

Sweet Smell of Health



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Essential Oil Mini Guide (Compiled by Sarah Cole and Monique Gallagher)

What is An Essential Oil?

Essential oils are very complex sometimes having hundreds of individual chemical components and are often called the “Life Force” of the plant.

Essential Oils are stored in special cells, ducts, or glandular hairs that are distributed among the roots, leaves, bark, stems, and flowers of the plant.

Uplifting, Protective, calming, and regenerating essential oils are unique gift from the plant world.

A single oil may contain hundreds of constituents that are molecularly aligned in exactly the right manner to trigger a number of responses in the human body. Very concentrated and very powerful, a drop or two of distilled therapeutic grade essential oil produces quick and significant results.

Essential oils protect the plant from insects and other herbivores, from bacteria, molds, fungi, and other microorganisms, and also help to heal inflicted wounds. These unique characteristics make essential oils highly beneficial to humankind.

Therapeutic-Grade Essential Oils Vs. Perfume Grade Oils

Because essential oils are so effective and small enough in molecular size that they can quickly penetrate the tissues of the skin it is very important to use only oils that are intended for healing purposes. As you probably have noticed there are an increasing number of companies promoting essential oils and products made with essential oils. The concern is that there are only 2 to 3 % of essential sold in this country, which are considered therapeutic grade. What does that mean to you and me? Well if you are using an essential oil that has not been certified by AFNOR or ISO then there is no

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certainty that it is pesticide and chemically free of adulterants. Simply said we could be doing more harm than good.

When I first starting using oils on my son I bought my oils at a reputable health food store. I was pleased to begin my journey with essential oils. What I did not realize, until those oils did not help my son with his allergies, that there are different grades and qualities of essential oils.

So play it safe by only using Therapeutic-Grade Essential Oils, which can be identified by the bottle label of AFNOR or ISO. Please note that all single oils are certified by AFNOR and generally the label designates the certification. Because the blends are comprised AFNOR or ISO certified oils the label on Young Living essential oils blends does not use the AFNOR or ISO certification although they are comprised of AFNOR standard oils.

A Summary of the Benefits of Therapeutic-Grade Essential Oils

- 1. Essential oils are small enough in molecular size that they can quickly penetrate the tissues of the skin.**
- 2. Essential oils are lipid-soluble and are capable of penetrating cell membranes, even if the membranes have hardened because of an oxygen deficiency. According to Jean Valnet, MD, essential oils can affect every cell of the body within 20 minutes and are then metabolized like other nutrients.**
- 3. Essential oils, according to researchers at the University of Vienna, stimulate blood flow, which increases oxygen and nutrient delivery.**
- 4. Essential oils are some of the most powerful known antioxidants as determined by the ORAC test developed at Tufts University.**
- 5. Essential oils are antibacterial, antifungal, anti-infectious, antimicrobial, antiparasitic, antiviral, and antiseptic. Some essential oils have been shown to destroy all tested bacteria and viruses.**

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6. Essential oils may detoxify the cells and blood in the body.
7. Essential oils containing sesquiterpenes have the ability to pass the blood-brain barrier.
8. Essential oils are aromatic, and when diffused, may provide air purification by:
 - 💧 Increasing ozone and negative ions in the area.
 - 💧 Eliminating odors from cooking, bacteria, mold, animals, and other sources.
 - 💧 Filling the air with a fresh, aromatic scent.
9. Essential oils promote emotional, physical, and spiritual well-being.

Basic Guidelines for Safe Use

1. Always keep a bottle of a pure vegetable oil handy when using essential oils. Vegetable oils dilute essential oils if they cause discomfort or skin irritation.
2. Keep bottles of essential oils tightly closed and store them in a cool location away from light. If stored properly, essential oils will maintain their potency for many years.
3. Keep essential oils out of reach of children. Treat them as you would any product for therapeutic use.
4. Essential oils rich in menthol (such as peppermint) should not be used on the throat or neck area of children under 30 months of age.
5. Angelica, bergamot, grapefruit, lemon, orange, tangerine, and other citrus oils are photosensitive and may cause a rash or dark pigmentation on skin exposed to direct

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sunlight or UV rays within 3-4 days after application.

6. Keep essential oils well away from the eye area and never put them directly into ears. Do not handle contact lenses or rub eyes with essential oils on your fingers. Even in minute amounts, oils with high phenol content, such as oregano, cinnamon, thyme, clove, lemongrass, and bergamot, may damage contacts and will irritate eyes.

7. Pregnant women should always consult a health care professional when starting any type of health program.

8. Epileptics and those with high blood pressure should consult their health care professional before using essential oils. Use caution with hyssop, fennel, basil, wintergreen/birch, nutmeg, rosemary, peppermint, sage, tarragon, and tansy oils.

9. People with high blood pressure should avoid using sage and rosemary.

10. People with allergies should test a small amount of oil on an area of sensitive skin, such as the inside of the upper arm, for 30 minutes, before applying the oil on other areas.

The bottom of the feet is one of the safest, most effective places to use essential oils.

11. Before taking GRAS (Generally Regarded As Safe), essential oils internally, test your reactions by diluting one drop of essential oil in one teaspoon of an oil-soluble liquid like agave, olive oil, or rice milk. Never consume more than a few drops of diluted essential oil per day without the advice of a physician.

12. Do not add undiluted essential oils directly to bath water. Using Epsom salts or a bath gel base for all oils applied to your bath is an excellent way to disperse the oils into the bath water.

When essential oils are put directly into bath water without a dispersing agent, they can cause serious discomfort on sensitive skin because the essential oils float, undiluted, on top of the water.

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13. Keep essential oils away from open flames, sparks, or electricity. Some essential oils, including orange, fir, pine, and peppermint are potentially flammable

Topical Application

Many oils are safe to apply directly to the skin, Lavender is safe to use on children without dilution. However, you must be sure what you are using is not lavandin labeled as lavender or genetically-altered lavender. When applying most other essential oils on children, dilute the oils with carrier oil.

For dilution, add 15-30 drops of essential oil to 1 oz of a quality carrier oil as mentioned previously.

Carrier oils, such as a vegetable mixing oil, extend essential oils and provide more efficient use. When massaging, the vegetable oil helps lubricate the skin. Some excellent carrier oils include cold-pressed grape seed, olive, wheat germ, and sweet almond oils, or a blend of any of these.

When starting an essential oil application, always apply the oil first to the bottom of the feet. This allows the body to become acclimated to the oil, minimizing the chance of a reaction. Vita Flex foot charts can help to identify areas for best application. Start by applying 3-6 drops of a single or blended oil, spreading it over the bottom of each foot.

When applying essential oils to yourself, use 1-2 drops of oil on 2-3 locations twice a day. Increase to four times a day if needed. Apply the oil and allow it to absorb for 2-3 minutes before applying another oil or getting dressed (to avoid staining clothing.)

As a general rule, when applying oils to yourself or another person for the first time, do not apply more than two single oils or blends at one time.

When mixing essential oils blends or diluting essential oils in a carrier oil,

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it is best to use containers made of glass or earthenware, rather than plastic. Plastic particles can leach into the oil and then into the skin once it is applied.

Before applying oils, wash hands thoroughly with soap and water.

Massage

Start by applying 2 drops of a single oil or blend on the skin and massaging it in. If you are working on a large area, such as the back, mix 1-3 drops of the selected essential oil into 1 tsp. of pure carrier oil

Keep in mind that many massage oils such as olive, almond, or wheat germ oil may stain some fabrics.

Acupuncture

Licensed acupuncturists can dramatically increase the effectiveness of acupuncture by using essential oils. To start, place several drops of essential oil into the palm of your hand. Dip the acupuncture needle tip into the oil before inserting it. You can pre-mix several oils in your hand if you wish to use more than oil.

Acupressure

When performing acupressure treatment, apply 1-3 drops of essential oil to the acupressure point with a finger. Using an auricular probe with a slender point to dispense oil can enhance the application. Start by pressing firmly and then releasing. Avoid applying pressure to any particular pressure point too long. You may continue along the acupressure points and meridians or use the reflexology or Vita Flex points as well. Once you have completed small point stimulation, massage the general area with the oil.

Warm Packs

For Deeper penetration of an essential oil, use warm packs after applying oils. dip a cloth in comfortably warm water. Wring the cloth out and place it on the location. Then cover the cloth loosely with a dry towel or blanket to seal in the heat. Allow the cloth to stand for 15-30 minutes. Remove the cloth immediately if there is any discomfort.

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Cold Packs

Apply essential oils on the location, followed by cold water or ice packs when treating inflamed or swollen tissues. Frozen packages of peas or corn make excellent ice packs that will mold to the contours of the body part and will not leak. Keep the cold pack on until the swelling diminishes. For neurological problems, always use cold packs, never hot ones.

Layering

This technique consists of applying multiple oils one at a time. For example, place Marjoram over a sore muscle, massage it into the tissue gently until the area is dry, and then apply a second oil, such as peppermint, until the oil is absorbed and the skin is dry. The layer on the third oil, such as basil and continue massaging.

Creating a compress

- 💧 Rub 1-3 drops on the location, diluted or neat, depending on the oil used and the skin sensitivity at that location.
- 💧 Cover the location with a hot, damp towel
- 💧 Cover the moist towel with a dry towel for 1-30 minutes, depending on individual need.
- 💧 As the oil penetrates the skin, you may experience a warming or even a burning sensation, especially in areas where the greatest benefit occur. If burning becomes uncomfortable, apply a massage oil, vegetable mixing oil, or any pure vegetable oil such as olive or almond to the location

A second type of application is very mild and is suitable for children, or those with sensitive skin.

- 💧 Place 5-15 drops of essential oil into a basin filled with warm water.
- 💧 Water temperature should be approximately 100°F (38°C), unless the patient suffers neurological conditions; in this case, use cool water.
- 💧 Vigorously agitate the water and let it stand for 1 minute

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💧 Place a dry face cloth on top of the water to soak up oils that have floated to the surface.

💧 Wring out the water and apply the cloth on the location. To seal in the warmth, cover the location with a thick towel for 15-30 minutes.

Bath

Adding Essential oils to bath water is challenging because oil does not mix with water. For even dispersion, mix 5-10 drops of essential oil in 1/4 cup of Epsom salts or bath gel base and then add this mixture under a running faucet. This method will help the oils disperse evenly and prevent stronger oils from stinging sensitive areas.

You can also use premixed bath gels and shampoos containing essential oils as a liquid soap in the shower or bath. Lather up with the bath gel, let it soak in, and then rinse. To maximize benefits, leave the soap or shampoo on the skin or scalp for several minutes to allow the essential oils to penetrate. You can create your own aromatic bath gels by placing 5-15 drops of essential oil in 1/2 oz. of an unscented bath gel base and then add to the bath water as described above.

Shower

Essential oils can be added to Epsom salts and used in the shower. There are special shower heads containing an attached receptacle that is filled with the essential oil/salts mixture. This allows essential oils to not only make contact with the skin, but also diffuses the fragrance of the oils into the air. The showerhead receptacle can hold 1/4 to 1/2 cup of bath salts.

Start by adding 5-10 drops of essential oil to 1/4 cup bath salt. Fill the Showerhead receptacle with the oil and salt mixture. Make sure neither oils nor salts come in contact with the plastic seal on top of the receptacle. This should provide enough salt material for about 2-3 showers. Some shower heads have a bypass feature that allows the user to switch from aromatic salt water to regular tap water.

How to Enhance the Benefits of Topical Application

The longer essential oils stay in contact with the skin, the more likely they are

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to be absorbed. A high-quality lotion may be layered on top of the essential oils to reduce evaporation of the oils and enhance penetration. This may also help seal and protect cuts and wounds. Do not use ointments on burns until they are at least three days old.

Other Uses

Inhalation-Direct

Place 2 or more drops into the palm of your left hand, and rub clockwise with the flat palm of your right hand. Cup your hands together over the nose and mouth and inhale deeply. (Do not touch your eyes!)

Add several drops of an essential oil to a bowl of hot (not boiling) water. Inhale the steaming vapors that rise from the bowl. To increase the intensity of the oil vapors inhaled; drape a towel over your head and bowl before inhaling.

Apply oils to a cotton ball, tissue, or handkerchief (do not use synthetic fibers or fabric) and place it in the air vent of your car.

Inhale directly.

Indirect or Subtle Inhalation

(wearing as a perfume or cologne)

Rub 2 or more drops of oil on your chest, neck, upper sternum, wrists, or under the nose and ears. Breathe in the fragrance throughout the day.

Vaginal Retention

For systemic health problems such as candida or vaginitis, vaginal retention is one of the best ways for the body to absorb essential oils.

- 💧 Mix 20-30 drops of essential oil in 2 tablespoons of carrier oil.
- 💧 Apply a selected essential oils mixture to a tampon (for internal infection) or sanitary pad (for external lesions).
- 💧 Insert and retain for 8 hours or overnight. Use tampons or sanitary pads made with organic cotton.

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Rectal Retention

Retention enemas are the most efficient way to deliver essential oils to the urinary tract and reproductive organs. Always use a sterile syringe.

- 💧 Mix 15-20 drops of essential oil in a tablespoon of carrier oil.
- 💧 Place the mixture in a small syringe and inject into the rectum.
- 💧 Retain the mixture through the night (or longer for best results).
- 💧 Clean and disinfect the applicator after each use

Water Distillers and Filters

You can apply oils like peppermint, lemon, clove, and cinnamon to the post-filter side of your water purifier. This will help purify the water.

Dishwashing Soap

To add fragrance or improve the antiseptic action of your liquid soap, add several drops of essential oils such as lavender, *Melaleuca alternifolia*, fir, spruce, pine, lemon, bergamot, and orange.

Cleaning and Disinfecting

A few drops of oil may be added to the dishwasher to help disinfect and purify. Some popular oils are pine, orange, tangerine, lemon, and peppermint, although any antibacterial oil would work well.

Painting

When painting, add 1 teaspoon of your favorite essential oil to one gallon of paint. Mix well. The oil will counteract the unpleasant smell of paint. Because essential oils are not fatty oils, they will not leave oil spots on the walls.

Laundry

Essential oils may be used to enhance the cleanliness and fragrance of your laundry. As unpleasant as it seems, dust mites live in your bedding, feeding from the dead skin cells you constantly shed. Recent research has shown that eucalyptus oil kills dust mites.

- 💧 To achieve effective dust mite control, add 25 drops of eucalyptus to each load, or approximately 1 tablespoon to a bottle of liquid laundry detergent.
- 💧 You may also add several drops of essential oils to the rinse cycle, such as

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fir, spruce, juniper, lavender, cedarwood, wintergreen/, or rosewood.

💧 Instead of using toxic and irritating softening agents in the dryer, place a washcloth dampened with 10 drops of lavender, lemon, melaleuca, Bergamot, or other essential oils. While the oils will not reduce static cling, they will impart a distinctive fragrance to the clothes.

Toothpick Application:

Dip end of wooden toothpick into oil and apply to mixtures when one drop of oil is too much.

Surface Cleansers:

Counters, Furniture, etc. Instead of purchasing standard household cleaners for surfaces, you can create your own natural, safe version by filling a plastic spray bottle with water and a squirt of dishwashing soap. Add 3 to 5 drops each of lavender, lemon, and pine essential oils. Shake the spray bottle well, and your homemade cleaner is ready to spray. This simple solution is extremely economical, yet it cleans and disinfects as well as any commercial cleaner. Please keep in mind that some of the oils, if used directly, may stain some surfaces, such as linoleum. Additional antibacterial and antiviral oils that are excellent for cleaning include cinnamon, clove, Eucalyptus globulus, thyme, juniper, Melaleuca alternifolia, spruce, lemongrass, and grapefruit.

Floors and Carpet

By combining essential oils with common household products, you can create your own nontoxic aromatic floor and carpet cleaners.

💧 To clean non-carpeted floors, add 1/4 cup of white vinegar to a bucket of water. Then add 5-10 drops of lemon, pine, spruce, Melaleuca alternifolia, Antibacterial Blend, or another suitable oil. If the floor is especially dirty, add several drops of dishwashing soap. This will clean even the dirtiest floor.

💧 To make a carpet freshener, add 16-20 drops of essential oils to a cup of baking soda or borax powder. Mix well and place in a covered container overnight so that the oil can be absorbed. Sprinkle over your carpet the next day and then vacuum the powder up. You may also saturate a disposable cloth or tissue with several drops of essential oil and place it into the collecting bag

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of your vacuum. This will diffuse a pleasant odor as you clean. If your vacuum collects dirt into water, simply add a few drops into the water reservoir before cleaning. This refreshes both the carpet and the room.

Insecticide and Repellent:

Dust Mites, Fleas, Ticks, Ants, Spiders, etc. Many of us use synthetic chemicals to deal with insects. Single oils such as lavender, lemon, peppermint, lemongrass, cypress, Eucalyptus globulus, cinnamon, thyme, basil, citronella, and the Purification and Thieves blends effectively repel many types of insects including mites, lice, and fleas.

💧 Peppermint placed on entryways prevents ants from entering.

If you need moth repellents for your linens and woolens, avoid toxic commercial mothballs made of naphthalene. Natural essential oils like citronella, lavender, lemongrass, Western red cedar, or rosemary can just as effectively repel moths and other insects. You can make a sachet by placing several drops of essential oil on a cotton ball. Wrap and tie this in a small handkerchief or square of cotton. Hang this cloth in storage areas or add it to your chest of linens. Refresh as often as necessary. You can put this sachet in your bureau drawers to keep your clothes freshly scented. Lavender and rose are classic scents.

💧 For children's sleepwear, Roman chamomile is especially fragrant and relaxing.

💧 To scent stationery, stretch out an oil-scented cotton ball and place it in an envelope.

Hot Tubs and Saunas

Hot tubs, Jacuzzis, and saunas act as reservoirs for germs, especially if used frequently. Lavender, cinnamon, clove, Eucalyptus globulus, thyme, lemon, or grapefruit can be used to disinfect and fragrance the water. Use 3 drops per person. For saunas, add several drops of rosemary, thyme, pine, or lavender to a spray bottle with water and then spray down the surfaces. Scented water can also be used to splash on hot sauna stones

.CAUTION: Some essential oils may damage plastic sauna/spa filters or hoses.

Deodorizing: Kitchens, Bathrooms, etc.

The kitchen and bathroom are often a source of odors and bacteria. Use the following mixtures to freshen, deodorize, and disinfect the air, work areas, cupboards, bathroom fixtures, sinks, tiles, woodwork, carpets, etc. These blends are safe for the family and the environment. Since essential oils separate easily from water, always shake well and

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keep on shaking the bottle as you use these mixtures. They will deodorize and clean the air, instead of covering the odors.

Single oils:

Rosemary, lemon, Eucalyptus globulus, lavender Blends:

Citrus Fresh, Purification

Recipe #1

Mix

- 2 drops rosemary
- 4 drops lemon
- 3 drops Eucalyptus globulus
- 4 drops lavender with 1-quart water
- 1-cup water Shake mixture well and use in a spray bottle.

Recipe #2

Mix

- 3-4 drops lavender
- 5-6 drops Purification
- 1-cup water Shake mixture well and use in a spray bottle.

Recipe #3

Mix:

- 7 drops pine with an equal amount of chamomile, tea tree, lemongrass, or clove
- 1-cup water Shake mixture well and use in a spray bottle.

Cooking

Many essential oils make excellent food flavorings. They are so concentrated that only 1-2 drops of an essential oil is equivalent to a full bottle (1-2 oz. size) of dried herbs. As a general rule, spice oils impart a far stronger flavor than citrus oils do. For strong spice oils (such as oregano, nutmeg, cinnamon, marjoram, tarragon, wintergreen, thyme, or basil), you can dip a toothpick into the oils and stir food (after cooking) with the toothpick. This controls the amount of essential oil that is put into the food.

Cooking Tips:

- Ginger, cinnamon, clove, or nutmeg can be added to spice up gingersnap cookies. Use the toothpick application method.

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- Lemon, orange, mandarin, or tangerine oil can be added to a regular sponge or bundt cake recipe.
- Peppermint or spearmint oil can be added to chocolate cake, brownie, or frosting recipes.
- Nutmeg, cinnamon, clove, or ginger oil can be used in pumpkin pie or spice cake recipes.
- Oregano, marjoram, thyme, or basil can be put in tomato sauces for spaghetti, pizza, ravioli, and lasagna recipes. Use the toothpick method of application.
- Lemon, clove, orange, mandarin, or peppermint oil can be added to enhance the flavor of puddings and fruit pies. Add 1-2 drops for 4-8 servings.
- Lavender, Roman chamomile, orange, tangerine, lemon, peppermint, wintergreen, and melissa can be used to make herbal teas. Mix 2 drops essential oil with 1 tsp. of agave nectar and stir into a cup of warm water.
- Lemon, orange, mandarin, tangerine, or peppermint can be mixed into a cool refreshing drink. Mix several drops of essential oil with 1 tsp. of agave nectar and add to a pitcher of cold water.
- Cinnamon, clove, lavender, basil, German or Roman chamomile, or lemon can be used to flavor agave nectar. Warm the agave until it becomes a thin liquid, then stir in your favorite oil.
- Some oils that can be used as spices are: basil, cinnamon, clove, fennel, ginger, lemon, marjoram, nutmeg, oregano, peppermint, rosemary CT cineol, sage, spearmint, tarragon, coriander, grapefruit, mandarin, orange, wintergreen or birch, black pepper, and thyme. For a recipe that serves 6-10 people, add 1-2 drops of an oil and stir in after cooking and just before serving, so the oil does not evaporate.

Internal and Oral Use as a Dietary Supplement

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All essential oils that are Generally Regarded As Safe (GRAS) or certified as Food Additives (FA) by the FDA may be safely taken internally as dietary supplements, but ingesting essential oils should only be done under the direction of a knowledgeable health professional. In fact, many oils are actually more effective when taken orally in very small amounts. Essential oils should always be diluted in vegetable oil, agave nectar or rice milk prior to ingestion. More or less dilution may be required, depending on how strong the oil is. More potent oils, such as cinnamon, oregano, lemongrass, and thyme, will require far more dilution than relatively mild oils, and very mild oils like lavender or lemon may not need any dilution at all. As a general rule, dilute 1 drop of essential oil in 1 tsp. of agave nectar or in at least 4 ounces of a beverage. Usually no more than 2 or 3 drops should be ingested at one time (during any 4-8 hour period). Because essential oils are so concentrated, 1-2 drops are often sufficient to achieve significant benefits. Essential oils should not be given as dietary supplements to children under six years of age. Parents should exercise caution before orally administering essential oils to any child, and again, oils should always be diluted prior to ingestion. Essential oils are extremely concentrated, so they

SINGLES

🟡 GRAS Basil	🔴 GRAS Oregano	🟢 Envision
🟡 Birch	🟢 GRAS Patchouly	🟡 Exodus II
🟡 Canadian Red Cedar	🟡 GRAS Pepper, Black	🟢 Forgiveness
🟡 Cedarwood	🟡 GRAS Peppermint	🟢 Gathering
🟢 Chamomile, Roman	🟢 GRAS Petitgrain	🟢 Gentle Baby
🔴 GRAS Cinnamon Bark	🟡 GRAS Pine	🟢 Grounding
🟢 Cistus	🟡 Ravensara	🟢 Harmony
🟡 Clary Sage	🟢 Rosalina	🟢 Hope
🔴 GRAS Clove	🟢 GRAS Rose	🟢 Humility
🟡 GRAS Coriander	🟡 GRAS Rosemary	🟡 ImmuPower
🟡 Cypress	🟢 Rosewood	🟢 Inner Child
🟡 GRAS Dill	🟡 GRAS Sage	🟢 Inspiration
🟡 GRAS Eucalyptus	🟢 GRAS Sandalwood	🟢 Into The Future
🟢 GRAS Fennel	🟡 GRAS Spearmint	🟢 Joy
🟡 Fir	🟢 Spikenard	🟡 JuvaFlex
🟡 GRAS Frankincense	🟡 GRAS Spruce	🟢 Magnify Your Purpose
🟢 GRAS Galbanum	🟡🔴 GRAS Tangerine	🟡 Melrose
🟡 GRAS Geranium	🟡 Tansy, Idaho	🟢 Mister
🟡 GRAS Ginger	🟢 GRAS Tarragon	🟢 Motivation
🟡🔴 GRAS Grapefruit	🔴 GRAS Thyme	🟡 M-Grain
🟡 Helichrysum	🟢 GRAS Valerian Root	🟡 PanAway
🟢 Hyssop	🟢 Vetiver	🟢 Passion
🟢 GRAS Jasmine	🟢 Vitex Negundo	🟢 Peace & Calming
🟡 GRAS Juniper Berry	🟢 GRAS Yang Ylang	🟢 Present Time
🟢 GRAS Lavender	BLENDS	🟢 Purification
🟡 GRAS Laurus Nobilis	🟡 Abundance	🟢 Raven
🟡🔴 GRAS Lemon	🟢 Acceptance	🟢 R.C.
🔴 GRAS Lemongrass	🟢 Aroma Life	🟡 Release
🟡 GRAS Marjoram	🟡 Aroma Siez	🟢 Relieve It
🟡 GRAS Melaleuca	🟢 Awaken	🟢 Sacred Mountain
🟡 GRAS Mountain Savory	🟡 Christmas Spirit	🟢 SARA
🟢 GRAS Myrrh	🟡🔴 Citrus Fresh	🟢 Sensation
🟡 Myrtle	🟢 Clarity	🟢 Surrender
🟡 GRAS Nutmeg	🟢 Di-Tone	🔴 Thieves
🟡🔴 GRAS Orange	🟢 Dragon Time	🟢 3 Wise Men
	🟢 Dream Catcher	🟢 Valor
	🟢 EndoFlex	🟡🔴 White Angelica
	🟡 En-R-Gee	

How to read the application code

- 🟢 GRAS Generally Regard As Safe (by the FDA) for internal use.
- 🟢 Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age.
- 🟡 Dilution recommended for both topical and internal use. Dilute before using on sensitive areas—face, neck, genital area, etc. Keep out of reach of children.
- 🔴 Avoid using on skin exposed to direct sunlight or UV rays.
- 🔴 Always dilute before applying to the skin or taking internally.

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should be kept out of reach of infants and children. If a large quantity of oil is ingested at one time (more than 5 drops), contact your healthcare physician and a Poison Control Center immediately.

CAUTION: Essential oils will sting if applied in or around the eyes. Some oils may be painful on mucous membranes unless diluted properly. Immediate dilution is strongly recommended if skin becomes painfully irritated or if oil accidentally gets into eyes. Flushing the area with a vegetable oil should minimize discomfort almost immediately. **DO NOT** flush with water! Essential oils are oil-soluble, not water-soluble. Water will only spread the oils over a larger surface, possibly worsening the problem. What I have done when

I got an essential oil in my eye was to blot my eye with a dry washcloth. This worked well, including a time when I accidentally dropped a whole drop of the Blend Joy into my eye.



Single Oil Mini-Guide

Balsam Fir: *Is a conifer oil distilled in northern Idaho that has a refreshing and uplifting scent. Used in massage, it has a soothing effect on muscle and body aches and pains associated with exercise. It is being studied for its effects on cancer*

Basil: *Soothing to muscle spasms, headaches, and mental fatigue. It may also stimulate and sharpen the sense of smell. Dilute with carrier oil. Good one for spider bites as well, so keep this one handy. Remember you can use this in cooking if you like, imagine one toothpick drip in salad dressing, yum.*

Bergamot: *Analgesic, uplifting to the mind and spirit, and reduces anxiety, supports the female hormone balance. Anti-fungal, anti-inflammatory, allergies, sedative. (Bergamot is a photosensitive oil and should not be applied to skin that will be exposed to direct sunlight with 72 hours)*

Cardamon: *Diuretic, anti-bacterial, normalizes appetite, colic, coughs, heartburn, nausea, menstrual period.*

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Cedarwood: Purifies animal odors. helps to maintain healthy lung function, hair loss, dandruff, and oily hair. Tones lymph system.

Chamomile (roman): Skin care, acne, boils, rashes, and hair care. Helps relieve migraine headaches and inflamed joints.

Cinnamon Bark: Always dilute with carrier oil. Helps with strep and virus conditions. Strengthens the circulatory system. Cinnamon has recently been in the news for its blood sugar regulation as well.

Cistus: Supports the Immune System. It is believed to be the Biblical Rose of Sharon

Clary Sage: It contains natural phytoestrogen, eg hormone support. It has a mellow, warm herbal scent that is uplifting and relaxing, making it a perfect choice for supporting a normal, healthy attitude during PMS. It is also supportive for menopausal women, and it assists the body in maintaining healthy digestive and circulatory system functions.

Clove: Used in Egypt to strengthen respiratory system. Improves mental functions. An important ingredient in Thieves blend due to its wonderful immune-enhancing features, its principal constituent is eugenol, an element that is used in the dental industry to numb gums. Clove is the highest-scoring single ingredient ever tested for its antioxidant capacity on the ORAC scale.

Coriander: Cairo University research: lowers glucose levels by normalizing insulin levels, and supports pancreas function. It also supports healthy digestive and circulatory function.

Cypress: Is a lymphatic decongestant, and is often used to support the circulatory system, as well as the digestive and respiratory systems. This is super for helping improve circulation and there is a wonderful blend you can make for reducing fluid retention.

Dill: Helps maintain proper glucose levels, and is supportive to the Pancreas.

Eucalyptus: Assists respiratory system, sinuses, flu, and allergies. Helps hypoglycemia and Candida. It contains a high percentage of the compound eucalyptol, a key ingredient in many mouth rinses. It has been investigated for its effects on insects, and is used in many insect repellants. It is wonderful to diffuse during cold season, and is used in massage to calm stressed muscles.

Fennel: Is energizing, vitalizing, and balancing. Stimulating to the circulatory, glandular,

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pancreas respiratory and digestive systems. It may help alleviate the symptoms attributed to gas. It also may help with mild mood changes, cramps and edema associated with the menstrual cycle. Use with caution if epileptic or pregnant.

Fir: *Known to fight airborne germs and bacteria. Can help reduce symptoms of arthritis, rheumatism and fevers.*

Frankincense: *Is stimulating and elevating to the mind and spirit. It has been used therapeutically in European and American hospitals and is the subject of a great deal of research. It is wonderful for mature skin. It is very high in sesquiterpenes, which are a class of compounds that have a direct effect on the hypothalamus, pituitary, and amygdala. If I had to pick one oil to never be without I think this one is it. It helps with pain, inflammation, balancing out emotions and add that to the great immune support! Wow.*

Galbanum: *Helps wounds, boils and abscesses. Calms mind for meditation. It supports the immune, digestive, respiratory, and circulatory systems.*

Geranium: *Has an uplifting, and calming effect. It helps to release negative memories. It supports the circulatory, respiratory, reproductive and nervous systems, and a great deal of its strength lies in its ability to revitalize tissues.*

Ginger: *In Chinese Medicine ginger nourishes the yin, and is used for motion sickness and chills, it is soothing to the digestive system.*

Goldenrod: *supports the circulatory system, urinary tract and liver functions. It has relaxing and calming effects to the nervous system.*

Grapefruit: *Good for acne and has a tonifying effect on the skin. It is energizing and uplifting and is a popular oil for helping to control weight. Rich in the powerful antioxidant d-limonene, it is good for skin. Like many cold pressed citrus oils, it has unique fat-impacting characteristics. (This is a photosensitive oil and should not be applied to skin that will be exposed to direct sunlight with 72 hours)*

Helichrysum: *Has been studied in Europe and may promote tissue regeneration. It supports healthy skin, nerves and circulation and scores 17,430 on the antioxidant ORAC scale. This is the oil that has been shown to help with nerve regeneration and may be supportive for hearing loss or related issues. Use this direct on location, but remember never pour oils into the ears.*

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Hyssop: Noted for its purifying properties, it supports the immune, nervous and digestive systems and has been studied for its effects on opening the respiratory system.

Jasmine: is actually an essence rather than an essential oil, which means that it is obtained by extracting oil from the flowers with a solvent. It is beneficial to the skin, and is balancing to the feminine energies.

Juniper: Has a cleansing effect on the mind, spirit and body. It may also work as a detoxifier and cleaner and is beneficial to the skin and the urinary system. It has also been used to support proper nerve function

Lavender: Universal oil, can use pure. May help allergies, all types of burns, ulcers, insomnia, diaper rash, to name a few.

Ledum: Has been used for years in folk medicine. As a tea, ledum soothes the stomach, coughs and hoarseness. It is also believed to calm occasional nervousness. It supports the digestive and respiratory systems and the health of the liver.

Lemon: Germicide, purifies air and water. Relieves heartburn, and is uplifting to the mind. It consists of 68 % d-limonene, a powerful antioxidant. It is delightfully refreshing in water and may be beneficial to the skin. It can also deter pests. (This is a photosensitive oil and should not be applied to skin that will be exposed to direct sunlight with 72 hours)

Lemongrass: Has been used as a mosquito repellent, helps connective tissue repair and regenerate. It improves mental clarity, and supports the digestive and circulatory systems and it has a score of 17,765 on the antioxidant ORAC scale developed at Tufts University.

Marjoram: Especially good for tight muscles, may calm spasms and respiratory problems. Has antiseptic properties

Melaleuca: Used in war for gangrene and wounds. Can be taken before, during and after radiation treatment. It supports the immune and respiratory systems.

Melissa: Supportive to the nervous system, and is good for skin problems and eczema. It is comforting during the cold season and supportive the immune system.

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Mountain Savory: *Has been used historically as a general tonic for the body. It scores 113,071 on the ORAC antioxidant scale. It is very antiseptic, and provides support for the immune, nervous, and circulatory systems.*

Myrrh: *Helps gum infections, mouth ulcers, skin rashes, wrinkles, and hemorrhoids. Can help abnormal vaginal discharge. It is very high in sesquiterpenes, which are a class of compounds that have a direct effect on the hypothalamus, pituitary, and amygdala.*

Myrtle: *Supportive to the respiratory system, skin and hair, it has been researched for its effects on glandular imbalances and its soothing effects when inhaled.*

Nutmeg: *Eases digestion difficulties, and boosts energy. It also supports the nervous and endocrine systems and prostaglandin balance. It has been used traditionally to support normal circulation. I have used this by directly applying to adrenal glands to support adrenal exhaustion.*

Orange: *Lifts the spirit while calming the mind. It is supportive the health of the respiratory digestive and circulatory systems. It is rich in the powerful antioxidant d-limonene and aids in maintaining normal cellular regeneration. (This is a photosensitive oil and should not be applied to skin that will be exposed to direct sunlight with 72 hours) Excellent one to add to your drinking water.*

Oregano: *It stimulates and helps protect the immune system, and is supportive to the respiratory and digestive systems. Oregano has been studied extensively for its effects on numerous viruses and bacteria.*

Patchouli: *Helps relieve anxiety, influences physical and sexual energies. Used for centuries for skin care and wrinkles. It is a general tonic that helps with the digestive system.*

Peppermint: *It has long been regarded for it's soothing ability to the digestive system, it may also improve gastric motility and digestive efficiency. Jean Valnet, M.D., studied peppermint's effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in improving taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied its ability to improve concentration and mental activity. Alan Hursch, M.D., studied its ability to directly affect the brain's satiety center, which triggers a sensation of fullness after meals. Many people have found it useful for headaches and vomiting.*

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Petitgrain: *Derived from the leave of the orange tree rather than the blossoms or fruit, it is beneficial for skin and hair. It is also supportive of the nervous system, having the ability to help re-establish emotional equilibrium.*

Pine: *Hippocrates, the father of Western medicine, for its benefits to the respiratory system, pine is used in massage for stressed muscles and joints. It shares many of the same properties of Eucalyptus and the action of both oils is enhanced when they are blended. Avoid oil adulterated with turpentine, a low-cost but potentially hazardous filler.*

Ravensara: *From Madagascar, the oil that heals, has antiseptic-like qualities and is high in antioxidant, scoring 8,927 on the ORAC scale. It helps maintain healthy lung function and also provides support for the nervous systems.*

Rose: *It helps to bring balance and harmony with stimulating and uplifting properties that create a sense of well-being and self-confidence. I don't enough can be said about this oil. The smell is intoxicating and imagine this, the immune support on this oil is out of this world.*

Rosemary: *An energizing oil, it may be beneficial for helping to restore mental alertness when experiencing fatigue. It is also a popular ingredient in skin and hair products.*

Rosewood: *Has a steadying and balancing effect on emotions and may help to uplift feelings of despair. Rosewood essential oil has been researched at Weber State University, Ogden, Utah, for its ability to support the body's natural defenses. Its soothing and refreshing qualities make it a sought-after ingredient in skin care products.*

Sage: *It has been recognized for its ability to strengthen the senses and vital centers of the body and to support metabolism.*

Sandalwood: *It has been used traditionally as incense in religious ceremonies and for meditation, it is uplifting and relaxing. Sandalwood is high in sesquiterpenes and has been researched in Europe for its ability to oxygenate a part of the brain known as the pineal gland. The pineal gland is responsible for releasing melatonin, which enhances deep sleep. Sandalwood is similar to frankincense oil in supporting healthy nervous and circulatory systems. It is valued in skin care for its moisturizing properties.*

Spearmint: *Is a rich antioxidant, spearmint helps support the respiratory and nervous systems and may help open and release emotional blocks leading to a sense of balance and well-being.*

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Spruce: *This is a strengthening and invigorating oil. It has a long history of use in the sauna, steam bath and as an additive to baths or massage oils used for sore muscles associated with strenuous exercise. It is supportive of the respiratory and nervous systems. It also helps to open and release emotional blocks, bringing about a feeling of balance and of peaceful security.*

Tangerine: *Has a scent similar to orange. It is beneficial to the Lymph system, and can help with occasional nervous irritability. It is also rich in the powerful antioxidant d-limonene. (This is a photosensitive oil and should not be applied to skin that will be exposed to direct sunlight with 72 hours)*

Tarragon: *This oil has been used to bring relief and balance to intestinal tract. Great support for digestion as is a key ingredient in DiGize.*

Thyme: *Known since ancient times as a medicinal herb, thyme contains large amounts of thymol, which has been studied for its effect on reducing bacteria in the mouth. As a dietary supplement, it is one of the strongest antioxidants known. It supports the immune, respiratory, digestive, nervous and other body systems.*

Valerian: *This oil has been used for thousands of years for its calming, grounding and emotionally balancing influences. During the last three decades, it has been clinically investigated for its relaxing properties. Researchers have pinpointed the sesquiterpenes, valernic acid and valerone as the active constituents that exert a calming effect on the central nervous system. German health authorities have pronounced Valerian to be an effective aid for occasional restlessness and sleep disturbances.*

Vetiver: *This oil is psychologically grounding, calming and stabilizing. One of the oils that is highest in sesquiterpenes, vetiver was studied by Dr. Terry Friedmann for improving children's behavior. Vetiver may help us cope with stress and recover from emotional trauma and shock.*

Ylang Ylang: *This oil is extremely effective in calming and bringing about a sense of relaxation, and it may help with releasing feelings of anger, tension and nervous irritability. It has a long history in skin and hair care products. Wonderful for those romantic moments because of its nature of balancing male female energies.*



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Essential Oils Blend Mini Guide

Abundance: Created to enhance and stimulate the frequency of the energy fields that surround us, including Law of Attraction.

Acceptance: Stimulates the mind, compelling it to open and accept new things. Helps overcome procrastination and denial. Wait until you smell this one, it is heavenly.

Aroma Life: This blend offers soothing support to the cardiovascular, lymphatic, and circulatory systems. It contains essential oils that help to relax the body and spirit while providing aid for supporting healthy cell function and encouraging overall health, vitality and longevity.

Aroma Siez: May help relax, calm and relieve tight, sore, tired, and aching muscles resulting from sports injuries or stress. It also provides soothing comfort for head, neck and tired feet.

Awaken: A formulation of other blends. It brings one to inner knowing in order to make changes and desirable transitions. This blend may help you progress toward your highest potential.

Believe: is an uplifting blend of essential oils that have a steady, balancing effect on emotions, helping you to overcome feelings of despair and move beyond them to a higher level of awareness. It helps release the unlimited potential everyone possesses, making it possible to experience health, happiness and vitality more fully. Believe also has antiseptic properties and is nourishing and supportive to the skin. Used in massage it helps to relax sore tired muscles.

Brain Power: give your brain a boost with essential oils that are high in sesquiterpenes, the natural oxygenating compounds that help support healthy brain cell function. Use it to clarify thoughts and support concentration. I have heard this is great used for Attention issues and apply it to the belly button, layered with Peace and Calming.

Christmas Spirit: Fragrance reminds one of Christmas joy. Beautiful one to diffuse in a home to make it more inviting, hey how about using this to sell homes more quickly?

Citrus Fresh: This is a relaxing, calming blend rich in the powerful antioxidant d-limonene, it supports the immune system and overall health while bringing about a sense of well-being, creativity and feelings of Joy. It also works as an air purifier.

Clarity: Designed to promote a clear mind and mental alertness. A stimulant for low energy.

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Dragon Time: is a blend of single oils including clary sage which contains natural phytoestrogens. Its balancing properties make it a perfect choice for supporting a normal, healthy attitude during PMS and for helping with other menstrual concerns.

Dream Catcher: This formula may help open the mind and enhance dreams. Is an exotic formula designed to enhance the process of dreaming and visualization. The ability to hold onto your dreams-positive dreams that move you forward emotionally and spiritually-can lead to a greater ability to realize your desires and stay on the path of fulfillment. Dream Catcher also protects against negative dreams that may cloud your vision.

EndoFIex: Designed to balance and support the endocrine system. May stimulate weight loss, alleviate hot flashes.

En-R-Gee: Traditionally used for vitality, circulation, and alertness, in the body, also mental alertness.

Envision: Helps bring renewed faith in the future and maintain the emotional fortitude to achieve your goals and dreams. Apply this one to the outer ear and feel yourself relax, then massage Sacred Mountain in the inner part of the ear.

Exodus II: This is a blend of essential oils believed by researchers to have been used by Moses in protecting the Israelites from a plague. It contains aromatics that support the immune and other vital body systems. Exodus complements Exodus dietary supplements in supporting the body's natural defenses.

Forgiveness: May help release negative memories, thereby allowing one to get on with their life. Apply to heart and navel.

Gathering: Contains Galbanum, one of Moses favorite oils when he prayed along with Frankincense and Sandalwood to help gather our emotional and spiritual forces so we can achieve greater unity of purpose . Oxygenate the pineal and pituitary glands.

Gentle Baby: It is comforting, soothing, relaxing, and may be beneficial to the birthing process. Many of the essential oils in this blend are used in elite cosmetics to help smooth wrinkles and enhance a youthful appearance. Because of the photo-sensitivity of Bergamot, which is in this blend do not apply to skin that will be exposed to direct sunlight within 72 hours.

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Grounding: "Grounds one to their task." Helps to deal with distressing situations logically. My favorite place is to put in on my temples and then close my eyes and breathe in this wonderfully emotionally grounding oil.

Harmony: Promotes physical and emotional healing by bringing a harmonic balance to the body's energy centers.

Hope: Helps reconnect with a feeling of strength and grounding, allowing one to go forward with their life. As soon as you smell this oil you are infused with well being and joy.

Humility: Assists with the forgiveness process, which helps seek a closer relationship with God.

Immupower: is a powerful blend of therapeutic-grade of essential oils that supports the body's natural defenses through both diffusion and topical application. It contains oils that provide support for the immune, respiratory, digestive and nervous systems while helping to support healthy cell function. Oregano has been studied extensively for its effects on numerous viruses and bacteria.

Inner Child: Designed for those suffering from abuse. It has the effect of calming the nerves with a feeling of inner peace. Great application point is the belly button or put it on your thumb and put in your mouth :).

Inspiration: Used by Native Americans to increase their spirituality, enhancing their prayer and inner awareness.

Into the Future: This helps one leave the past behind in order to go forward with vision and excitement. This blend enhances enjoyment of challenge and pleasure in success.

Joy: is a luxuriously exotic blend with uplifting overtones that create magnetic energy and bring joy to the heart. When worn as cologne or perfume, Joy exudes an alluring and irresistible fragrance that inspires romance and togetherness. When diffused, it can be refreshing and uplifting.

Juvacleanse: provides support for the liver through a carefully formulated blend of therapeutic-grade essential oils for cleansing and detoxifying the liver.

Juva Flex: is a combination of oils that have been studied for their supportive effects on the

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liver and the digestive and lymphatic systems. It may aid in supporting healthy cell function. Juvaflex works well with Juvatone tablets.

Live With Passion: *Stimulates the feelings of passion. May help to overcome depression, mood swings, and loss of drive.*

Longevity: *contains oils that rank among the most powerful antioxidants known. Antioxidants are elements that help to neutralize free radicals and lessen the day-to-day oxidative damage we are all subject to. Antioxidants are thought to protect the skin by attaching themselves to free radicals, which minimizes the harm they do and is important for youthful looking skin. Longevity contains ingredients that score 1,500,000 on the ORAC scale.*

Magnify Your Purpose: *is a specially crafted blend of essential oils that stimulates creativity, desire, focus and motivation. It helps foster a positive attitude, encouraging you to rise above adversity, seize the initiative, overcome procrastination and self-pity, and magnify your life's purpose.*

Melrose: *Antiseptic-like properties when used for cleaning cuts, scrapes, bumps, and bruised tissue. It also aids in supporting healthy cell function. When diffused, Melrose can help dispel odors and mildew. I really like this one for sinuses. Try applying direct to the cheek bones, (make sure you close your eyes first) and massage*

Mister: *is beneficial to both men and women as support for the reproductive system. It also helps promote greater inner-body balance. Some women have found it helps soothe periodic stress from PMS, hot flashes and other concerns related to menopause. Mister is recommended for women age 30 and over. For younger women and teenagers, please see **Dragon Time.***

Motivation: *The electrical frequency may help one to overcome feelings of fear and procrastination, and move forward.*

M-Grain: *Contains oils traditionally used to relieve headaches, nausea, depression, and problems related to severe migraines.*

Pan-Away: *Many people have had relief from arthritis symptoms, sports injuries, sprains, muscle spasms, bumps, and bruises. Gary Young created this blend following a severe injury to the ligaments in his leg. It supports the circulatory system, along with muscles and joints, and also aids in maintaining normal cellular function.*

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Peace & Calming: *When diffused, it helps calm tensions and uplift spirits, promoting relaxation and a deep sense of peace. When massaged on the bottoms of the feet, it can be a wonderful prelude to a peaceful nights sleep. Peace and Calming may be especially calming and comforting to young children after an overactive and stressful day.*

Present Time: *Gives the feeling of being in the moment Disease develops when we live in the past.*

Purification: *is a special antiseptic like formulation of therapeutic grade essential oils that can be used directly on the skin to cleanse and soothe insect bites, cuts and scrapes. When diffused, it helps to purify and cleanse the air and neutralize mildew, cigarette smoke and disagreeable odors.*

Raven: *is a combination of immune-enhancing deeply soothing therapeutic grade essential oils that provides excellent support for the respiratory system*

RC: *contains powerful therapeutic grade essential oils that provide support for the respiratory system while enhancing the body's natural defenses*

Release: *Helps in letting go of negative emotions. Apply to liver and bottoms of feet.*

Relieve It: *is a deeply relaxing, warming blend of therapeutic grade essential oils formulated to calm nerves and soothe muscle and joint soreness associated with exercise.*

Sacred Mountain: *promotes feelings of strength, empowerment, grounding and protection that are a result of being close to nature. This blend of conifer essential oils, including spruce, fir and cedarwood, evokes the sacred feelings found in the mountains. This blend has a soothing effect on irritated sinuses*

S.A.R.A.: *Helps unlock and release traumatic experiences, such as physical and emotional abuse.*

Sensation: *Nourishing and hydrating for the skin and in beneficial for various skin problems, this blend is extremely uplifting and refreshing.*

Surrender: *Creates the feeling of surrendering one's aggression, emotion, and controlling attitude.*

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Thieves: was created based on research about four thieves in France who protected themselves with cloves, rosemary and other aromatics while robbing plague victims. Potent anti-microbial. Weber State University tested and found this blend had a 99.6% kill rate against airborne bacteria.

3 Wise Men: Designed to open the subconscious through pineal gland stimulation to help release deep seated trauma.

Trauma Life: May help release buried emotional trauma as well as upsets such as death of a loved one, or from assault, abuse, etc.

Valor: Balances electrical energies, gives conscience and courage. It has been found to help the body self-correct its balance and alignment.

White Angelica: Blend of 10 oils that is calming and brings a feeling of protection. Its frequency neutralizes negative energy.

Much of the information in this guide has come from 2 sources—The Young Living Product Guide and the Essential Oils Desk Reference (3rd Edition). You can order the Essential Oils Desk Reference from Essential Science Publishing. They are a wonderful resource for books, videos, DVDs, and audio on Essential Oils, as well as many aspects of natural healing

<http://www.essentialscience.net/>

You may also contact them at 1-800-336-6308, Monday through Friday, 8:30 - 5:00 MST.

If you would like more information on Essential Oils, and natural healing and wellness, please contact:

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