



rareESSENCE.
AROMATHERAPY

Breathe deep. Be well.

rareESSENCE essential oils are consciously sourced worldwide. These oils are 100% pure and of the highest quality. See below for suggested uses

Organic Bergamont (Citrus bergamis)	Fresh, lively, sweet and uplifting. Balances the nervous system and has antiseptic qualities. Used to build confidence and inspire. USES: acne, psoriasis, relives itchy skin, cough, colds, insect bites, cold sores, alleviates stress and anxiety 4, 5	Grapefruit (citrus paradisi)	Vibrant and cheerful. Cleansing and revitalizing. Energizes the nervous system. USES: colds, depression, antiseptic, moodiness, promotes digestion, circulation, cellulitis, dull skin, bloating 1
Cedarwood Atlas (cedrus atlantica)	Harmonizing and grounding. Encourages inner-strength and centeredness. Relaxes the mind and nervous system. USES: bloating, cellulite, cough relief, oily skin, acne, promotes hair growth, insect repellent, dandruff, stress, dermatitis, arthritis, bronchitis 1,5	Jasmine (jasminum grandflorum)	Exquisite and rich floral. A sensual and uplifting aphrodisiac. Helps to relieve stress and inspire grace and creativity. USES: eases anxiety, PMS, promotes hormonal balance, acne, eczema 1
Chamomile, Roman (anthemis nobilis)	Gentle and restful properties. Supports inner peace, eases depression and anxiety. Induces restful sleep USES: easing digestion, PMS, inflammation, regulate menstrual cycle, immune system stimulate, blood pressure, skin soother, painful muscles and joints, sunburn, insect bites 1	Organic Lavender, French (lavandula angustifolia)	A sweet and floral aroma edged with a hint of grassy spice, the versatile oil eases tired muscles, soothes headaches, de-stresses, calms, balances, relaxes, and heals. USES: colds, first aid, acne, kid friendly, allergies, insect bites, scars, vertigo, stretch marks 1
Clary Sage (salvia sclarea)	Earthy and pungent. Used for relieving fear and anxiety. A powerful euphoric and anti-depressant. USES: PMS, menopause, asthma, muscle relaxer, skincare, gas, exhaustion, sore throat 1	Lavender, Spike (lavandula spica)	Gentle and inspiring. Brings clarity, peace of mind, and emotional balance. USES: colds, expectorants, muscle pain, burns, kid friendly 1,3
Clove Bud (Eugenia caryophyllata)	Warm & spicy, used to relieve minor aches & pains, the vapors improve better breathing, aides in digestion & may also be used as a bug deterrent. USES: aches and pains, insect bites, bee stings, inflammation, digestive issues 4	Organic Lemon (citrus limonum)	Fresh, lively, purifying. Lifts the spirit and stimulates the mind. Highly antiseptic and antibacterial, it neutralizes odors. Stimulates immune and nervous system. USES: circulation, cellulite, digestive aid, cholesterol, athletes foot, colds, flu, dull skin, varicose veins 4,5
Organic Eucalyptus Globulus (eucalyptus globulus)	A wonderfully clearing, camphoraceous oil. Used for everything from cleaning to repelling insects to suppressing coughs. Opens and clears energetic pathways, purifies and clears negative energy. USES: colds, flu, expectorant, grief and sorrow, circulation 1	Organic Lemongrass	A verdant lush aroma that enlivens and stimulates. USES: insect repellent, aides sedation, promotes circulation, promotes lymphatic flow, fights depression, relieves anxiety, antimicrobial 4
Frankincense (boswellia carterii)	Deep and meditative. Encourages deep stillness, inner peace and pleasant dreams. USES: skin care, cough, anxiety, fears, arthritis, bronchitis 1	Lime, Distilled (citrus aurantifolia)	Sweet, green and lively. Lime oil has a refreshing and inspiring aroma. Used for treating mental and physical exhaustion. Grounding and centering to the spirit. USES: digestion aid, colds, fever, varicose veins, asthma 4,5
Organic Geranium, Egyptian (pelargonium graveolens)	Fresh and harmonious. Balances mind, body and emotions. Has a normalizing effect. Both antiseptic and anti-fungal. USES: PMS, menopause, stress, depression, cellulite, balance hormones, strengthen liver and kidneys, skin healer 1	Organic Mandarin (citrus reticulata)	Gentle and calming, sweet and citrusy, excellent for skin care. Used for meditation, promoting feelings of relaxation and well-being. USES: eases constipation, relives fluid retention, aids digestion, acne, reduces appearances of scars and stretch marks 5

Neroli (citrus aurantium var amara)	Harmonizing and uplifting. Deeply comforting and relaxing. Used in body/skin care and perfumes. USES: anxiety, depression, stress, stretch marks, aphrodisiac, grief and shock, insomnia, restful sleep, eases digestion	Organic Rose Otto (rosa damascena)	Luxurious and gentle. Sweet, warm, and rich, rose absolute's aromatherapy benefits have long been associated with love and romance. Great for the skin. USES: grief, depression, menopause, PMS, tension, postnatal depression, kid friendly, constipation, hormone balancing, circulatory
Organic Sweet Orange (citrus sinensis)	Cheerful and refreshing. Promotes mental clarity and emotional balance. USES: calming, digestion, circulation, bloating, cellulite, sleep aid, digestion aid, dull skin, colds	Rosemary (rosmarinus officinalis)	Clarifying and revitalizing. The classic "get up and go" oil. Reviving, refreshing and strengthening. USES: expectorant, antifungal, fatigue, colds, circulation, cramps, sore muscles, skin care, antiseptic, hair growth, arthritis, rheumatic 1,3
Organic Oregano (origanum vulgare)	Stimulating and restorative. A natural antibiotic with strong anti-bacterial and anti-viral action. Important immune system supporter. USES: allergies, sinus pain, arthritis, colds, flu 1,4	Sandalwood (santalum austrocaledonicum)	Exotic and sensual. A sexual restorative, relaxing and calming with a balancing and grounding effect on the emotions. USES: skin care, dry cough, aphrodisiac, immune system booster, digestive stimulator, oily skin and acne
Organic Patchouli (pogostemon patchouli)	Heady, rich and intriguing. Inspires feelings of romance and sensuality. Used for meditation, promotes physical and mental relaxation. USES: alleviates constipation and dandruff, moisturizes dry skin, relives oily skin and hair, insect repellent, soothes minor burns, insect bites and stings	Organic Tea Tree (melaleuca alternifolia)	Often referred to as the "miracle oil", it is the most effective antibacterial, anti-viral and anti-fungal oil. USES: asthma, colds, flu, acne, cold sores, ring worm, warts, rashes, dandruff, insect bites, headaches 1
Organic Peppermint (menthe piperita)	Fresh, powerful and sweet. Invigorates and awakens the mind. Refreshes and revitalizes, a good overall tonic for the body. USES: digestion aid, sore muscles, headaches, nausea, colds, skin cleanser, PMS, arthritis, motion sickness 1,2,3,4	Ylang Ylang Extra (cananga odorata)	Delicate scent, intoxicatingly sweet and floral. Slightly euphoric and eases depression. USES: high blood pressure, stress, depression, PMS, hair growth, oily skin 4

STRESS LESS - Release anxiety and quiet the mind.

Ylang Ylang, Bergamot, Geranium, Clary Sage, Cedarwood, Lavender, Tangerine. **1**

OM - Centering blend for inner peace.

Frankincense, Patchouli, Cedarwood, Tangerine, Sandalwood, Vetiver, Lavender, Lemon, Amyris. **1**

PURIFY - Detoxifying blend for rejuvenation.

Lemon, Juniperberry, Palmarosa, Grapefruit, Geranium, Cedarwood, Fennel. **1**

SLEEP - A natural alternative for restful sleep.

Lavender, Geranium, Orange, Vetiver, Roman Chamomile, Clary Sage, Cedarwood. **1**

FOCUS – For mental clarity and concentration.

Bergamot, Lemon, Rosemary, Geranium, Peppermint, Sage, Cedarwood, Basil, Maycherry **1**

HEAD AIDE – To help relieve minor headaches.

Roman Chamomile, Grapefruit, French Lavender, Lime, Peppermint, Marjoram, Basil, Palmarosa, Spearmint **1**

DEFENSE – To aid in defending your immune system.

Eucalyptus Globulus, Grapefruit, Peppermint, Tea Tree, Clove Bud, Niaouli, Cajeput, Ravintsara **1**

TUMMY RESCUE – Natural relief for an upset stomach.

Roman Chamomile, Peppermint, Coriander, Lemon, Marjoram, Cardamom, Ginger **1**

BREATHE EASE - Gentle relief for congestion.

Eucalyptus, Tea Tree, Cajeput, Niaouli, Ravensara. **1**

Precautions Key

- 1 - do not use during pregnancy
- 2 - not for heart conditions
- 3 - not for high blood pressure
- 4 - skin irritant, skin sensitivity
- 5 - photosensitivity

Methods of application: bath (6-8 drops per tub) compress (1-2 drops in water) Diffuser, foot bath (3-4 drops per tub) Inhalation steam (2 drops in water) Massage (10-12 drops per 1 oz carrier) spray (10-12 drops per 1 oz purified water)

Notes: Essential oils are highly concentrated and should be used with respect and care. Keep out of reach of children and pets. For external use only. Avoid Contact with eyes. Dilute before use on skin. If pregnant seek medical advice before use. This information should not be used for prescribing or diagnosing, it is not a substitute for professional medical attention. Store in cool dark place.

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