

Aura Cacia®



pure aromatherapy

## Sensual Vanilla Massage

1/4 cup Aura Cacia® Cocoa Butter

20 drops Aura Cacia® vanilla Precious Essentials™ oil

2 drops Aura Cacia® cardamom essential oil

2 drops Aura Cacia® sweet orange essential oil

Melt cocoa butter in double boiler or microwave.

Add essential oils. Massage and enjoy!

~ Quick Tips ~

*For men: consider adding a drop or two of*

*Aura Cacia® clove essential oil*

*For women: consider adding a drop or two of*

*Aura Cacia® rose otto Precious Essentials™ oil*



**PLANT PART USED**

fruit (bean)

**SOURCE**

Madagascar

**AROMA PROFILE**

rich, sweet, floral-balsamic

**AROMATHERAPY BENEFITS**

sensual, calming, comforting, balancing



# Vanilla

*Vanilla planifolia*

Vanilla CO2 oil is extracted from the cured seed pods or 'beans' of the vanilla orchid. All of the beans are produced by a process of hand pollination and curing. The CO2 extract is obtained through a costly process that uses frozen carbon dioxide fluid as the solvent. This process captures the true, complete essence of the vanilla beans, more so than even the pure extract that is normally used in food flavoring. Vanilla adds sweetness to blends containing sandalwood, peru balsam, vetiver, coriander and cinnamon.

For more information and recipes for every season visit [www.auracacia.com](http://www.auracacia.com)

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