



ENHANCE

your yoga

EXPERIENCE

Aura Cacia®



pure aromatherapy

NAMASTE!

My name is Annie and I am here to show you the benefits of enhancing your yoga practice with Aura Cacia's unparalleled selection of essential oils and skin care products!

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. The pure oils derived from these natural botanical sources are the basis for Aura Cacia's aromatherapy products.

For Your Mind, Body & Spirit

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. The aromatic properties of essential oils are a catalyst for change in the human mind and body. Aura Cacia's 100% pure, natural essential oils concentrate the exact aromatic profile of individual plants to provide full mind, body and spirit benefits.

Essential Oils and Yoga

Whether looking to increase your stamina or find relaxation and rejuvenation in your practice, essential oils can bring a wide variety of benefits to the yoga mat.

Use of essential oils with your yoga practice can help you visualize your movement and quiet your mind. They can also help you gain centered and focused thought, inner strength, confidence and awareness. Essential oils can be inhaled or combined with our line of skin care oils and applied topically to certain areas of the body.

By combining essential oils with Aura Cacia's skin care oils you will discover the ability to soothe and relax your body's muscles after each practice.








Three Reasons to Introduce Essential Oils to Your Practice

- ✘ Calm the mind, body and spirit before your practice begins or at its conclusion
- ✘ Visualize stability in your poses
- ✘ Open and deepen your breathing



Chakra Balancing with Essential Oils

This table will give you a quick profile of the chakras and suggested essential oils to use with each chakra.

	SYMBOL	LOCATION	FOCUS	SUGGESTED ESSENTIAL OIL
Muladhara <i>Root Chakra</i>		base of the spine	survival	vetiver, ginger, patchouli
Swadhisthana <i>Sacral Chakra</i>		lower abdomen	emotions	sandalwood, cedarwood, geranium
Manipura <i>Solar Plexus Chakra</i>		solar plexus (midway between navel and base of sternum)	power/will	myrrh, frankincense, balsam fir needle, lemon
Anahata <i>Heart Chakra</i>		center of the chest	love	eucalyptus, rosemary, peppermint, tea tree, petitgrain
Vishuddha <i>Throat Chakra</i>		throat/base of the neck	communication	lavender, rosewood, chamomile
Ajna <i>Third Eye Chakra</i>		between the eyebrows	intuition	bergamont, orange, vanilla
Sahasrara <i>Crown Chakra</i>		top of head	awareness	neroli, jasmine, ylang ylang, rose



muladhara ROOT CHAKRA



The base chakra is concerned with how grounded you are, and how good your connection with the earth is. Any essential oils that are grounding and earth-connecting are appropriate for the base chakra. Patchouli, vetiver, and ginger are especially effective.

Suggested Poses :
Bridge
Standing Forward Bend
Head to Knee

Suggested Essential Oil : Patchouli

BOTANICAL NAME : POGOSTEMON CABLIN

MIND BENEFIT : FOCUSING

BODY BENEFIT : STABILIZING

SPIRIT BENEFIT : EARTH-CONNECTING

ANNIE'S QUICK TIP: Dab a single drop on sacrum during meditation to enhance focus.

HARMONIOUS ENERGY FLOW BLEND

Combine 28 drops patchouli essential oil with 28 drops lavender essential oil.

Add three drops of this blend to 1 ounce vegetable oil and use as a massage oil.





swadhisthana

SACRAL CHAKRA



manipura

SOLAR PLEXUS CHAKRA



Suggested Poses :
Cobra
Pigeon
Bound Angle
Open Angle

The sacral chakra represents creative energy, sensual emotions and sexuality. Any essential oils that are stabilizing and warming are appropriate for the sacral chakra. Geranium, sandalwood, and cedarwood are especially effective.

Suggested Essential Oil : Geranium

- BOTANICAL NAME : PELARGONIUM GRAVEOLENS
- MIND BENEFIT : QUIETING
- BODY BENEFIT : BALANCING
- SPIRIT BENEFIT : HARMONIZING

ANNIE'S QUICK TIP: Open bottle and slowly inhale a whiff of pure geranium oil to help visualize stability in your poses.

SACRAL MASSAGE BLEND

Combine 3 drops each of geranium, sandalwood and ylang ylang with 1 ounce of grapeseed oil. Apply to the back as a heat-building friction massage just before your yoga practice.



The solar plexus chakra is concerned with personal power and control, what it means to be a unique individual in this world, and how you make connections with others. Any essential oils that are protecting, balancing and purifying are appropriate for the solar plexus chakra. Lemon, myrrh, frankincense and balsam fir needle are especially effective.

Suggested Essential Oil : Lemon

- BOTANICAL NAME : CITRUS X LIMON
- MIND BENEFIT : VISUALIZATION
- BODY BENEFIT : ACTIVATION
- SPIRIT BENEFIT : OPENNESS

ANNIE'S QUICK TIP: A lemon and balsam fir combination will facilitate breath work while a lemon and frankincense combination will help with energy flow.

AWAKEN ENERGY FLOW

Combine 1 drop each of lemon and myrrh with 1 teaspoon of grapeseed oil in palm of hand. Rub palms together to produce heat and gently massage area around navel.

Suggested Poses :
Bow
Sun Salutation
Boat
Twists





anahata

HEART CHAKRA



vishuddha

THROAT CHAKRA



Suggested Pose :
Camel

The heart chakra is concerned with the sympathetic and harmonious coexistence of body and spirit, and is associated with the heart and chest. Any essential oils that are purifying and awakening are appropriate for the heart chakra. Eucalyptus, rosemary, peppermint, tea tree and petitgrain are especially effective.

Suggested Essential Oil : Tea Tree

BOTANICAL NAME : MELALEUCA ALTERNIFOLIA

MIND BENEFIT : OPENING

BODY BENEFIT : PURIFYING

SPIRIT BENEFIT : UPLIFTING

ANNIE'S QUICK TIP: Diffuse 3 drops each of tea tree, eucalyptus and lemon to open and deepen your breathing.

PURIFYING YOGA MAT SPRAY

Combine 8 drops each of tea tree, peppermint and sweet orange oil with 4 ounces of water in a spray bottle. Shake, mist and wipe clean yoga mat with mixture.



The throat chakra is concerned with meaningful communication and self-expression. It is also the center of will. Any essential oils that are calming and relaxing are appropriate for the throat chakra. Lavender, chamomile and rosewood are especially effective.

Suggested Essential Oil : Lavender

BOTANICAL NAME : LAVANDULA ANGUSTIFOLIA

MIND BENEFIT : QUIETING

BODY BENEFIT : RELAXING

SPIRIT BENEFIT : REASSURING

ANNIE'S QUICK TIP: Calm the mind, body and spirit with an inhalation of lavender at the start of your practice session.

Place a single drop of lavender on the skin between forefinger and thumb. Hold under the nose while gently stretching the skin across the bridge of the nose, inhale the calming aroma.

Suggested Poses :
Fish
Camel
Bridge
Plow
Shoulder Stand





ajna

THIRD EYE CHAKRA



Suggested Poses :
Half Warrior
Forward Bends
Corpse

The third eye chakra is concerned with intuition, wisdom and focusing on inner spiritual development. Any essential oils that aid concentration, insight, and intuition are appropriate. Bergamot, orange and vanilla are especially effective.

Suggested Essential Oil : Bergamot

BOTANICAL NAME : CITRUS BERGAMIA
MIND BENEFIT : CONSCIOUSNESS EXPANDING
BODY BENEFIT : NOURISHING
SPIRIT BENEFIT : FULFILLING

ANNIE'S QUICK TIP: Enhance creative visualization with a simple whiff of bergamot.

CLARITY FOR THE THIRD EYE

Dilute 1 drop each of bergamot, vanilla and lavender in 1 tablespoon of jojoba oil and dab on forehead.



sahasrara

CROWN CHAKRA



The crown chakra is concerned with the spiritual quest for enlightenment or awakening. Any essential oils that are strengthening and correct energy imbalances are appropriate. Neroli, jasmine, ylang ylang and rose are especially effective.

Suggested Essential Oil : Ylang Ylang

BOTANICAL NAME : CANANGA ODORATA
MIND BENEFIT : EMPTYING
BODY BENEFIT : TRANSCENDING
SPIRIT BENEFIT : LIBERATING

ANNIE'S QUICK TIP: An inhalation of ylang ylang will help free the mind.

TRANSCENDENCE

Place a single drop of ylang ylang in the palm of one hand. Rub palms together, cup over face in lotus pose.

Suggested Poses :
Lotus
Tree



Aura Cacia® Skin Care Oils

Our pure and natural skin care oils are the perfect base for creating individualized skin care blends.

APRICOT KERNEL ✕

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

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.

GRAPSEED

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

✕ available in certified organic



JOJOBA ✕

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 ✕

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 ✕

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.

Dilution Table

For general use DO NOT use undiluted oils on your skin. Always dilute in a carrier such as Aura Cacia skin care oils.



APPLICATION	OIL DROPS	AMOUNT OF CARRIER
Massage	12	1 oz. oil
Compress	9	8 oz. water
Bath	30	Tub of water
Body Mist	48	4 oz. water
Room Spray	72	4 oz. water
Room Diffusion	18	Per room

MASSAGE OIL BLEND

3 tablespoons sweet almond, grape seed or jojoba oil (or a combination)

5 drops peppermint

4 drops eucalyptus

13 drops lavender

2 drops rosemary

Create this invigorating massage blend to soothe and revitalize sore, tired muscles after a long hard day or vigorous workout.



WE GIVE BACK 1% OF ORGANIC ESSENTIAL OIL SALES to the farmers and communities that produce them.



To find our source of organic ylang ylang oil, we traveled to the tropical north coast on the island of Madagascar.

Learn more about our journey in Madagascar at: www.auracacia.com/sustainability

Why Aura Cacia Organic Essential Oils?

Organic essential oils differ from conventional oils in that the botanicals from which they are derived are grown organically; without pesticides and other chemicals on ground that has been certified organic. Our manufacturing facility and all of our organic essential oils have also been certified organic—meeting the strict USDA requirements for organic products—by the established third-party certifier, Quality Assurance International (QAI).

We Believe Organics Are:

- ✕ BETTER FOR YOU
- ✕ BETTER FOR THE ENVIRONMENT
- ✕ BETTER FOR THE FARMERS



Authenticity & Purity

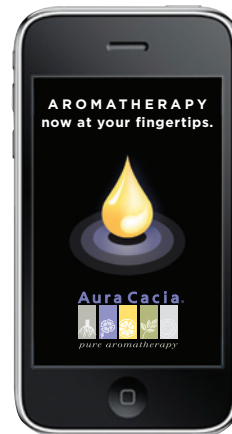
All of our oils meet the same rigorous standards—backed by our sophisticated testing—for quality and purity. Each organic essential oil has been sourced from a single origin. We never sell oils that are diluted, adulterated, or of inferior quality.

Free Aura Cacia Aromatherapy App for iPhone and iPod Touch

Familiarize yourself with the most popular essential oils, explore the basics of aromatherapy, and try out expert essential oil blend recipes.

**AVAILABLE NOW
AT THE APP STORE®**

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Visit www.auracacia.com and find a complete resource of recipes, essential oil profiles and a full line of Aura Cacia products

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Aura Cacia®



pure aromatherapy

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ENVIRONMENTAL BENEFITS STATEMENT *of using post-consumer waste fiber vs. virgin fiber*

Aura Cacia saved the following resources by using Reincarnation Matte (FSC), made with 100% recycled fiber and 60% post-consumer waste, processed chlorine free, designated Ancient Forest Friendly™ and manufactured with electricity that is offset with Green-e® certified renewable energy certificates.

trees	water	energy	solid waste	greenhouse gases
5 fully grown	2215 gallons	2 Million BTUs	135 pounds	460 pounds

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