Calming Emotions with Essential oils



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Use Essential Oils Safely

- Never ingest essential oils unless directed by a qualified professional.
- Dilute oils before topical use and follow trusted product guidance.
- Stop use if irritation occurs and seek professional advice when needed.
- Ask a healthcare professional about use during pregnancy or with health conditions.

Three Ways to Use Essential Oils



Inhalation

Experience an aroma by briefly smelling it from a suitable source.



Diffusion

Follow the diffuser’s instructions and use it in a ventilated space.



Topical use

Dilute appropriately and follow product guidance before applying to skin.

Restore and Reconnect





- Essential oils helps to support emotional and physical balance.
- Essential oils make daily wellness easy, offering effortless ways to refresh the mind.
- Essential oils are aromatic plant extracts commonly used in inhalation therapy. Research has shown various therapeutic benefits, particularly for relaxation, anxiety, and mood improvement.





Morning Energy Boost

Refresh Your Mind

Start your day with our signature citrus blend, designed to invigorate your senses and provide the mental clarity needed for a productive work day.



Evening Calm Blend

Deep Night Relaxation

lavender and Bergamot helps lower cortisol levels, preparing your body for a restful sleep after a long and very stressful business day.







Therapeutic Body Massage



Soothing Muscle Tension

For muscle soreness, these oils are commonly used in diluted massage blends:

- Peppermint: cooling sensation that may ease the feeling of soreness.
- Lavender: relaxing and may help with pain coping.
- Rosemary: often used for muscle and joint discomfort.
- Eucalyptus: cooling and refreshing.
- Marjoram or black pepper: sometimes included in massage blends.

Safe use: Dilute in a carrier oil. Start with about 1 drop per teaspoon (5 mL), patch-test first, and never swallow essential oils or apply them to broken skin. Check with a clinician first if you’re pregnant, have diabetes, asthma, epilepsy, sensitive skin, or take medication.

Convenient Roll On

Aromatherapy on Go

Our travel-sized rollers allow you to enjoy the benefits of aromatherapy anywhere, helping you manage stress during flights or busy office meetings quite easily.









Frankincense and a Grounded Mood.

Benefits:

- Calms the mind and reduces anxiety or overthinking.
- Enhances meditation, mindfulness, and inner peace.
- May ease symptoms of depression by promoting a sense of grounding.

How to Use:

- Diffuse 3–4 drops during meditation or prayer. Add a few drops to a carrier oil (like jojoba) and apply to wrists or chest. Inhale directly from the bottle for quick stress relief.



Rosemary for Focused Moments.



Benefits:

- Improves memory, focus, and alertness.
- Reduces mental fatigue and brain fog.
- Uplifts mood and promotes confidence.

How to Use:

- Diffuse while studying or working.
- Add 2 drops to a teaspoon of carrier oil and massage into temples or neck.
- Mix into a morning shower gel to energize the start of your day.

Bergamot and a Brighter Mood.

Bergamot's fresh citrus aroma can bring a bright note to a daily routine.

Use a pleasant scent as a cue to pause and check in with yourself.



Benefits

- Natural antidepressant and mood enhancer.
- Reduces anxiety and emotional tension.
- Promotes relaxation while maintaining alertness.

How to Use:

Diffuse 4–5 drops in the evening to ease emotional stress. Add a few drops to a warm bath (with carrier oil or Epsom salt). Use in a personal inhaler or handkerchief for calming scent therapy.



Pine Tree for a Clear Reset.

Pine's crisp, woodsy aroma can create a refreshing sensory pause.

A short break with a favorite scent may help mark a transition between tasks.

Benefits:
Refreshes the mind and relieves mental exhaustion.
Encourages clarity, strength, and resilience.
Can reduce feelings of isolation or burnout.

How to Use:
Diffuse to purify the air and lift mood. Combine with eucalyptus or rosemary in a steam inhalation. Use in massage oil for grounding and mental balance.

Grapefruit for an Upbeat Pause.

Pair the scent with a stretch or a short walk to refresh your attention.

Benefits:
Uplifts mood and combats depression or lethargy. Promotes positive energy and motivation. Reduces mental and emotional fatigue.

How to Use:
Diffuse in the morning to energize your day. Add to a body lotion or carrier oil for an uplifting aroma. Inhale directly when you feel low or tired.



Lemongrass and a Fresh Start.

Lemongrass has a fresh, green citrus aroma for a simple reset.

Benefits:
Reduces irritability and stress.
Improves concentration and refreshes the mind.

How to Use: Diffuse 3–4 drops in the workspace. Add to a foot bath for grounding relaxation. Use diluted in massage oil to relieve tension.



Peppermint for an Alert Moment.

Peppermint’s cool, minty aroma can feel refreshing during a work break.

Pair a brief scent pause with one small next step to return attention to the task.



Benefits:
Increases alertness, focus, and energy.
Reduces mental fatigue, headaches, and tension.
Can relieve mild symptoms of anxiety and brain fog.

How to Use:
Inhale deeply from the bottle before studying or working.
Apply (diluted) to temples or the back of the neck.
Diffuse during work or exercise for mental clarity.

Tea Tree:
A Mindful Scent Break.

- Tea tree has a distinct herbal aroma for a brief sensory pause.



Benefits:

- Clears mental sluggishness and promotes confidence.
- Balances emotional energy and supports self-awareness.
- Helps release feelings of vulnerability or weakness.

How to Use: Diffuse to purify the environment and refresh energy. Add a drop to your palms, rub, and inhale deeply. Combine with citrus oils for an uplifting blend.

Citronella for a Brisk Reset.

Benefits:

- Lifts mood.
- Reduces anxiety and restlessness.

How to Use: Diffuse to freshen the air and brighten mood. Use in outdoor sprays for both insect protection and emotional balance. Blend with lavender or orange for a calming, cheerful aroma.

Citronella's bright, lemony aroma can add a lively note to a routine.



SWEET ORANGE AND EVERYDAY POSITIVITY



Benefits:

Promotes happiness and emotional warmth.
Reduces stress, sadness, and anxiety.
Encourages creativity and optimism.

How to Use:

Diffuse during social gatherings or stressful moments. Add to bath water (with carrier oil) for emotional reset. Mix with peppermint or rosemary for mental stimulation.

Sweet orange offers a familiar citrus aroma that can feel cheerful to some people.

Eucalyptus for a Clear Pause.



Eucalyptus has a crisp, distinctive aroma for a refreshing sensory break.

Pair the pause with a few minutes away from screens to reset attention.

Benefits: Clears the mind and enhances focus. Refreshes mental energy and combats fatigue. Helps release mental heaviness.

How to Use:

- Diffuse during study or work sessions.
- Add to steam inhalation to open the chest and clear thoughts.
- Combine with lemon or peppermint for a refreshing mental boost.

Fresh Indoor Air

Diffusing our eucalyptus oil helps eliminate airborne bacteria and refreshes your living space without the use of harmful chemicals or artificial synthetic fragrances.



Natural Room Cleansing





Lavender for an Evening Wind-Down.

Lavender’s floral aroma is often chosen for a calming personal ritual.

Pair a familiar scent with a quiet activity that helps you transition toward rest.

It may complement wellbeing habits but is not a treatment for anxiety or other conditions.

Benefits:
One of the best oils for anxiety, insomnia, and depression.
Promotes relaxation, calm, and emotional healing.
Balances mood and eases nervous tension.

How to Use: Diffuse before bedtime or during stressful moments. Add to a pillow spray or warm bath for relaxation. Apply diluted oil to temples, wrists, or behind the ears.



Cinnamon for a Warm, Focused Moment.

Cinnamon’s warm, spicy aroma can make a routine feel cozy and distinctive.

Use a brief scent pause to bring attention back to the activity at hand.

Cinnamon essential oil is a powerful natural extract known for its warm, spicy aroma and wide range of therapeutic, emotional, and physical benefits. It can be derived from either the bark or the leaf of the cinnamon tree — both types share similar properties but differ slightly in potency and composition.

Safety Precautions:
Always dilute: Cinnamon oil is very strong and can irritate skin or mucous membranes if used undiluted. Avoid near eyes or sensitive skin. Not recommended during pregnancy. Perform a patch test before topical use. Avoid ingestion unless under professional guidance.

