



# Aura Cacia aromatherapy essentials

Aura Cacia®



*pure aromatherapy*





Here are some simple aromatherapy recipes for you to try. Share these blends with your friends, or enjoy them before sleep; use them to help free your spirit, heal yourself or build self-trust.

**Warming Deep Tissue Massage Oil**

Apply this warming massage oil to relieve muscle tension.

- ¼ cup sweet almond oil
- 12 drops juniper berry oil
- 8 drops cardamom seed oil
- 8 drops nutmeg oil

Mix oils and work into muscles all over the body. (If you have sensitive skin, test a drop on the inner arm before general application.)

**Dream Sachet**

The herbs in this blend are traditionally associated with rest and dreaming. Combine them with calming oils and create a dream-inspiring sachet to slip into your pillow at night.

- ¼ cup mugwort herb
- ¼ cup hop flowers
- ¼ cup dried rose petals
- ¼ cup lavender flowers
- 25 drops (about ¼ teaspoon) each of Roman chamomile and lavender oils

Fill a cotton drawstring bag with the mixture or fill a handkerchief and tie it up with ribbon.

**Moisturizing Lip Balm**

Moisten thirsty lips with this natural alternative to petroleum-based lip balms.

- ¾ cup cocoa butter
- ¼ cup jojoba oil
- 13 drops tangerine oil
- 5 drops carrot seed oil

Melt together cocoa butter and jojoba oil, remove from heat, add oils and pour into jar or tin.

**Inspiring Desktop Diffuser Salts**

This natural take on old-fashioned smelling salts is an inspiring office pick-me-up. Reach for this instead of a caffeine-laden cup of coffee.

- 1 cup coarse sea salt
- 1 tablespoon each of cut and sifted rosemary and lemongrass leaf
- Several drops each of rosemary, lemongrass and sweet orange oils

Combine ingredients in a lidded jar or tin, shake, uncap and enjoy the aroma. Replenish oils as desired.

**Penetrating Chest Salve**

This easy-to-make chest salve will engender deep, open breathing and reconstitute the senses.

- ¾ cup cocoa butter
- ¼ cup sweet almond oil
- 10 drops eucalyptus oil
- 4 drops peppermint oil
- 4 drops lemon oil

Melt together cocoa butter and almond oil, remove from heat, add essential oils and pour into small jar or tin.

**Aura Cacia: the specifics of our label**

We supply complete user information on the label of each essential oil. Along with the botanical name, origin, and usage cautions, each label identifies the primary benefit of the oil and suggests a proven aromatherapy recipe.

**Brand identifier:**

Designates whether the product is an Aura Cacia or Aura Cacia Organics essential oil

**Suggested usage:**

Suggests an easy-to-make aromatherapy recipe that amplifies the benefit of the oil

**Botanical name:**

Ensures that you are getting the oil you intended to purchase

**Origin:**

Gives the geographic origin of the particular oil

**Aroma:**

Provides a brief description of the oil's aromatic qualities

**Body:**

Identifies the primary aromatherapy benefit for the body

**Mind:**

Identifies the primary aromatherapy benefit for the mind

**Spirit:**

Identifies the primary aromatherapy benefit for the spirit



**Identifier:**

The common name of the oil

**Net weight:**

Aura Cacia delivers .5 oz. of oil and Aura Cacia Organics delivers .33 oz.

**Benefit:**

The primary general aromatherapy benefit of the oil

**Distribution information:**

Contact information for our company

**UPC:**

Used by retailers and manufacturers to identify the product

**Warnings:**

Cautions and warnings specific to each individual oil

**A**ura Cacia has been the leading supplier of aromatherapy products for more than two decades, and so has the experience and expertise to be able to promise only the best. We also simplify aromatherapy by offering a range of delivery options for our aromas: you can buy individual essential oils, carefully considered blends, skin care oils and a variety of ready-to-use items. Finally, we offer an unparalleled selection of certified organic essential oils and personal care products.

Aura Cacia is true aromatherapy. Careful sourcing and sophisticated testing allow us to guarantee that Aura Cacia oils are 100% authentic and pure and that Aura Cacia Organics products are genuinely organic. With Aura Cacia, you get the oils preferred by expert aromatherapists, but you also get information—read on to learn everything you need to know about the role essential oils can play in your everyday life.

**Aura Cacia**®



*pure aromatherapy*



# Aura Cacia 100% pure aromatherapy

## What are essential oils?

Essential oils are the highly concentrated aromatic essences of plants from around the world. They are extracted directly from various plant parts—the root, flower, fruit, leaf and wood which are depicted in the Aura Cacia logo. The pure oils derived from these natural botanical sources are the basis for Aura Cacia's aromatherapy products.

## Finding the right essential oils.

Quality is the key to aromatherapy—only 100% pure essential oils provide true aromatherapy benefits. Aura Cacia offers a broad selection of top-quality natural and organic essential oils. You can find just the right oils for you and your family, whether you're a novice or an experienced aromatherapist.

## How does aromatherapy work?

The powerful aromas of essential oils affect your mood and feelings through your sense of smell; consequently, you can influence your mindset by your choice of oils. Many oils can be used in practical ways—like nourishing your skin and hair or strengthening cleaning products—while at the same time their scents provide aromatherapy benefits.

## How are essential oils used?

There are many ways to make essential oils a part of your life—diffuse them into the air, add them to your bath water, or spray them from mister bottles. Another especially effective application involves adding them to skin care oils.

## What are certified organic oils?

Certified organic essential oils are certified by an objective third party. They are made from plants grown

on organic farms, without the use of pesticides or chemicals, and are processed and packaged so as to avoid all non-organic contamination.

## What are skin care oils?

A skin care oil is a natural oil that can be safely applied full strength to the skin. Essential oils are diluted in skin care oils to create aromatherapy massage oils or skin treatments. Avocado, sweet almond, and apricot kernel oils are good for dry skin, while grapeseed is perfect for oily complexions. Jojoba is highly regarded as a skin care oil because it closely matches the properties of the skin's own protective oil, isn't excessively oily and is full of skin-nurturing vitamin E. Aura Cacia provides top-quality natural and organic skin care oils for aromatherapy use.

# Aura Cacia single essences



These 100% pure, natural essential oils concentrate the exact aromatic profile of individual plants to provide full aromatherapy benefits.

### **Allspice Berry (*Pimenta dioica*)**

The soft, warm aroma of allspice oil belies its activating (even potentially irritating) effects on the skin. But when used in tiny amounts (1 drop/teaspoon of carrier oil), it can help alleviate the pain associated with stiff and tired muscles and joints. The familiar, clove-like aroma is comforting, lifting the spirit and inspiring confidence.

### **Almond, Bitter (*Prunus species*)**

The aroma of almond nurtures the spirit and helps temper emotional turmoil and stress. Create a motivating scent by combining the sweet, cherry-like aroma of bitter almond with bergamot orange. (Consider diffusing this blend in a workout area.)

### **Amyris (*Amyris balsamifera*)**

Often used as a perfume fixative, amyris oil has a balsamic scent similar to that of sandalwood. Combine with

chamomile and lavender to create a gentle-acting skin care application. Blend with rose, jasmine and neroli for a natural perfume.

### **Anise Seed (*Pimpinella anisum*)**

Anise seed gives off a sweet, licorice-like aroma that inspires exhilaration, euphoria and elation. Distilled from the ripe seed, anise oil contains a natural substance that can form white crystals in the oil. If this happens, warm the bottle slightly until the crystals dissolve.

### **Atlas Cedar (*Cedrus atlantica*)**

❖ *available only in certified organic*

Deep, woody and rich, the aroma of Atlas cedar yields benefits similar to those of sandalwood—it inspires emotional strength and centers awareness. It is also a beneficial skin treatment.

## **Basil, Sweet (*Ocimum basilicum*)**

❖ *available in certified organic*

Spicy and herbaceous, basil provides emotional lift and mental inspiration. Try diffusing after lunch to dispel lethargy. Basil is thought to be native to Asia and Africa, but many culinary forms are now grown throughout the world.

## **Bay (*Pimenta racemosa*)**

Bay has a spicy, sweet aroma that invigorates, opens the senses and enlivens the spirit. Dilute in olive oil and use as a stimulating scalp tonic. Bay blends nicely with eucalyptus, supporting the effects of eucalyptus during cold and flu season while moderating its intense medicinal aroma.

## **Bergamot, Bergaptene-Free**

*(Citrus bergamia)*

The fresh, fruity scent of bergamot is a key ingredient in classic colognes.

Bergamot's cleansing properties complement tea tree's purifying actions while moderating its medicinal aroma. Bergaptene-free bergamot has been redistilled to remove most of the constituents that can accelerate sunburn.

## **Bergamot, Natural (*Citrus bergamia*)**

❖ *available in certified organic*

The fresh, fruity scent of this uncommon citrus fruit makes a refreshing room spray. Combine with water in a spritzer to help suppress mold and mildew and remove odor. Substitute bergaptene-free bergamot for natural bergamot in any skin application.

## **Blue Cypress (*Callitris intratropica*)**

Distilled from the wood of an Australian evergreen, blue cypress has a unique balsamic and subtle woody aroma reminiscent of sandalwood.

Like other wood oils, it supplies fortitude and inspires confidence. The scent of blue cypress also has a relaxing effect.

## Camphor, White

*(Cinnamomum camphora)*

The penetrating, medicinal aroma of camphor is associated with chest rubs and salves for muscles and joints. For a natural alternative to chemical mothballs, scent cotton balls with a few drops of camphor.

## Cardamom Seed

*(Elettaria cardamomum)*

Both masculine and feminine perfumes can be enhanced by this warm, spicy aroma. In massage oils, cardamom seed improves circulation and warms the muscles without irritating the skin. It's a great choice for those with sensitive skin.

# Aura Cacia's botanical trivia:



*Before the advent of expeller  
extracting machines,  
**bergamot** oil was  
painstakingly extracted from  
the fruit peel by hand-squeezing  
the oil into sponges.*



## Aura Cacia's botanical trivia:



*Queen Anne's Lace,  
a well-known  
roadside flower,  
probably originated from  
a garden **carrot** escapee.*

## Cassia (Cinnamon) Bark *(Cinnamomum cassia)*

Though it emits a comforting aroma, cassia bark oil is highly irritating and should not make contact with the skin. However, its properties stimulate the immune system and are appropriate for diffusion.

## Carrot Seed (*Daucus carota*)

A superb skin-nourishing essential oil, carrot seed helps balance both oily and dry complexions. Blended with rose, geranium and clary sage, it can help ease physical and emotional transitions.



## Cedarwood, Texas

*(Juniperus mexicana)*

Distilled from oil-rich heartwood, Texas cedarwood has similar properties to sandalwood at a fraction of the cost. The oil helps to focus thoughts and stabilize the emotions. Mix several drops with citronella and grapefruit for a refreshing patio spray. Texas cedarwood contains a natural substance that can form crystals in the oil. If this happens, warm the bottle slightly until the crystals dissolve.

## Chamomile, German

*(Matricaria chamomilla)*

❖ *available only blended with jojoba*

The warm, herbaceous aroma of German chamomile has rich, sweet, tobacco-like nuances. This exceptionally calming oil has a beautiful deep indigo blue color. Add a few drops of German chamomile to skin care oils to make them especially soothing.

## Chamomile, Roman

*(Chamaemelum nobile)*

❖ *available blended with jojoba*

The sweet, apple-like aroma of Roman chamomile soothes skin flare-ups and helps alleviate body soreness. Combine with lavender for a relaxing evening bath or mix with distilled water to make a calming mist.

## Chamomile, Wild

*(Ormenis multicaulis)*

Wild chamomile is not a true chamomile but shares chamomile's soothing qualities and is ideal for sensitive skin care applications. Its fresh, herbaceous aroma helps balance changes.

## Cinnamon Leaf

*(Cinnamomum zeylanicum)*

❖ *available in certified organic*

The fresh, spicy aroma of cinnamon leaf is more reminiscent of clove than cinnamon. Energizing, focusing and revitalizing, cinnamon leaf enhances active reasoning when diffused into the air. (This powerful oil can be an irritant and should not be applied directly to the skin.)

## Citronella (*Cymbopogon nardus*)

❖ *available in certified organic*

With its powerful lemon-like aroma, citronella is a common ingredient in bug-repelling sprays. Astringent and cleansing citronella is also useful for oily, blemished skin and large pores. It can be irritating, so be sure to dilute properly.

## Clary Sage (*Salvia sclarea*)

❖ *available in certified organic*

Clary sage is a key ingredient in many skin care formulas. It has a sweet, soothing aroma with intriguing musk and wine-like nuances. This popular oil tones the skin, balances the emotions and lifts the spirit.

## Clove Bud (*Syzygium aromaticum*)

❖ *available in certified organic*

The sweet, spicy aroma of clove is familiar and comforting. Its scent evokes a calm energy that can motivate action. Diffuse it with sweet orange to create an uplifting mood.

## Coriander Seed (*Coriandrum sativum*)

Similar to bergamot, but with a woody nuance, coriander's scent adds a sweet freshness to soaps and perfumes. Combine this calming, focusing oil with lavender to inspire restful sleep.



## Aura Cacia Organics

*offers an extensive line  
of certified organic  
essential oils*

*in .33 oz. & 1.66 oz. sizes.*

### Cypress (*Cupressus sempervirens*)

❖ *available in certified organic*

Ancient Greco-Roman culture used cypress medicinally and as a purifying incense. The oil has a skin-tightening, pore-reducing effect. It blends well with other Mediterranean oils like lavender, clary sage and bergamot.

### Eucalyptus

*(Eucalyptus globulus)*

Distilled from the leaves of the tree, eucalyptus oil has a fresh, penetrating scent and is a common ingredient in salves and cold-care products. Combine with lavender to make a chest rub. Diffusion of eucalyptus purifies the atmosphere and clears negative energy.

## Eucalyptus (*Eucalyptus radiata*)

❖ *available only in certified organic*

This species of eucalyptus gives off an aroma that is a bit more green and sweet than the clean, medicinal aroma of the familiar *Eucalyptus globulus*. Combine with peppermint and a skin care oil for a cooling foot rub.

## Eucalyptus, Lemon

(*Eucalyptus citriodora*)

This oil contains citronella, which adds a lemon-like tone to the familiar, penetrating aroma of eucalyptus. It is often used in household products, and functions as an effective ingredient in insect repellent. Combine with lavender, peppermint and a skin care oil to create a refreshing foot massage oil.

## Fennel Seed (*Foeniculum vulgare*)

The aroma of fennel seed essential oil is sweet and warm with a spicy, anise-like quality. Fennel can be diffused or used

in stomach massage; it also improves the flow of body energy.

## Fir Needle, Balsam (*Abies balsamea*)

When used as a room spray, this fresh evergreen scent evokes images of mountainside fir forests and holiday festivities. Balsam fir opens breathing and lifts the spirit.

## Aura Cacia's botanical trivia:



*The ground ash from  
burnt frankincense,  
known as kohl,  
was used to create the  
distinctive eye makeup of  
ancient Egypt.*

## **Fir Needle, Silver (*Abies alba*)**

❖ *available only in certified organic*

Foresty, clean and sweet, the aroma of silver fir oil opens and refreshes the senses. Combined with skin care oils, it can help lessen the aches and pains associated with aging.

## **Frankincense (*Boswellia sacra*)**

❖ *available blended with jojoba*

Used extensively in incense and fine perfumery for thousands of years, frankincense is characterized by a sweet, balsamic aroma. It was a sacred fumigant in ancient Egypt and the Middle East.

## **Geranium (*Pelargonium graveolens*)**

❖ *available in certified organic*

Geranium has a rose-like aroma with minty undertones. An important ingredient in many skin care products, it provides balancing properties to both

dry and oily complexions. Add a few drops to facial cleansers to supplement their effects.

## **Geranium, Bourbon**

*(Pelargonium graveolens)*

A high-quality geranium oil that's distilled from a special variety of *P. graveolens* originating from Reunion Island and Madagascar. Its rich, rose-like scent and remarkable staying power are valued in perfumery.

## **Ginger (*Zingiber officinale*)**

This earthy aroma is a wonderful modifier in blends containing vetiver and citrus oils. You can also create robust, sensualizing blends by combining ginger with oils like patchouli and jasmine. Ginger warms muscles and is particularly appealing during massage.

## Grapefruit (*Citrus paradisi*)

❖ *available in certified organic*

Grapefruit has a tangy, citrus scent that children in particular appreciate. Combine it with lavender in a bubble bath, or make a refreshing travel mist by blending it with peppermint and water in a spritzer bottle.

## Hyssop (*Hyssopus officinalis*)

Hyssop emits a sweet, herbal scent that blends well with clove, lavender, rosemary, sage and citrus oils. A purifying oil, it can be combined with eucalyptus or spike lavender in a sick-room diffusion.

## Jasmine Absolute

(*Jasminum grandiflorum*)

❖ *available blended with jojoba*

A common ingredient in perfumes, jasmine emits a potent and radiant floral aroma. It's a sensual oil, making it an ideal component of an intimate massage.

## Juniper Berry (*Juniperus communis*)

The fruity, woody aroma of juniper berry combines well with citrus oils in room sprays and adds a masculine scent to aftershaves and colognes. Juniper berry invigorates and is particularly effective when used in massage oils.

## Juniper Berry & Branch

(*Juniperus communis*)

❖ *available only in certified organic*

This oil has a slightly more woody and pine needle-like aroma than juniper berry oil. It has similar uses, but is more activating and warming in character.

## Lavandin (*Lavandula x intermedia*)

A natural cross-pollination of true lavender and spike lavender, lavandin gives soaps and detergents a fresh, bracing aroma. Gently purifying, it's an ideal ingredient in chest rubs or salves for the very young or infirm.

# Aura Cacia's botanical trivia:



*It takes  
two years for a  
juniper berry  
to ripen.*

## Lavender, Spike

*(Lavandula latifolia)*

❖ *available in certified organic*

The powerful, lavender-tinged scent of spike lavender blends well with other oils in purifying room sprays, insect repellents and body care products. Add a few drops to supplement the effectiveness of cold care ointments.

▼ *Lavender*

## Lavender (*Lavandula angustifolia*)

❖ *available in certified organic*

Lavender's perfectly balanced floral-herbaceous aroma provides an unmatched array of attributes—calming, relaxing, refreshing, toning and cleansing—making it the most popular oil in aromatherapy.



## Lemon (*Citrus limon*)

❖ *available in certified organic*

Expressed from the peel of the fresh fruit, lemon oil is a sweetly scented, purifying oil. It combines well with tea tree in cleansing applications for blemishes.

## Lemongrass (*Cymbopogon flexuosus*)

❖ *available in certified organic*

This tropical grass has been traditionally used in India and is an effective cleansing and astringent ingredient in skin care preparations.

## Lime (*Citrus aurantifolia*)

Expressed from fresh lime peel, this oil shares many of lemon's aromatherapy qualities. Use it to cleanse oily skin, or combine with eucalyptus for a purifying diffusion.

## Precious essentials

*are 100% pure*

*Aura Cacia essential oils*

*pre-blended with jojoba oil*

*for convenience and ease-of-use.*



### **Marjoram, Sweet** (*Majorana hortensis*)

❖ *available only in certified organic*

Often overshadowed by lavender, sweet marjoram oil offers many of the same benefits without lavender's sweet floral aroma. Use with skin care oils to warm and comfort.

### **Marjoram, Wild** (*Thymus mastichina*)

❖ *available in certified organic*

Actually a wild-growing species of thyme, wild marjoram has a warm, spicy, herbaceous aroma. Use with skin care oils to create an invigorating massage oil.

### **Myrrh** (*Commiphora myrrha*)

❖ *available blended with jojoba*

The spicy, earthy aroma of myrrh has been used as incense for almost 4,000 years. A blend of myrrh essential oil and jojoba oil is an effective remedy for dry, dull or aged skin.

### **Myrtle** (*Myrtus communis*)

Myrtle has a sweet, penetrating scent.

The oil is used in skin care applications to combat oily skin and enlarged pores. It also has a gentle but powerful effect on the respiratory system—excellent for chest massage during the cold and flu season.

### **Neroli** (*Citrus aurantium*)

❖ *available blended with jojoba*

Distilled from the flower of the bitter orange tree, neroli has a deep, intoxicating floral aroma. It soothes agitated nervous states and is especially effective in the face of despair and grief.

### **Nutmeg** (*Myristica fragrans*)

Nutmeg serves as a warming, activating ingredient in massage oils, without the potentially irritating effects of other spice oils. It also helps to relieve soreness in overworked muscles.

## **Orange, Mandarin** (*Citrus reticulata*)

Offered as a gift to the Mandarins in ancient China, this fruity citrus oil possesses a neroli-like floral nuance. Mandarin calms the spirit and balances emotions. Carry a bottle and inhale for emotional rescue.

## **Orange, Sweet** (*Citrus sinensis*)

❖ *available in certified organic*

The familiar orange scent makes this one of the world's most popular oils and the heart of many floral blends. Sweet orange's gentle, clarifying nature cheers the heart and brightens the mood. Diffuse it often to maintain a wholesome, positively-charged atmosphere.

## **Oregano** (*Origanum vulgare*)

❖ *available in certified organic*

Oregano is a highly active oil with powerful properties that can be a

strong skin irritant—its use should be limited to purifying diffusions. Add lemon to sweeten the spicy, medicinal aroma.

## **Palmarosa** (*Cymbopogon martinii*)

Palmarosa has a lemon-like scent with floral nuances and is used in cleansing, astringent skin care products. It also helps soften the aroma of citronella without compromising its power.

## **Patchouli** (*Pogostemon cablin*)

❖ *available in certified organic*

A widely used fixative in perfumes, patchouli's rich, earthy aroma provides an olfactory bridge between floral and herbaceous oils. Add a few drops to sweet almond oil to create a nourishing treatment for dry skin.



▲ Patchouli

## Peppermint, Natural

*(Mentha piperita)*

❖ *available in certified organic*

Widely used in toothpaste, chewing gum and candy, peppermint oil has a very potent, fresh, minty aroma that produces a cooling and refreshing sensation. Combine peppermint, lavender and a skin care oil for a soothing stomach massage oil.

## Peru Balsam (*Myroxylon balsamum*)

A soothing addition to skin creams and cleansers, this oil has a rich, vanilla-like scent. Create a massage oil to loosen the chest. Peru balsam contains a natural substance that can form white crystals in the oil. If this happens, warm the bottle slightly until the crystals dissolve.

## Pine (*Pinus sylvestris*)

❖ *available in certified organic*

The woody, typically evergreen aroma of this oil lends a pleasant, deodorizing scent to many household and personal care products. Add to skin care oils for detoxifying deep tissue massages.

# Aura Cacia's botanical trivia:



**Dried rosemary**  
*was burned in the  
Middle Ages as  
protection against  
the Black Plague.*

## **Ravensara** (*Ravensara aromatica*)

❖ *available only in certified organic*

Ravensara is referred to as the “oil that heals” by the people of Madagascar. Use it to create a cleansing and purifying massage oil or diffusion.

## **Rose Absolute** (*Rosa centifolia*)

❖ *available blended with jojoba*

With its rich and long-lasting floral aroma, rose is used extensively in

quality perfumes as both an aromatic and a fixative. Diffused rose absolute will produce a stabilizing atmosphere during times of stress, anxiety and grief.

## **Rose Otto** (*Rosa damascena*)

❖ *available blended with jojoba*

This essential oil is distilled from the ancient damask rose. Rose otto has a powerful effect on the emotions and the spirit, bringing harmony and peace while dispelling fear and tension. Simply inhale the aroma to realize the benefits.

## **Rosemary** (*Rosmarinus officinalis*)

❖ *available in certified organic*

Rosemary has a fresh, herbaceous scent and has purifying and anti-microbial properties. Blend rosemary oil with grapeseed and olive oils to make a nourishing scalp massage blend.

### **Rosewood** (*Aniba rosaeodora*)

A very gentle-acting oil with a delightful woody, floral aroma, rosewood tones the skin, stabilizes emotions and centers awareness.

### **Sage** (*Salvia officinalis*)

Distilled from the common culinary garden plant, sage is a potent essential oil and should be used with discretion. Try one or two drops in combination with lavender for a purifying diffusion.

### **Sandalwood** (*Santalum album*)

❖ *available blended with jojoba*  
Sandalwood is a valuable perfume fixative with a powerful earthy, woody scent. The oil is sacred in many traditions, renowned for inspiring insight and spiritual elevation.

### **Spearmint** (*Mentha spicata*)

This sweet, minty oil offers a softer, more gentle energy than its botanical cousin peppermint. You can blend spearmint oil with lavender oil to make a calming children's bath.

### **Tangerine** (*Citrus reticulata*)

The fresh, fruity scent of tangerine is a delightful addition to children's aromatherapy blends. Combine it with lavender and add several drops to a soothing bedtime bath.

### **Tea Tree** (*Melaleuca alternifolia*)

❖ *available in certified organic*  
With its intense, medicinal aroma, tea tree is a superior essential oil that can be used by the drop directly on the skin to cleanse and purify.

### Thyme, Red (*Thymus vulgaris*)

The essential oil of the common garden and culinary thyme, red thyme is high in the constituent thymol, a powerful anti-microbial that is irritating to the skin. Try diffusing during the cold and flu season.

### Thyme, White (*Thymus vulgaris*)

White thyme is the result of a re-distillation of red thyme oil. Combine this oil with eucalyptus, tea tree and lavandin in salves.

### Vanilla (*Vanilla planifolia*)

❖ *available only blended with jojoba*

Deliciously scented vanilla oil, a common ingredient in perfumes, is extracted from the cured seed pods of a tropical orchid. Its familiar aroma—deep, rich and sweet—comforts the emotions and calms the spirit. Wear it as a sensual, all-natural perfume.

### Vetiver (*Vetiveria zizanioides*)

❖ *available in certified organic*

Vetiver has a rich, earthy scent and is often used as a perfume fixative. The aroma anchors the spirit and stabilizes the emotions.

### Wintergreen (*Gaultheria procumbens*)

The easily recognized, sweet, mint-like aroma of wintergreen is a common ingredient in candy, chewing gum and dental products. Use small amounts of this potentially irritating oil in muscle and joint ointments.

### Ylang Ylang III (*Cananga odorata*)

❖ *available in certified organic*

This “flower of flowers” has a heady, sensual aroma. The scent elevates the spirit and consoles the heart. Blend with rosewood, sandalwood and cocoa butter for an exotic body butter.

## Ylang Ylang Extra

*(Cananga odorata)*

“Extra” grade (the highest quality) Ylang Ylang has an intense floral aroma that is prized in perfumes. The powerful scent nourishes and encourages the spirit. Dab a single drop on pulse points to create an alluring perfume.

*Ylang Ylang* ►



Aura Cacia's  
botanical trivia:



### Ylang ylang

*oil is mixed with coconut oil  
and used as an aromatic  
hair dressing in the  
South Pacific.*



# Aura Cacia essential oil blends

These unique aromatherapy blends are carefully formulated so that the essential oils reinforce and balance each other for maximum effect.

## **Energize**

A blend of lemon, peppermint, rosemary and sweet orange oils that helps restore vitality and galvanize resolve. Diffuse for an instant pick-me-up.

## **Euphoria**

A blend of bergamot BF, amyris, ginger and ylang ylang III oils that creates a sense of well-being and good cheer. Create a celebratory, uplifting mood at your next gathering by diffusing this blend.

## Heartsong

A blend of lavender, rosewood, geranium and rose absolute oils that fosters feelings of kindness and affection. Comfort the emotions or inspire love with a diffusion of this rosy blend.

## Inspiration

A blend of lemon, bergamot BF, balsam fir needle, sweet basil and rosemary oils that promotes an atmosphere of creativity and enthusiasm. Diffuse in an office or studio space to promote positive, creative energy.

## Lavender Harvest

A blend of lavender, lavandin and spike lavender oils that synergistically relaxes and refreshes with the benefits of a full array of lavender oils. Inhale at night.

## Meditation

A blend of cedarwood, myrtle, patchouli and sandalwood oils that promotes a state of calm and awareness. Diffuse this blend to create an atmosphere conducive to meditation and prayer.

## Purify

A blend of patchouli, sage, peppermint and tea tree oils that counteracts negative influences and re-establishes clarity. Add a few drops to an end-of-day foot soak to cleanse, soothe and cool.

## Relaxation

A blend of sweet orange, tangerine, lemon, bergamot BF, lavender, Roman chamomile, ylang ylang III and sandalwood oils that facilitates a calm, steady attitude. Diffuse to slow down and relax.

## Soothing Heat

A blend of balsam fir needle, lemon, eucalyptus, juniper berry and myrtle oils that holistically comforts and warms. Use after a workout to comfort sore, tired muscles.

## Tranquility

A blend of lavender, balsam fir needle, patchouli, palmarosa, geranium and Roman chamomile oils that promotes relaxation and serenity. Add several drops to an evening bath after a stressful day.



# Aura Cacia skin care oils

We offer a selection of premium, 100% pure and natural, preservative-free, minimally processed skin care oils. These oils are perfect carriers for our essential oils. Note that organic versions of four of our skin care oils are available from Aura Cacia Organics.



### **Apricot Kernel (*Prunus armeniaca*)**

❖ *available in certified organic*

Expressed from the nut meats of apricots, apricot kernel oil is high in the essential fatty acids oleic and linoleic acids. It has a slightly lighter consistency than sweet almond oil and is especially good for skin, massage and bath applications.

### **Avocado (*Persea Americana*)**

Extracted from the ripe fruit, (actually a berry), avocado oil is very high in oleic acid. A rich, skin-nourishing oil, avocado is at its best in skin care applications.

### **Grapeseed (*Vitis vinifera*)**

Extracted from grapeseeds as a by-product of wine making, grapeseed oil has a nice balance of oleic, linoleic, palmitic and stearic acids. It is emolliating and toning, restoring balance in skin care applications.

### **Jojoba (*Simmondsia chinensis*)**

❖ *available in certified organic*

Extracted from the seed of a desert shrub in the American southwest, jojoba contains proteins, liquid waxes and unique fatty acids. The oil closely resembles the skin's own natural emollients.

### **Sesame (*Sesamum indicum*)**

❖ *available in certified organic*

Extracted from the familiar culinary seeds, sesame is a balanced oil that contains a full complement of nourishing components. Sesame oil is excellent in massage and skin care applications.

### **Sweet Almond (*Prunus amygdalus*)**

❖ *available in certified organic*

Extracted from almond kernels, sweet almond is high in the same essential fatty acids as apricot kernel oil, but has a slightly richer consistency. It's appropriate for dry skin care, bath oils and long-lasting massage.

# Aura Cacia safety tips

Essential oils are highly concentrated and must be used carefully. Here are some general cautions—you should also check the label of any essential oil you use for additional information specific to that oil.

