My Oils

Silk Road Organics and GuruNanda are my two favorite companies for their quality, ethics and price. I have provided links if you want to learn more about them.

*** Please note I do not recommend ingestion of any essential oils.**

The Synergy Blends

4 Thieves: Ancient protective blend used to boost immunity and protect against disease.

Contains: clove bud, lemon, cinnamon bark, eucalyptus & rosemary

Rest & Relax: Promotes restfulness, soothes your mind and lulls you to sleep.

Contains: lavender, chamomile roman, tangerine & labdanum

Stress Relief: Eases anxiety and stress, calms the mind, and relieves tension in the body.

Contains: clary sage lemon, ylang ylang & orange

Energize: Helps overcome fatigue, invigorates your mind and body, and gives you strength, stamina and focus.

Contains: rosemary, elemi, peppermint, basil & ginger

Breathe Easy: Clears congestion and promotes relaxed breathing.

Contains: rosemary, eucalyptus, peppermint, tea tree & basil

Tranquility: Formulated to help relive the tensions, aches, and pains you may be experiencing in your body both physically and mentally.

Contains: spearmint, cedarwood & patchouli oils

Harmony: Designed to address the spiritual, emotional, and physical aspects of our being.

Contains: lemon, orange, bergamot, lime, lemongrass, vanilla & grapefruit

Calming sleep: Helps to clear your mind enough to drift off to sleep.

Contains: lavender, wintergreen, frankincense, amyris, lemongrass, cedarwood, orange & patchouli

Relaxation: Helps decrease the effects of stress on your mind and body.

Contains: lavender, orange, grapefruit, eucalyptus & basil

Immunity: Helps to fight off viruses and ease the annoyance of congestion.

Contains: clove, tea tree, eucalyptus, rosemary, frankincense, lemon and oregano

Citrus Glow: Boosts mood helps fight fatigue, cleanses, and invigorates the mind and body.

Contains: orange, lemon, pink grapefruit, bergamot and vanilla

Restful Ease: Helps reduce anxiety, create a sense of calm and peace

Contains: cedarwood, palmarosa, orange, lavender, sweet marjoram, ylang ylang, sandalwood, & roman chamomile

Breathe Calm: Helps support deep breathing and opens airways

Contains: eucalyptus, lemon, lavender, peppermint, tea tree, clove, ravinsara, laurel leaf, & cardamon

Real Love: This sweet, floral, woody aroma has therapeutic effects that evoke tranquility while aligning hormones.

Contains: copaiba balsam, pink grapefruit, geranium, lavender, ylang ylang & black pepper

Protector: Boost immunity, increase circulation, and prevent infection

Contains: clove, cinnamon leaf, rosemary, lemon, eucalyptus, & cinnamon bark

Wellness: Unique blend promotes overall health and wellness, immune system function and helps combat stress.

Contains: frankincense, Cyprus, cedarwood, sweet orange& clary sage

The Individual Oils

- Lavender – The ultimate relaxer, lavender is recommended for those who find it difficult to sleep.
- Eucalyptus – This oil is known for relieving respiratory congestion, so it can be helpful if you are suffering from a cold.
- Peppermint – Mint is an energizing oil which may help ease migraines and relieve nausea.

- Lemon – An uplifting and detoxing scent, lemon can help energize you and lift your mood.
- Tea Tree- A woodsy scent that is held in high esteem for its antibacterial and antimicrobial properties
- Frankincense - An earthy sent that can help boost immunity and reduce pain, stress and inflammation.
- Rosemary- A woodsy scent that is used to help brain functions and reduce pain and inflammation.
- Lemongrass- A citrus scent that has antiseptic and anti-inflammatory properties.
- Clove- warm, stimulating aroma that has anti-inflammatory, antibacterial, antiviral and antifungal properties.
- Orange- bright citrus scent that can reduce inflammation, promote relaxation, and enhance circulation
- Cedarwood- woodsy scent that has anti-inflammatory and antimicrobial properties
- Thyme- Has a bold herbal aroma that stimulates blood flow and helps with pain relief
- Ylang Ylang- light floral scent that promotes relaxation, kill bacteria, lower blood pressure
- Sandalwood- the dry, woody aroma helps uplift feelings for enhancing mood and grounding
- Bergamot- herbal citrus aroma that helps reduce pain, inflammation and stress
- Vanilla-sweet woodsy scent helps with muscle aches and anxiety. ·
- Clary Sage- sweet herbal aroma shown to lower blood pressure, relieve anxiety, and be a great all-around stress buster
- Citronella- citrus scent that helps with cramps, cough and spasms, gives relief from depression, anxiety and stress
- Geranium- a light floral scent reduces feelings of stress, anxiety, sadness, fatigue, and tension
- Grapefruit- fresh, uplifting, citrus aroma boosts mood, relieves stress, and reduces inflammation
- Rose Water- A floral scent that helps reduce inflammation