



# BOGO

*ebook*

US/Canada

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*Turmeric*

## Benefits

- Supports healthy Glucose & Lipid metabolism.
- Enhances Cellular Antioxidant enzymes.
- Support Healthy Nervous & Cellular function.
- Supports Clean and Healthy-looking skin.

## Uses

- Take 1-2 drops daily in a veggie capsule for optimal Cellular & Inflammatory responses.
- Use to help get Metabolic system on track.
- Use as spot treatment or incorporate in masks for clear skin.
- Diffuse for calming atmosphere

## Emotional Benefits

### Oil of Restoration

Addresses Negative Emotions: Damaged, Unsteady, Abused, Oppressed, Afraid, Betrayed, Hopeless & Paralysed.

Promotes Positive Emotions: Faithful, Resilient, Confident, Grounded, Stable, Restored, Believing & Trusting.

Blends well with: Cinnamon, Ginger, Cardamom. Wild Orange & Ylang Ylang

Companion Oils: Ginger, Litsea, Fennel, Cassia, Blue Tansy & Hope



# Recipes

## **Turmeric Tea**

1 cup Coconut Milk  
1 cup Water  
1 tbsp Honey  
1 tbsp Butter (or Ghee)  
1-2 drops Turmeric oil  
Turmeric spice for garnish

## **Immune Capsule**

2 drop Turmeric  
2 Copaiba  
2 Frankincense  
Add drops to a capsule and take daily.

## **Uplift & Unwind Diffuser**

3 Turmeric  
4 Purify  
3 Lime

## **Uplift & Unwind Diffuser**

2 tbsp Plain/ Rice/ Oat Flour  
3-5 drops Turmeric oil  
3 tbsp Plain Yogurt  
1/2 tsp Honey  
Mix ingredients.  
Apply to clean skin, let dry for 20  
minutes & wash off





# Cheer

## Benefits

- Inspires an optimistic, cheerful, & happy atmosphere.
- Creates an energising & positive environment.
- Calms anxious stressed feelings.
- Mood balancing.
- Feeling grumpy in the morning, diffuse & apply topically.

## Uses

- Apply to back of neck, wrists & over heart during the day.
- Diffuse during the day to promote calm cheerful feelings & balance the mood.
- Apply to wrists before a meeting, presentation or big task to lift mood for a positive outlook.

## Emotional Benefits

### Oil of Cheerfulness

Addresses Negative Emotions: Weighed Down, Hopeless, Joyless, Heavyhearted, Depleted & Helpless.

Promotes Positive Emotions: Hopeful, Comforted, Believing, Cheerful, Uplifted, Joyful Determined & Restored.

Ingredients: Wild Orange, Clove, Star Anise, Lemon, Nutmeg, Vanilla, Ginger & Cinnamon.





# Recipes

## **Happy to be Home**

4 Cheer

4 Frankincense

## **Happy Smiles**

5 Cheer

3 Peppermint

## **Lifted Immune**

3 Cheer

4 Citrus Bliss

1 Cinnamon

## **Bye Bye Negative**

3 Cheer

3 Lemon

2 Citrus Bliss

## **Walking on Sunshine**

3 Cheer

3 Grapefruit

2 Peppermint

## **Ultimate Roller**

10 Cheer

10 Motivate

Fill 10ml Roller with FCO

Apply on wrists, back of neck for ultimate happy motivation.

\*Avoid applying to areas exposed to direct sunlight



*Tea Tree*

## Benefits

- Cleansing, rejuvenating & purifying properties.
- Purifies & freshens the air.
- Cleansing and Rejuvenating effect on the skin.
- Antimicrobial & Antibacterial properties.
- Soothe occasional skin irritations.

## Uses

- Diffuse during the day with favorite oils to purify the air.
- Apply to nails after shower to keep them healthy & clean.
- Add few drops to surface cleanser spray.
- Incorporate in skincare routine for clear toned skin.
- Add few drops to shampoo.

## Emotional Benefits

### Oil of Energetic Boundaries

Addresses negative emotions: Parasitic & Codependent relationships, Poor Boundaries, Weak-Willed, Drained, Emotional Toxicity & Powerless.

Promotes Positive Emotions: Energetic Boundaries, Healthy & Respectful Connections, Empowered, Resilient & Safe.

Blends well with: Peppermint, Eucalyptus & Lemon.

Companion Oils: Clove, Terrashield, On Guard, Lemongrass & Yarrow/Pom





# Recipes

## DIY Makeup Remover Wipes

2 tbsp Witch-Hazel

2 tbsp FCO

2 tbsp distilled Water

1-2 drops Tea Tree oil

Roll of Paper Towels

Cut paper towel in half & remove inner tube.  
put 1 half in a container & pour solution over.

Use wipes as needed

## Clean Home Diffuse

3 Tea Tree

4 Lemon

5 Wild Orange

## Rainy Day Diffuser

4 Tea Tree

4 Eucalyptus

2 Rosemary

## Yoga Mat Spray

$\frac{3}{4}$  cup Distilled Water

$\frac{1}{4}$  cup Alcohol-free Witch Hazel/ White Vinegar

5 drops Lavender oil

3 drops Melaleuca oil

Glass spray bottle

Mix ingredients & Shake well.

Spray on mat and wipe dry.





# Citronella

## Benefits

- Natural pest repellent.
- Potent surface cleanser.
- Emotionally uplifting and stress reducing.
- Skin and scalp soother, conditioner & booster.
- Powerful skin cleansing benefits.
- Anti-oxidant properties.

## Uses

- Diffuse to ward off insects, especially mosquitoes.
- Apply diluted as topical insect repellent.
- Add 3-4 drops in water to clean surfaces.
- Diffuse for a cheery, optimistic environment.
- Use haircare products.

## Emotional Benefits

### Oil of Averting

Addresses Negative Emotions: Irritated, Judgmental, Invaded, Overrun, Undiscerning & Stagnant.

Promotes Positive Emotions: Averting, Discerning, Forgiving, Releasing & Repelling.

Blends will with: Lemon, Tea Tree, Eucalyptus, Lemongrass

Companion Oils: Lemongrass, Lemon Eucalyptus, Forgive, Thyme & Cardamom



# Recipes

## **Bug Spray**

4 oz Spray Bottle  
2 oz Distilled Water  
2 oz Witch-Hazel  
10 drops Lavender  
10 drops Citronella  
10 Peppermint

Mix all the ingredients, shake very well & use when needed.

## **Footloose & Fancy Diffuser**

3 Citronella  
3 Cypress  
3 Eucalyptus

## **Bye Bye Bugs**

3 Citronella  
3 Tea Tree  
4 Lavender

## **Outdoor Roll On**

8 Citronella  
6 Lavender  
6 Tea Tree  
5 Peppermint

Add drops in 10ml Roller Bottle, fill with FCO & use as needed



# Island Mint

## Benefits

- Promotes a sense of Focus & Concentration.
- High in Limonene & Menthol Constituents.
- Promote feelings of clear breathing & open airways.
- Uplifting to mood when feeling down or blue.

## Uses

- Diffuse during the day to promote calm uplifted feelings.
- Take 1 drop in palm of hands, rub together and take deep breaths for focus & concentration.
- Diffuse on drive home after work to promote calm emotions & invigorated body senses.

## Emotional Benefits

### Oil of Summer

Addresses Negative Emotions: Down, Unfocused, Blocked, Unmotivated, Trapped, Overworked.

Promotes Positive Emotions: Calm, Invigorated, Focused, Goal Orientated, Energised, Lifted, Summer Holiday Feel.

Ingredients: Lemon, Lime, Peppermint & Spruce





# Recipes

## **Tropical Getaway**

3 Island Mint  
2 Grapefruit  
2 Ylang Ylang

## **Sunshine**

3 Island Mint  
2 Tangerine  
2 Green Mandarin

## **Citrus Mint**

3 Island Mint  
3 Citrus Bliss  
1 Peppermint

## **Minty Focus**

3 Island Mint  
2 Peppermint  
2 Lavender  
2 Wild Orange

## **Summer Breeze**

3 Island Mind  
2 Lime  
2 Peppermint

## **Car Diffuser**

Cotton Pads

1-2 Drops Island Mint on each pad  
Put them in the car for fresh minty aroma



# Purify

## Benefits

- Refreshes any environment when diffused.
- Protects against environmental threats.
- Powerful cleansing properties.
- Natural deodoriser for fridge, rooms or dustbins.
- Freshen up laundry, rooms & furniture.

## Uses

- Diffuse during the day to freshen & purify the air.
- Add to water in spray bottle & use to wipe countertops.
- Add a few drops on cotton pad and keep in dustbin, car or smelly rooms.
- Apply topically to bug bites to soothe any irritations.

## Emotional Benefits

### Oil of Purification

Addresses Negative Emotions: Trapped, Negative, Toxic, Hate, Rage & Controlling.

Promotes Positive Emotions: Feeling Unencumbered, Cleansing, Purifying & Releasing.

Ingredients: Lemon, Siberian Fir, Citronella, Lime, Tea Tree & Cilantro.





# Recipes

## **Toilet cleaning Pods**

1 cup Baking Soda

¼ cup Citric acid

1½ tbsp Unscented Castile Soap

15 drops Purify

Mix Baking Soda & Citric Acid

Slowly stir in Castile Soap & Purify until resembles wet sand

Tightly pack the mixture into moulds & let dry for 4 hours.

Store in a dry airtight container & use as needed

## **Harmony**

3 Whisper

1 Purify

1 Juniper Berry

## **Renovate**

3 Balance

3 Purify

## **DIY Laundry Detergent**

2 cups Washing Soda

2 cups Borax

1 bar Grated Castile soap

15 drops Purify

10 drops Lemon

Mix ingredients together & use 1/4 cup per load.





# Deep Blue

## Benefits

- Soothing and cooling oil blend.
- Comforting part of a massage.
- Soothing to sore muscles after exercise or strenuous work.
- Potent anti-inflammatory properties.
- Relieves occasional muscular discomfort.

## Uses

- Apply topically after exercise to soothe sore muscles.
- Apply diluted on growing kids legs to soothe the discomfort.
- Apply on joints of elderly to ease any discomfort.
- Apply over neck & shoulders after a long day at the office.
- Apply over lower back.

## Emotional Benefits

### Oil of Surrendering Pain

Addresses Negative Emotions: Resisting Pain, Avoiding Emotional Issues, Panicked, Fearful, Wounded & Unhealed.

Promotes Positive Emotions: Strengthened, Accepting, Soothed, Serene, Healing & Healed.

Ingredients: Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile & Osmanthus.



# Recipes

## **Pain Bomb Roller**

10 Deep Blue

10 Lemongrass

10 Marjoram

in a 10ml Roller Bottle add oils & Fill with FCO.

Use when needed

## **Joint Support Roller**

20 Deep Blue

15 Frankincense

4 Lavender

in a 10ml Roller Bottle add oils & Fill with FCO.

Use when needed

## **Monthly Cramps Roller**

10 Deep Blue

8 Siberian Fir

8 Copaiba

in a 10ml Roller Bottle add oils & Fill with FCO.

Use when needed

## **Improved Circulation Roller**

15 Deep Blue

15 Aromatouch

in a 10ml Roller Bottle add oils & Fill with FCO.

Use when needed





# Past Tense

## Benefits

- Helps provide grounding & balanced emotions.
- Helps ease stressful feelings.
- Packaged for convenient application in a roll-on bottle.
- Calms stressed & anxious feeling in mind & body.

## Uses

- Massage onto neck, should & back of neck to reduce tension.
- Apply on temples & back of neck to relieve head tension.
- Apply topically before a stressful presentation at work.
- Massage over shoulders after a long stressful day at work.
- Use during day to stay calm.

## Emotional Benefits

### Oil of Relief

Addresses Negative Emotions: Stressed, Overworked, Nervous, Burned Out, Overwhelmed, Fatigued, Imbalanced & Tense.

Promotes Positive Emotions: Equilibrium, Calm, Relaxed, Relieved & Grateful.

Ingredients: Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil & Rosemary.





# Recipes

## **Intense Head Tension**

Apply PastTense on temples, forehead & back of neck

1 drop Frankincense pressed to roof of mouth

1 drop Copaiba under tongue

Repeat regularly until tension is relieved

## **Stressed out Tension**

Apply PastTense on temples

Massage Aromatouch onto shoulders

1 drop Copaiba under tongue

Repeat regularly until tension is relieved

## **Hormonal Head Tension**

Apply PastTense on temples

Apply Peppermint on back of neck

Apply ClaryCalm under feet & over abdomen

Repeat regularly until tension is relieved

## **Diluted Rollers**

PastTense comes in an easy to apply 10ml Roller bottle but is undiluted.

Split the oil blend into 2 or 3 roller and top up with FCO for pre-diluted easy to use roller.

This also saves cost and makes your product last longer.



# Melissa

## Benefits

- Boost healthy immune system.
- Calm tense feelings & nerves.
- Encourages a relaxing atmosphere.
  - Improves & rejuvenates skin and mind.
- Lessen feelings of stress & promotes emotional well-being.
- Naturally anti-bacterial.

## Uses

- Diffuse afternoon or evening to create a relaxing environment.
- Add to moisturiser to rejuvenate skin.
- Take a drop daily with water for healthy immune function.
- Apply to forehead, shoulders, or chest to unwind after a long day.

## Emotional Benefits

### Oil of Light

Addresses Negative Emotions: Despairing, Hopeless, Darkness, Burdened, Loss of will to live & Overwhelmed.

Promotes Positive Emotions: Enlightened, Joyful, Energised, Integrity, Spiritually connected, Liberated & Optimistic

Blends will with: Geranium, Lavender, Rose, Basil & Frankincense

Companion Oils: Frankincense, Copaiba, Peppermint, Tangerine & Lime.





# Recipes

## **Better than Weed Roller**

8 Ylang Ylang

8 Melissa

8 Copaiba

8 Black Pepper

Fill 10ml Roller with FCO & apply for the highly stressed days.

Apply undiluted drops to personal inhaler for ultimate calm

## **Calming Balm**

5 Geranium

3 Lavender

2 Melissa

## **Magic Air**

3 Frankincense

2 Patchouli

1 Melissa

## **Super Immune Roller**

12 Melissa

12 Frankincense

8 Clove

8 Arborvitae

5 Oregano

Fill 10ml Roller with FCO & use when needed to boost immune system.



# Yellow Mandarin

## BENEFITS

- Elevating & relaxing aroma.
- Powerful cleansing benefits.
- Skin clearing & rejuvenating benefits.
- Boosts healthy immune, digestive & nervous systems.
- Unique flavouring to smoothies and water.

## USES

- Diffuse for an elevating yet relaxed environment.
- Add a drop or 2 in water or smoothies for flavour.
- Massage diluted over abdominal areas to soothe discomfort.
- Add a few drops to facial moisturiser at night.

## EMOTIONAL BENEFITS

### Oil of a Free Mind

Addresses Negative Emotions: Damaged, Unsteady, Abused, Oppressed, Afraid, Betrayed, Hopeless & Paralysed.

Promotes Positive Emotions: Faithful, Resilient, Confident, Grounded, Stable, Restored, Believing & Trusting.

Blends well with: Spearmint, Bergamot, Rosemary & Cypress  
Companion Oils: Ginger, Litsea, Fennel, Cassia, Blue Tansy & Hope





# Recipes

## **Summer Days**

3 Yellow Mandarin

2 Spearmint

2 Lime

## **Hey Sunshine**

3 Yellow Mandarin

2 Tangerine

2 Grapefruit

## **Calm Sunshine**

3 Yellow Mandarin

2 Lavender

2 Sandalwood

## **Balanced Bliss**

3 Yellow Mandarin

3 Balance

## **Sweet focus**

3 Yellow Mandarin

2 Peppermint

2 Rosemary

## **Coconut Yoghurt**

2 cups full fat coconut milk (refrigerated 24 hours)

2-3 drops Yellow Mandarin oil

½ cup mixed berries

Add coconut milk into a medium bowl.

Add in essential oil drops and stir together.

Store in fridge for up to a week.

Add mixed berries into yogurt and enjoy!



# Roman Chamomile

## Benefits

- Calming to the body.
- Soothing to the skin.
- Supports healthy immune system function.
- Promotes calm restful sleep.
- Use as flavor in herbal teas.
- Soothes mind and feelings of anger & irritability.
- Skin & Hair rejuvenating.

## Uses

- Diffuse to boost calm feelings & create a peaceful atmosphere.
- Add 1-2 drops to moisturiser for healthy skin.
- Add a drop in your herbal tea for comforting calm feelings.
- Diffuse to ease feelings of anger & irritability.
- Use before bedtime.

## Emotional Benefits

### Oil of Spiritual Purpose

Addresses Negative Emotions: Purposeless, Discouraged, Drudgery, Frustrated, Unsettled.

Promotes Positive Emotions: Purposeful, Guided, Peaceful, Fulfilled, Relaxed, Spiritually Connected.

Blends well with: Lavender, Patchouli, Bergamot & Balance.

Companion Oils: Blue Tansy, Frankincense & Immortelle





# Recipes

## **Soothed Nerves**

3 Roman Chamomile  
3 Sandalwood  
2 Vetiver

## **Sweet Slumber**

3 Frankincense  
3 Roman Chamomile  
2 Breathe

## **Confidence**

2 Roman Chamomile  
4 Bergamot  
3 Wild Orange

## **Serene Bedroom**

3 Roman Chamomile  
2 Ylang Ylang  
2 Vetiver  
2 Eucalyptus

## **Sweet Dream Spray**

1.5 oz Distilled Water  
1.5 oz Witch-Hazel  
4-oz Spray Bottle  
15 drops Roman Chamomile oil  
15 drops Serenity oil

Combine ingredients, shake well & spray on pillows before bedtime.

