. Add 2 drops with water before or after eating.

Solar Plexus Chakra – self confidence and courage, warming and cleansing of the digestive system.

Physical- Digestive system: stomach, liver, pancreas, bowels.

C H E E R

Minty, liquorice and sweet. Add 2 drops with water before or after eating.

Solar Plexus Chakra – self confidence and courage, warming and cleansing of the digestive system.

Physical- Digestive system: stomach, liver, pancreas, bowels.



E S S E N T I A L O I L S

C H E E R

Minty, liquorice and sweet. Add 2 drops with water before or after eating.

Solar Plexus Chakra – self confidence and courage, warming and cleansing of the digestive system.

Physical- Digestive system: stomach, liver, pancreas, bowels.