

"Smell is a potent wizard that transports us across thousands of miles and all the years we have lived." -Helen Keller

www.AromaSalud.com

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Historic and Folkloric Use of Aromatic Essences: Aromatic Essence Solutions are the oldest form of medicines and cosmetics known to civilization and were considered more valuable than gold. There are 188 references to essential oils in the Bible. Oils such as frankincense, myrrh, rosemary, and hyssop were used for anointing and healing the sick. In Egypt, essential oils were used in the embalming process; well-preserved oils were found in alabaster jars in King Tut's tomb. Egyptian temples were devoted to the making and blending of the oils, recipes were recorded on the walls in hieroglyphics.

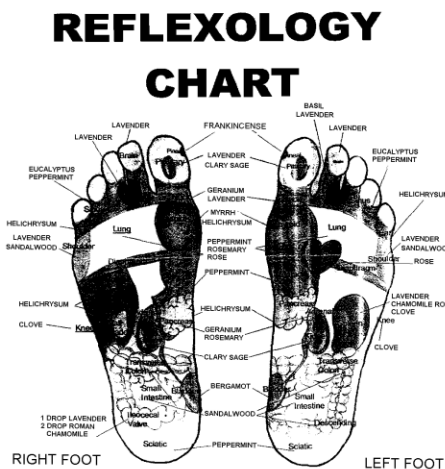
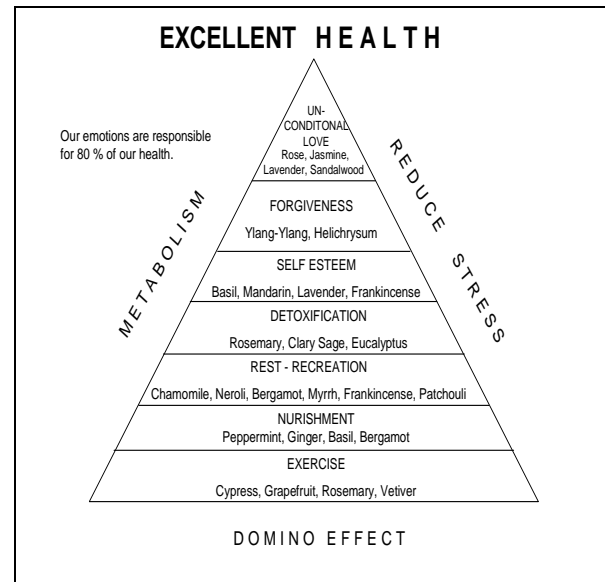
What is an Essential Oil, (Aromatic Essence)? Essential oils are like the blood of the plant, which are, in fact, the vital force of the plant. They have wide volatile constituents. The EO's act as the plant's defense mechanism, or its immune system. Its constituents include enzymes, hormones, and vitamins. Essential oils are the regenerating, oxygenating, and immune defense properties of plants. Through extraction processes of parts from aromatic plant's, (flowers, leaves, fruits, stems, bark, seeds, and roots), the vital energy of the plant is drawn into a concentrated volatile liquid and aromatic solution. Application of essential oils help to bring balance to a person's physical, emotional, and mental well being. Essential Oil: Technically they are aromatic essences; however, they are called essential oils because of their lipid properties, or their ability to bind with fats.

General Properties of Essential Oils: Because of their energetic components they are 70 times more potent than herbs. It takes 21 minutes for essential oils to penetrate the cells of the body; herbal formulas take about 5 to 10 hours to absorb. They are the most effective transporters of nutrients. This is the secret of good nutrition. Within seconds the essential oils stimulate your smell, taste, and emotions. Their natural chemical composition is similar to human hormones; they work as a natural aphrodisiac. When diffused into the air, they increase the oxygen, ozone, and negative ions, which have a positive effect upon the body as well as the environment, inhibiting bacteria and other associated odors. They have their own antimicrobial protection. (Microbial organisms cannot live in this environment.) *Evidence has shown that there are no known bacteria or virus that has developed any resistance to essential oils.* They are the highest in energy frequency, antioxidants, antiseptic, and oxygenation properties.

Energy Frequency: Frequency is a measurable rate of electrical energy that is constant between any two points. Everything has an electrical frequency, as measured in megahertz (MHZ).

Processed/canned food 0 MHZ
 Fresh produce up to 15 MHZ
 Dry herbs 12-22 MHZ
 Fresh herbs 20-27 MHZ
 Human brain 72-90 MHZ

Essential oils up to 320 MHZ



AROMATIC ESSENCES / THERAPEUTIC PROPERTIES	Odor intensity	Note	1/16 oz PRICE	1 oz PRICE
1. Basil- Sweet / Albahaca- Dulce* / Ocimum basilicum / India Anxiety, balance adrenals, colds, depression, digestive, earache, energizing, gout, hair growth, herpes, insomnia, joint pain, mental fatigue, melancholy, memory, menstrual cramps, oily skin, nausea, paralysis, skin tonic, stimulant, & sharpens the senses.	4	Middle	6	9.20
2. Black Pepper / Pimienta Negra / Piper nigrum / India Aids in diet (burns fat), arthritis, bruises, cold and flu, heartburn, laxative, mental stimulant, muscle aches, poor muscle tone, stiffness, stimulates liver and pancreas, temporary paralysis, toothache, & tonic-(nervous system, glandular, cardio-vascular).	3	Middle	6	9.95
3. Bergamot / Bergamota* / Citrus bergamia / Italy Addictions, bronchitis, calming, chicken pox, chronic fatigue, cold sores, eczema, fear, fever, gallstones, herpes, hot flashes, kills insects, PMS, regulate excessive oiliness of the skin or scalp, sore throat, tones the heart, uplifting, vaginal itching, & wounds.	2	Top	6	17.00
4. Camphor-White / Alcanfor-Blanco / Cinnamomum camphora / China Acne, bacterial infections, bronchitis, constipation, cough, debility, diuretic, fainting, genital infections, heart failure, muscle tonic, nervous tension, pain killer for arthritis, shock, sprains, spots, & strengthener tonic to the central nervous system.	3	Middle	6	8.10
5. Carrot Seed / Zanahoria Semilla / Daucus carota / France Aids in muscle tension, acne, anxiety, bronchitis, eczema, immune stimulant, increases elasticity of skin, indigestion, regulates cardiovascular system, regulates menstrual cycle, revitalizing & toning, & stimulates lymphatic system. Avoid in pregnancy.	2	Middle	**6	31.90
6. Cedarwood Atlas / Madera de Cedro Atlas / Cedrus atlantica / Morocco Acne, anger, arthritis pain, bronchitis, dries excess phlegm, fear, gonorrhea, hair loss, meditation, oily skin, urinary tract infections, regulates nervous system,	3	Base	6	10.00

respiratory infection, stimulates immune system, & tonic for kidneys. Avoid in pregnancy				
7. Chamomile German Blue / Manzanilla Alemana / Matricaria chamomilla, m. recutita / Egypt Arthritis, excessive acne, colic, cuts, dyspepsia, eczema, headaches, indigestion, liver regulation and regeneration, migraine, nervous tension, regulates periods, stressful conditions, severely infected skin, teething pain, rheumatism, & sensitive skin.	5	Middle	**6	47.15
8. Chamomile Roman* / Manzanilla Romana / Chamaemelum nobile, anthemis nobilis / USA Broken veins, calms the mind, cuts, chronic infections, dry itchy skin, puffiness, painful and difficult periods, eczema, helps irritable bowel, inflamed joints, intestinal parasites, mouth ulcer, muscle pain, sedative, & soothes stomach. Avoid in early pregnancy.	5	Middle	**6	45.10
9. Cilantro/ Cilantro / Coriandrum sativum / USA-OR Anorexia, accumulation of toxins, arthritis, colic, debility, diarrhea, dyspepsia, estrogen stimulant, impotence, influenza, increases circulation, stimulates memory, migraine, muscle aches, nervous exhaustion, stretch marks, & scars.	3	Middle	6	16.90
10. Cinnamon bark / Canela Cascara/ Cinnamomum zeylanicum, C. verum/ Madagascar Arouses senses and creativity, digestive complaints, gum disease, foot fungus, heart & circulation stimulant, good reproductive system tonic, respiratory stimulant, tightens loose tissue, spasms, viral infections,. Avoid on sensitive or damaged skin.	5	Base	6	18.50
11. Citronella / Citronela / Cymbopogon winterianus / Indonesia Arthritis, anti-rheumatic, antidepressant and fungicidal tonic, insect repellent, lice, & strengthener tonic to central nervous system.	5	Top	6	9.20
12. Clary Sage / Salvia "Clary*" / Salvia sclarea / USA-OR Acne, antiseptic, antidepressant, aphrodisiac, asthma, excessive sweating, fear of aging, fungal infections, good for childbirth, hair growth, hang-over, hemorrhoids, hot flashes, oily hair, PMS, scars, sore throat, ulcers, vivid dream, whooping cough, & wrinkles.	3	Middle	6	20.30
13. Clove Bud /Clavo-Brote* / Eugenia caryophyllata / Madagascar Acne, anti-infectious, arthritis, cuts, depression, general painkiller, herpes, hypoglycemia, immune stimulant, mental exhaustion, memory, nervousness, parasites, sadness, thyroid, tooth care, & urinary infections. Avoid on sensitive skin.	3	Middle	6	10.00
14. Cypres / Ciprés / Cupressus sepervirens / Spain Asthma, astringent & antiseptic for oily skin and acne, cellulite, dandruff, fluid retention, hemorrhoids, hot flashes, insect repellent, liver disorders, lymphatic drainage, muscle cramp, oily hair, ovarian cyst, perspiration, scars, tightens tissues, & varicose veins.	3	Middle	6	15.90
15. Eucalyptus / Eucalipto* / Eucalyptus radiata / Australia Antifungal, antiviral, asthma, chicken pox, bronchitis, inflammation and infections, herpes, immune stimulant, insect bites, flu, lice, muscle aches, oxygenates skin, poor circulation, raises blood sugar in diabetes, swollen glands, throat infections, & useful preventative. Avoid in epilepsy and high blood pressure.	5	Top	6	11.10
16. Fennel Sweet / Hinojo-Dulce* / Foeniculum vulgare / Italy Abdominal pains and cramps, alcoholism, anti-inflammatory, asthma, digestive, enlarges breasts, flatulence, gout, hiccups, kidney stones, laxative, muscle relaxes, obesity, parasites, production of milk, skin elasticity, suppresses the appetite, toning influence on the liver, & vomiting. Avoid in pregnancy & epilepsy.	2	Middle	6	12.90
17. Frankincense / Incienso* / Boswellia serrata / India Anti-tumor, arthritis, bronchitis, fear, genital infections, hemorrhoids, hyperactivity, indecision, laryngitis, meditation, moles, opens intuition, pimples, pleasant dream, concentration, reduces swollen lymph glands in the neck, respiratory, scars, stimulating to the immune system, tonic, tones the uterus, & wrinkles.	3	Middle	6	20.40
18. Geranium / Geraneo* / Pelargonium graveolens / Reunion Island Acute fear, anti-fungal, astringent, balance adrenals, calming, antidepressant, diabetes, edema, hemorrhoids, improves communication, infertility, kidneys tonic and the uterus, memory, overcome the fear of speaking, oral infections, PMS, ring worm, scar, strengthens liver, tightens tissue, varicose veins, & ovaries.	4	Middle	**6	23.90
19. Ginger / Jingibre / Zingiber officinale / China Antioxidant, aphrodisiac, arthritic, bruises, communication, digestion, leg cramps and pain,, hangover, ignites passion and potency, laxative,, memory, menstrual cramps, motion sickness, muscular, poor circulation, rheumatic, sharpens the senses, stimulant but grounding, varicose veins, & warms the stomach.	5	Middle	5	11.90
20. Grapefruit-Pink / Toronja-Rosa* / Citrus paradisi / USA-CA Acne, athlete's foot, blood circulation, cellulite, chills, cleansing, depressant, eating disorders, fat burner, fluid retention, fasting, gallbladder, hangover, humor, kidneys, pancreas, performance stress, stiffness, tones the skin & tonic for liver.	2	Top	6	12.80
21. Helichrysum / Siempre Viva* / Helichrysum gymnocephalum / Madagascar Anger, antidepressant, asthma, bitterness, bruises, burns, colitis, creative processes, cuts, eczema, fevers, gastritis, hemorrhage, herpes, jealousy, meditation, parasites, restore hearing, rheumatism, reduces old & new scars, tiredness, & tones tissues.	3	Middle	**6	48.50
22. Juniper Berry / Enebro / Juniperus communis / India Abscess, acne, apathy, arteriosclerosis, arthritis, cellulite, clears and stimulates the mind, dandruff, diabetes, digestive, eczema, fear, glandular, gout, kidney stones, rheumatism, scars and stimulates the fluids in the body, strengthens the immune, & ulcers (external). Avoid in pregnancy a strong diuretic.	3	Middle	6	16.70
23. Lavender / Lavanda* / Lavandula officinalis / France Acne, addictions, antibiotic, analgesic, blood pressure, burnout, burns, calming, cuts, epilepsy, fibromyalgia, hair loss, insect bite, labor pain, muscle relaxant, nightmares, opens pores, palpitations, reduces scarring, sedative, sciatica, stretch marks, & vertigo.	2	Middle	6	17.00
24. Lemon / Limón* / Citrus limonum / USA-CA Acidity, antiseptic, brittle nails, body tonic, cellulite, cholesterol, dandruff, decongestant, digestive, disinfectant, freckles, gout, heartburn, herpes, increases hair growth, neutralizes acid, oily skin, optimism, purifies the drinking water, scars, stops bleeding, tender feet, tiredness, tonic-stimulant, warts, and wrinkles.	2	Top	6	12.30
25. Lemongrass / Te de Limón / Cymbopogon artin o / Guatemala Acne, antibacterial, antifungal, antiseptic, antiviral, athlete's foot, awake, blackheads, calming, colic, cold sores, digestive, fevers, gas, increases milk production, insect repellent, lice, open pores, scabies, stimulates hydration, & tones muscle.	4	Top	6	9.70
26. Lime / Lima / Citrus aurantifolia / Mexico Antiseptic, apathy, cold congestion, deodorant, depression, excellent for environmental diffusions disinfects air, liver pains, muscle spasms, nervousness, restorative, stomach cramps, useful in alcoholism, & tonic-stimulant. Caution: sensitive skin	3	Top	6	10.60
27. Mandarin-Red / Mandarina-Roja / Citrus artin ote / Italy Aids edema, antifungal, digestive, difficulty breathing, good for over active mind, insomnia, good for pregnancy and small children, hiccups, lymphatic stimulant, muscle spasms, prevents stretch marks, restlessness, skin toner, tonic for the stomach, & liver.	2	Top	6	12.60
28. Marjoram / Mejorana / Thymus mastschina / Spain Anger, antimicrobial, anxiety, arthritis, bronchitis, bruises, bloating, confusion, constipation, colds, fear, fungicidal, highly sensitive individuals, gas, grief, headaches, insomnia, impatience, migraines, nervous debility, normalize blood pressure, parasites, P.M.S., relieve muscular stiffness, snoring, & stress.	3	Middle	6	15.50
29. Myrrh / Mirra / Commiphora myrrha / Ethiopia Arthritis, astringent, athlete's foot, bedsores, chest infections, cracking, chapped or mature skin, cuts, diarrhea, eczema, meditation, fear, strengthens gums,	1	Base	**6	36.80

balance the thyroid, loss of appetite, mouth infections, purifier, rejuvenates/revitalizes aged skin, ringworm, scars, sores, ulcers (mouth, skin), & wounds.				
□30. Orange-Sweet / Naranja-dulce / Citrus sinensis / USA-FL	2	Top	6	9.70
Acne, anxiety, astringent, burnout, bronchitis, calming to the heart, cellulite, constipation, depression, digestive, diuretic, emotional balance, energizes, creativity, fear, gums and mouth ulcers, insomnia, kidney stones, lymphatic drainage, mental clarity, obsession, palpitations, harmonious interaction, sedative, & trust.				
□31. Oregano / Orégano / Thymus capitatus / Hungary	4	Middle	6	23.20
Antifungal, antiseptic, arthritis, asthma, bronchitis, calming, Candida, improves deafness, facial tics, lice, migraines, nervous stomach disorders, period pain, revives the senses, muscle tension, stimulates liver and spleen, & warts. Avoid in pregnancy.				
□32. Patchouli -Dark / Patchouli-Oscuro* / Pogostemon cablin / Indonesia	4	Base	**6	36.25
Aged skin, apathy, aphrodisiac, athlete's foot, cellulite, confusion, dandruff, depression, dry skin, eczema, indecision, insect repellent, moods of indifference, open pores, reduces body odor, scars, sedative, skin care, sunburn, & wrinkles.				
□33. Petitgrain / Citrico Hojas / Citrus aurantium / Paraguay	3	Top	6	9.80
Acne, antiseptic, cell and tissue regeneration, dry skin, eases breathing, eases joint inflammation, excessive perspiration, gas, gives mental clarity, nervous exhaustion, insomnia, mental fatigue, painful digestion, toning, & useful in chronic hepatitis.				
□34. Peppermint / Menta* / Mentha pulegium / USA-WA	5	Middle	6	14.10
Bad breath, concentration, constipation, diarrhea, gastric ulcers, headache, heart burn, hot flashes, indigestion, itching, low energy, mental fatigue, migraine, menstrual discomfort, palpitations, parasites, sinus pain, sciatica, swollen skin, varicose veins, & vitality.				
□35. Pine-Scotch / Pino-Scotch / Pinus sylvestris / Bulgaria	3	Middle	6	17.20
Adrenal glands, anti-infectious, arthritis, calming, deodorizer, fatigue, flu, foremost remedy for all respiratory ills, gout, guilt, impotence, kidney and bladder tonic, muscle relaxant, nervous exhaustion, night time nasal congestion, purifier, reduces excessive perspiration, seborrhea, & worry. Avoid with prostate cancer.				
□36. Ravensara / / Ravensara aromatica/ Madagascar	3	Middle	6	16.60
Aids detoxification, anxiety, bacterial or viral infections, chicken pox, congestion of respiratory tract, depression (physical & mental), dramatic results in herpes, immune stimulant, increases lymphatic drainage, increases desire for change. Avoid in pregnancy.				
□37. Rose / Rosa* / Rosa damascena / Bulgaria	4	Base	**30	278.30
One of the most emotionally balancing, Aphrodisiac of pure love, cholesterol, confidence, constipation, grief, hangover, inspires joy, increase sperm count, regulates the female reproductive system, resentment, shyness, spiritual uplifting, superior cleansing tonic for the liver, tones the uterus, & wrinkles.				
□38. Rosemary / Romero* / Rosmarinus officinalis / Spain	3	Middle	6	18.30
Partially lost sense of smell, speech, sight, taste, or touch, acne, bed-wetting, brings out red highlights in brunettes, dandruff, diuretic, gout, cholesterol, cold hands and feet, diabetes, digestive, hair tonic, itching, migraine, memory, muscle tonic, palpitations, paralysis, & regulates ovarian function. Avoid with epilepsy.				
□39. Rosewood / Palo de Rosa / Aniba roseodora / Brazil	3	Top	6	13.30
Acne, antidepressant, Candida, clears the head, evokes a feeling of well-being, excellent deodorant, diminish scars, headaches, meditation, moodiness, muscle tonic, regenerates skin cells, relaxes nerves, skin care, soar throat, & wrinkles.				
□40. Tea Tree / Te de Árbol* / Melaleuca alternifolia / Australia	3	Top	6	10.90
Acne, anti-bacteria, anti-fungal, anti-viruses, antiseptic, athlete's foot, bruises, emotional strengthen, Candida, colds, dandruff, deodorants, ear infections, expectorant, flu, herpes and shingles due to stress, itching, lice, mouth ulcers, nail infections, rashes insect and spider bites, ring worm, & yeast infections.				
□41. Thyme-Red / Tomillo-Rojo / Thymus vulgaris / Spain	3	Middle	6	19.95
Arthritis, athlete's foot, body odor, bronchitis, cellulite, coughs, diabetes, earaches, eczema, flu, fatigue, insect bites, immune system and spleen, obesity, parasites and intestinal viruses, scars, stamina, stimulates the kidneys and liver, stress, thick-heavy discharge, tonsillitis, uplifting for depression, & vaginitis.				
□42. Vetiver / Vetiver / Vetivera zizanioides / Haiti	5	Base	**6	17.80
The oil of tranquility, acne, addictive behavior, anorexia, aphrodisiac, excessively dry skin, fear, grief, insomnia, immune stimulant, muscle aches and pains, patience, nervous exhaustion, repression, sagging skin tissues, stress, stretch marks, over, & P.M.S.				
□43. Ylang Ylang / Flor de Flores* / Cananga odorata / Madagascar	5	Middle	6	20.15
Aphrodisiac, calming anger or hysterical states, hair growth, insomnia, lowers blood pressure, mental focus, nervousness, negative emotions, PMS, rhythmic breathing, skin balancer, skin disorders which contains puss, moisturizing and rejuvenating to the skin, split ends and scalp stimulant, & uterine tonic.				

HOW TO APPLY AND USE THE ESSENTIAL OILS

Essential Oils can be used in three ways: **1.Direct application** to the skin, in the affected area, on the extremities, hands, feet and ears, massage/reflexology, or mixing your favorite oils in your skin and personal care products (Lotion, Creams, and Shampoo). **2. Inhaling** the aroma directly from the bottle or in hot water as a diffuser, vapor facial diffuser, or in the warm bath, disinfectant products for the home, spray for ironing, and perfume. **3. Ingesting** as seasoning for your favorite dish, in dressings, with honey or in your favorite drinks like wine, beer, juices or just plain water.

For blends use 5 to 10 drops of essential oil to each one ounce of base when being used by children, elderly, and on sensitive skin; use 20 to 30 drops of essential oils for one ounce of base for massage and therapeutic use. Use 40 to 60 drops of essential oils for one ounce of base to use as perfume with therapeutic properties

Atomizer. Add 10 to 15 drops of essential oil to one ounce of pure water in a spray bottle.

Bath. Add 10 drops of essential oils to the water of the bathtub or you can use 1 or 2 drops of essential oil on a washcloth and rub the body while you take a bath.

Diffusion. Put 10-30 drops of pure oil in a diffuser.

Foot Massage. Your feet are the second fastest area of your body to absorb oils because of the large pores. Three to six drops per foot are adequate to experience a feeling of peace, relaxation, or energy.

Inhalation. Inhale essential oils directly from the bottle, cotton or towel.

Massage. Mix 10-20 drops of your favorite essential oil to each ounce of massage base oil and rub onto the skin.

Shampoo/Conditioner. Add 8 to 12 drops of your favorite essential oil to each ounce of your shampoo or conditioner.

Other Uses: Mud mask, seasonings, salts, creams, ointments, compresses, dressings, perfumes and disinfectants.

Visit www.savecosmetics.org to confirm that your personal care products are the most safe and healthiest to your wellbeing.

➤ The properties of essential oils are effective for approximately 10 hours, and it's recommended that they are applied twice a day.

➤ Remember that essential oils are 100% pure and very powerful. The general rule is to dilute 10 to 30 drops of essential oil to each ounce of base.

* Most Commonly Used Essential Oil., 5>1, Odor intensity. **6 oil is blended with jojoba.

Top notes are light & evaporate quickly, middle notes are mellow & lasting volatility, & base notes are strong & thick. To create a perfume use a ratio of 3 drops for top notes, 2 drops for middle and 1 for base notes.

Specials: 1/16 oz (5 ml) = \$6, 6 = \$30, 13 = \$60, y/o 28 = \$120!

PRODUCING ORGANS / BODY SYSTEMS / EFECTS / ESSENCIAL OIL / CITRUS OILS

P.O.	Body Systems	Effects	E.O. / Citrus oils			
		Energizing	Basil			
	Mind	Revitalizing	Petitgrain			
Leaves	Immune	Stimulant	Peppermint			
	Circulation	Astringent	Eucalyptus G/R/S			
	Respiratory	Expectorant	Rosemary			
	Endocrine	Tonic	Tea Tree			
	Dermatological	Cytophylactic	Clary Sage			
	Digestive	Calming	Marjoram			
Flowers	Endocrine	Tonic	Lavender			
	Muscular/Skeletal	Analgesic	Chamomile R/G			
	Nervous	Sedating	Ylang-Ylang			
		Euphoric	Geranium			
	Immune	Stimulant	Basil			
	Respiratory	Expectorante	Peppermint			
	Dermatological	Cytophylactic	Neroli			
Blossoms	Nervous	Comforting	Jasmine			
	Endocrine	Balancing	Rose			
	Nervous	Relaxing	Sedative	Mandarin		
	Lymphatic	Depurative	Diuretic	Lemon		
Fruits	Circulatory	Detoxifying	Astringent	Orange		
(Citrus)	Digestive	Stomachic	Carminative			
(Berries)	Same as above	Rubefacient	Diuretic	Black pepper		
		Depurative	Carminative	Juniper berry		
Seeds	Circulatory	Stomachic	Hepatic	Fennel		
	Digestive/Intestinal	Detoxifying	Carminative	Coriander		
	Lymphatic	Depurative				
	Endocrine	Tonic	Analgesic			
Wood/	Dermatological	Cytophylactic	Astringent			
Trunk	Muscular/Skeletal	Calming	Relaxing	Sandalwood		
	Respiratory	Mucolytic				
	Mind	Inner strength				
	Dermatological	Emollient	Cytophylactic	Frankincense		
Resins/	Muscular/Skeletal	Analgesic	Relaxing	Benzoin		
Gums	Nervous	Calming				
	Respiratory	Mucolytic				
	Digestive	Carminative	Stomachic	Vetiver		
	Circulatory	Relaxing	Rubefacient	Ginger Roots	Muscular/Skeletal	Calming

"If you have a garden and a library, you have everything you need."

~Cicero, Roman Statesman / Philosopher