

Aloes & Sandalwood

Warm, woodsy, and slightly sweet aroma.

- Add a drop to your face lotion before applying.
- Diffuse to calm and relax the mind.

Cassia

A spice made from the bark of East Asian evergreen trees.

Diffuse during holiday seasons for a festive aroma.

Cedarwood

Warm, woodsy aroma that creates a comforting, uplifting experience.

- Add a drop to men's aftershave lotion.
- Add it to your shampoo & conditioner.

Cypress

Fresh and herbaceous aroma.

- Diffuse 4-6 drops to increase motivation.
- Add one drop to your moisturizer to increase the radiant look of your skin.

Frankincense

Earthy and uplifting smell that creates a comforting and empowering environment.

- Add one drop of oil to your face moisturizer.
- Diffuse or apply to enhance meditation and prayer.

Hyssop

Slightly sweet scent in the same family as mint.

- Apply 1-2 drops on wrists or behind ears for increased awareness.
- Diffuse 4-8 during work, play, yoga, or a long study session.

Myrch

Recognized for its beautifying properties and grounding aroma.

- Add a drop, along with frankincense to your daily skin care routine.
- Diffuse 4-8 drops to calm & relax the mind.

Myrtle

Fresh, sweet aroma, which may help clear the mind.

- Add a drop to your nighttime skin routine to enhance the appearance of healthy-looking skin.
- Diffuse 4-8 drops to elevate your mood.

Onycha

Major component of incense for churches today.

• Diffuse 4-8 drops to feel calm.

Rose of Sharon (Cistus)

Its honey-like fragrance is soothing and uplifting.

- Dilute and apply 2-3 drops to joints when needed.
- Diffuse 4-8 drops for a calming atmosphere.
- Perfect during meditation or counseling.