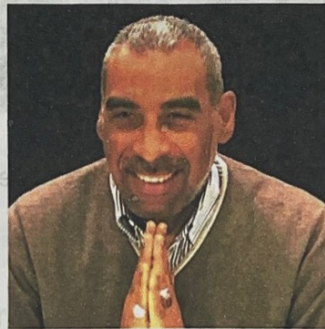
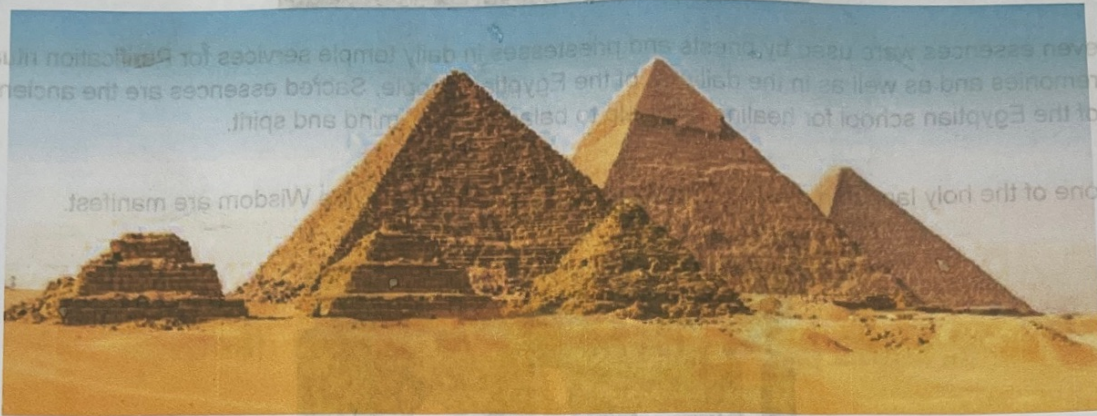


Sheikh Abdull Perfumes

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MASTER GAMAL ABDULL

Gamal Abd El Samie Zaki was born at the foot of the pyramids of Giza, where he learned to receive the **energies** of this sacred place. After an initiatory experience on Mount Sinai, he began to use sacred essences to heal the soul. For more than 25 years he has been spreading the sanction of the soul with essences.

Gamal belongs to a family that for five generations has preserved the knowledge of the use of sacred essences to help people on a physical, emotional, mental and spiritual level.

Master Gamal facilitates the sanction of the body and soul, helping to know and embrace one's own spiritual truth.

Archaeologists found offering tablets for the seven sacred essences that the pharaohs used in ancient Egypt. On the tablets found in Saqqarah in two tombs of the ancient empire, made with the finest alabaster, the names of the seven sacred essences were written in hieroglyphic characters, each on seven small concavities intended to contain each essence.



These seven essences were used by priests and priestesses in daily temple services for Purification rituals and other ceremonies and as well as in the daily life of the Egyptian people. Sacred essences are the ancient wisdom of the Egyptian school for healing and help to balance body, mind and spirit.

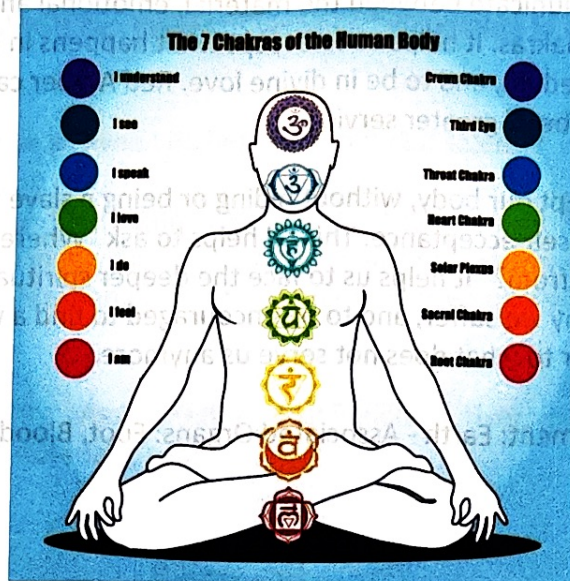
Egypt is one of the holy lands on planet Earth where Light, Love, and Divine Wisdom are manifest.



Master Gamal teaches us how to use them to discover life free of suffering and connect with inner Peace, bringing light and Cosmic Love to the earth.

The Chakras and the Nile





Egyptian Essential Oils for the Physical Chakras

1st Root Chakra - Red Amber Oil

2nd Sacral Chakra - Musk Oil

3rd Solar Plexus Chakra - Jasmine Oil

4th Heart Chakra - Rose Oil

5th Throat Chakra - Amber Cashmere Oil

6th Third Eye Chakra - Sandalwood Oil

7th Crown Chakra - Lotus Oil

Red Amber Oil

1st Root Chakra

Grounding

The Root Chakra is our connection to Mother Earth. Without good grounding, spiritual aspirations are nearly impossible to achieve. Grounding is vitally important in these times. If we are balanced in this root chakra, we are able appreciate life in all its diversities without judgments, and with a greater understanding of the differences between light and dark. We will also have greater compassion for challenges that people are going through in life. Red Amber allows us to achieve greater confidence in human life, by allowing us to tune into authentic, unconditional love, greater appreciation, deeper love and powerful service to god and humanity.

Red Amber aids us to communicate between the material, emotional and mental levels. Essentially Red Amber links up the other chakras. It helps us to accept what happens in life, to be able to let things go, to love ourselves, to enjoy freedom, and to be in divine love. Red Amber can give us the vision, knowledge and the wisdom on how to be of greater service.

Red Amber helps us to accept our body, without hiding or being a slave to it. We can allow ourselves to be as we are and with greater self-acceptance. This oil helps to ask "Where do I come from? Why am I here? Where does my pain come from?" It helps us to face the deeper spiritual reasons for our pain. Red Amber helps us to be honest to why we suffer, and to be encouraged to find a way out. We remember what we truly need, and we get clear to what does not serve us anymore.

Associated Color: Red - Element: Earth - Associated Organs: Foot, Blood, Vertebral column, Skeleton, Teeth, Bones and Legs

Musk Oil **2nd Sacral Chakra** **Heals Primal Fear and Releases Karma in Lineage Lines**

The Naval Chakra can hold feelings of fear, fault, insecurity, feeling unsafe and other energetic disturbances. Musk Oil helps us to release fear, as well as to accept, understand and clear up fault. Especially for women, it is the oil of protection, helps to understand all that is going on in the body and helps heal sexual abuse.

It stops nervousness during the "Moon Days" and gives great security. Musk Oil helps to let things go between generations, between mothers and children, and it gives calmness during pregnancy.

The Navel (or Sacral) Chakra is our center of power in the abdomen. It is responsible for the maintenance of mankind as well as for the assimilation of food. It gets energy, like the Root Chakra, from the Earth and Sun. Musk Oil is very good for healing the skin.

Associated Color: Orange - Element: Water - Associated Organs: Kidney, Urinary bladder, Reproductive system and Genitals

Jasmine Oil **3rd Solar Plexus Chakra**

Harmonize the Powers of Ying and Yang

Balancing and clearing the Solar Plexus Chakra is very important because it contains our individual "I AM". With Jasmine Oil, it is easy to find self-confidence and trust and believe in ourselves. If we want to reach higher consciousness levels, we need a strong and balanced feeling for ourselves, so we can feel safe and secure with our intuition. Jasmine Oil also connects us with our personal "I AM" higher self and harmonizes all our higher chakras (Throat, Third Eye and Crown Chakras).

Jasmine Oil is the most important oil for grounding. Some people think the main destination in spiritual work is to be "HIGH". To be always HIGH can make us weak and vulnerable to being attacked on many levels.

Jasmine Oil helps us to stay in Balance between higher and grounded worlds.

Jasmine Oil helps us to live sexually and spirituality balanced; that means to understand and harmonize the different powers of Ying and Yang. Jasmine Oil clears up and cleans the wounded chakra membranes of the Solar Plexus, and it prevents the penetration of negative influences from all levels. It takes away sadness and upset feelings of the stomach.

Associated Color: Yellow - Element: Fire - Associated Organs: Pancreas, Liver, Human digestive system, Large intestine, Stomach, Lungs and Adrenal glands.

Rose Oil

4th Heart Chakra - Opening the Heart and Clearing the Emotional Body

To Listen to the inner voice, and to Heal Emotional Stress. The Inner Voice talks about the Present; not the Past or the Future. To let go and/or to Start fresh. To be conscious of your higher self's needs.

The Heart Chakra is our "Center of Love", and aids us to express sympathy and to communicate on emotional levels. Rose Oil is called the "MASTER OIL" because it is used to clear the heart. It helps us to live on a feeling level; not on a mental level. It balances emotions with the body and with our "Collection of Memories". Rose Oil is used to forgive, to be able to forget, and it gives us the power to start again.

Rose Oil stops nervousness because it is "food" for the nervous system in the body. Rose Oil opens our heart and our feelings, but it protects us as well and gives us security. It makes us safe, helps us understand what is going on around us and assists us to be free to do what we really want to do.

Associated Color: Green - Element: Air - Associated Organs: Heart, Circulatory system and Lungs

Amber Cashmere Oil

5th Throat Chakra

Speaking Our Truth with Power and Love

Opens the Throat Chakra. For Releasing/Healing Fear and lack of self-confidence. With the Throat Chakra, we are able to express our thoughts and feelings and bring them to a speech level. The secret about Amber Cashmere is that this is the best oil to stop fear of self-expression or to communicate. It makes people believe in themselves, to drive their self-confidence, so that they can talk very frankly, to share conversation and tell their truth without fear, to face the truth and to pass through it. Assists with releasing/healing fear and lack of self-confidence.

In the ancient Egyptian times, words had a very different importance. Words, so they knew, were sound. To speak was a procedure to build up sound fields, to fuse with universal wave pattern. Amber Cashmere now-a-days comes from Libya and Cashmere. In the past (e.g. 30,000 years ago), it was grown in Libya only. At that time, Libya was Egyptian land.

Associated Color: Blue - Element: Akasha - Associated Organs: Thyroid, Parathyroid gland, Mouth, Teeth, Vocal cords, Trachea, Esophagus, Shoulders, Neck, Arms and Cervical vertebrae.

Sandalwood Oil

6th - Third Eye Chakra

Open to Inner Vision

The Third Eye Chakra is a very sensible sensitive instrument. It rules our inner sight and shows our maturity. When the Third Eye is completely opened, we can read the Akashic Records.

Sandalwood activates the Third Eye and helps us to see the powerful truth clearly and understand prophetic dreams. Sandalwood oil is very good for meditations when the meditation is focused on opening the Third Eye chakra. It helps is to open the third eye gently and smoothly into very clear sight. Opening of the Third Eye should be handled very carefully. When it opens too fast, we may see more than we can bear. So make sure you are comfortable, grounded and harmonized before using.

Sandalwood oil also helps in stressful situations, and it balances irritation on the mental level. It helps in concentration and allows one to come to clear decisions. It harmonizes emotions, fear, sadness and melancholy. It stimulates the immune system, helps in healing arthritis and rheumatism and can help heal bones and pains.

This oil has a subtle, woody scent. Its scent will become stronger when burnt in an oil burner.

Associated Color: Indigo - Associated Organs: Eyes, Brain, Nervous system, Ears, Pituitary and Pineal gland

Blue Lotus Oil

7th - Crown Chakra

Open to Higher Realms

The Crown Chakra is used to communicate through time and dimension. Blue Lotus oil helps one to see clearly, and it influences all other chakras in a positive way and is especially useful in meditation. Use this oil for opening and clearing the Crown Chakra. It helps with spiritual and psychic protection, and for healing karma. This oil helps with communication with ones who live far away, or to communicate with your higher self and other's higher selves and consciousness.

This can be very helpful in resolving issues with others when the usual verbal communication is not working. This oil also helps open us to hear and be received by our spiritual guides and teachers. It allows us to focus and heal past lives, heal karma, and bring forth ancient wisdom that you had hidden for safety for this time. By using this oil in meditation and deep contemplation, we can receive the answers for things which are not clear and balanced in this lifetime.

Blue Lotus' scent has been used in ancient times to clear and open the Crown Chakra, to take one away from the materialistic world to live on a higher spiritual level, and to be able to communicate from there. Blue Lotus Oil has been used in ancient Egyptian times in temples to lead kings and priests on a high spiritual level, and to receive universal energy to create their own world.

Associated Color: Violet - Associated Organs: Nervous system, Pituitary and Pineal glands

Egyptian Essential Oils for the Spiritual Chakras

8th Higher Self / Soul Star Chakra - Papyrus Oil

9th Spirit Chakra - Myrrh Oil

10th Galactic / Star Gate Chakra - Frankincense Oil

11th Earth / Universal Chakra - Nile Flower Oil

12th Intergalactic / Divine Source Chakra - Golden Oil

13th Soul Chakra - Carnation Oil

14th Crystal Chakra - Sakkara Flower Oil

Papyrus Oil

8th Higher Self / Soul Star Chakra

Papyrus Oil helps create a bridge between the physical and the spiritual bodies. It helps with communication and merging with our higher selves and with other worlds. It will assist with re-connection between opposite sides of all kinds. It can help bridge duality and polarity. It helps one see beyond our biases and ancestral programming to find common ground. It is useful with past life regression, soul retrievals, and past life healing. It will bring assistance in understanding the message of your soul, to be clear with your divine purpose, and brings assistance in working in alignment with your divine purpose.

Myrrh Oil

9th Spirit Chakra

Myrrh Oil upgrades and deepens spiritual awareness. It helps uplift and bring in more light into your body and soul. It is one of three holy oils that was gifted to baby Jesus by three wise mystics. It can help us to awaken and gain higher perspectives and clarity with the timeless wisdom of Master and Prophet Jesus and other Essenes of that era, to continue the work to anchor Peace and Love on Earth.

It is exceptionally protective, and it helps one to travel with ease between dimensions safely. It can assist one in traveling on sacred ley lines ... a talent that has been lost in modern times. Myrrh oil helps us to communicate with all sacred sites in the world. It can bring clarity in understanding the mission and the work of each temple, pyramid or stone circle. It helps unlock secrets of the ages. This oil has a subtle, woody scent. Its scent will become stronger when burnt in an oil burner.

Frankincense Oil

10th Galactic / Star Gate Chakra

Frankincense Oil is the oil of masters, the King of Oils. It is one of the most important oils to increase awareness, deepen meditation, and uplift our consciousness. It helps one to stay positive and neutral in a world of division and chaos. It helps us to open to receive divine guidance and wisdom from beings of light in other dimensions, Ascended Masters, Archangels, and divine guides.

It also has a necessary, protective quality that can stop any outside interference when we are working in this world and in our space. It helps stop psychic attacks, black magic and negative projections, and it can also help heal the psychic wounds left from these types of attacks.

When we begin working with this level of light, we will also be challenged by the opposing level of darkness. This is an oil that we suggest for HSP and Empaths who are highly sensitive to the energy of others, the Earth and the collective consciousness. It is one of three holy oils that were gifted to baby Jesus by three wise mystics. It is best used in combination with myrrh oil.

Nile Flower Oil

11th Earth / Universal Chakra

Nile Flower Oil helps us to link up to etheric and higher planes of Mother Earth consciousness. Helps us understand Mother Earth's powerful natural forces and timeless esoteric wisdom. It helps us align our spiritual chakras with earth's chakra system when we offer our divine energy back to Mother Earth. This offering is especially powerful when made in sacred sites. It can help bring back the knowledge of ancient alchemy of earth's energy fields. These earth chakras systems are anchored in many sacred sites all over the world and are connected by oscillating ancient energy / ley lines. This alignment brings about an ecstatic divine symbiotic relationship between an aware human being and Mother Earth. More on earth chakras. This oil also helps us connect, understand and communicate with light sources, like guides, angels, archangels, ascended masters and divine archetypes.

Golden Water Oil

12th Intergalactic / Divine Source Chakra

Golden water Oil helps us access impeccable communication with pure intergalactic energies and the divine source or creation. It can take us beyond embodiments of all kinds and reaches past the beyond into pure consciousness. But it also can be a doorway to communicate with light intelligences on other planets.

Golden Water Oil has been used for spiritual transfiguration in initiations in ancient worlds for eons and is called the oil of the Gods. Use for your spiritual practices, such as meditation and visualization, to enhance devotion and deepen reverence. For deep healing, this oil can create a back door into the solar plexus to heal stubborn wounds, like deep seeded issues and ancestral events, heal past lives, and assist in soul retrieval. This oil is essential for spiritual and shamanic healing practices. The fragrance balances the emotions and is stabilizing, empowering, up-lifting and protecting.

Golden water Oil can be used to release negativity and is effective in protection against black magic. It also protects us and our space from all malevolent energies.

Carnation Oil

13th Soul Chakra

Carnation Oil is very helpful in healing reincarnation issues. It helps us to access past life memories that hold keys for our future and to let go and filter out all memories or programs that no longer serve our higher purpose. We can also use this oil to assist with entering the memory of sacred sites like temples, pyramids, stone circles, etc.... It is very helpful to assist with communication with other dimensions. This oil helps us to navigate the cosmic pathways in the void space in-between dimensions, to know where the doors are to other dimensions, and how to bring back the wisdom and alchemy from these dimensions.

Sakkara Flower Oil

14th Crystal Chakra

Sakkara Flower Oil is very helpful in helping us raise our vibration up into the higher world into crystal consciousness / 5th dimension. We can reach spiritual transparency where nothing negative can continue to exist within us. It helps us to be in communion with our light body, and it can assist with astral travel. It helps put everything ahead of us into perfect order. It can assist us with reaching physical ascension while still living in this 3D reality. This oil helps us joyfully progress on our divine path as set out by our soul and our creator.



Seven Sacred Goddess Oils

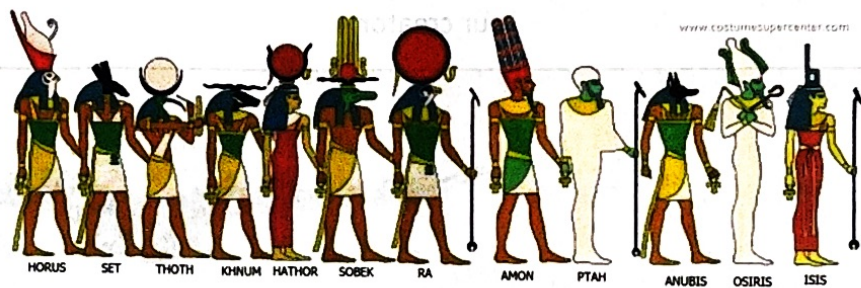
The seven aromatic anointing oils were created based on recipes and ingredient lists found in the Temple of Horus at Edfu, Egypt, which were engraved in hieroglyphs. The Seven Sacred Oils, collectively known as Merhet and revered by the ancient Egyptians since pre-dynastic times, have been revived by Master Gamal Abdull and will now once more breeze into the nostrils of humans for the first time in nearly 2,000 years.

There are around 400 sacred oils that the Ancient Egyptians used to work with to benefit and heal all issues everything and at any time.

They believed that these oils helped us to use the right talent and the right moment at the right situation.

These oils help us to discover our own truth, and how to pull out the truth of the others on the table in front of them so they were useful in developing our cognitive functions.

Ancient Egyptians believed in the truth and it was very important to them use these oils to make people recognize their own truths through their journey of self-development. These sacred oils helped in developing people's creativity – opening new doors in their lives – and channelling a lot of wisdom.



These Goddess oils help us to remove missing blocks, and brings the energy we have missed out and calling out -The oils direct you to your path we use these oils and the talents of each Goddess oil.



Behind each oil we have the story, the talent and the meaning of how these sacred oils help us in our time of age.

THE EGYPTIAN GODDESS OILS



Horus Goddess Oil

This oil is bringing out the talent of the Human in the bird. Human in the eye of Horus, what he can see in everything but from a higher perspective. This oil helps us to be able to see our worldly problems from a bird's eye view and when one sees the problem from above it is seen as very small. Therefore, we are then able to solve our problems easily. The oil helps us to look at things and put it in the right perspective.

The oil is for people who are attached to materialistic worldly things. It helps us release the love of the material, the conformity of the material world and to be more in tune with the universe.



Ra Goddess oil

The god of sun. Our Vitamin D. To light our life, body, wherever we are to bring our true light out of us and show our true nature within us. Show our goodness, our love which is light within us. The divine light that we have just like the Rays of the sun. This oil helps us to light the way for people and ourselves, helping them and us move in their life with clear bright direction. Filling our life with love, goodness, kindness, and compassion. To help ourselves and our loved ones move from darkness (old paradigm) to the light (new paradigm)

Maa't



Maa't Goddess oil

Goddess of Justice. The Balance between positive and negative. How to achieve the Yin and Yang in our life, our body, our soul. To receive justice and give justice. The balance in our life and how to achieve pure justice in our life.

Hathor



Hathor Goddess oil

To have faith and confidence in ourselves. This oil is the oil for healing sadness. How to achieve the sexual communication with our partner and to use our own magic. This oil helps us use the talent of the Goddess of motherhood, of beauty, of fertility, and of magic and achieve it in our lives.

Sekhmet



Sekhmet Goddess oil

The healer, the master, the warrior, the fighter in us; this oil works on all these traits. Sekhmet oil helps us to be able to protect our family from any outside negativity. It promotes the Defender in us the defender of peace, love and stability but not the defender of war.

Thoth



Thoth Goddess oil

The human wisdom. The goddess wisdom in all humans. This oil helps us to use our intelligence to think out of the box. This oil will help us develop this wisdom. To be able to find every solution or different solutions to our problems in life. This oil helps us to believe in ourselves and gives us the confidence to solve all our worldly problems. To remember what we need to know when we need to know it at that specific moment.



Isis Goddess oil

This oil develops our inner feminine talent – the mother, the nurturer, the carer. How to use the right feminine talent at the right moment in the right time and to stop mothering our partners and create healthy strong relationships with balanced love.

MASTER GAMAL ABDULL ESSENTIAL OILS



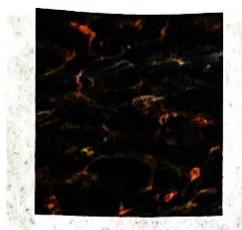
Lavender

Lavender is traditionally used in aromatherapy for the symptomatic relief of headaches, colds, and coughs. This floral and herbaceous aroma has a calming and comforting effect that supports full-body and -mind relaxation, making it a popular tool in mindfulness practices and bedtime routine.



Nile Flower

Relaxing and calming oil used since Ancient Egyptian times, this Egyptian flower grows in the Nile River, which resembles the Papyrus flower. Nile flower oil clears away negative energy around the environment while promoting an array of positive energy.



Golden Water

Golden Oil has been used for spiritual transfiguration in initiations in ancient worlds for eons and is called the oil of the Gods. Use for your spiritual practices, such as meditation and visualization, to enhance devotion and deepen reverence. For deep healing, this oil can create a back door into the solar plexus to heal stubborn wounds, like deep seeded issues and ancestral events, heal past lives, and assist in soul retrieval. This oil is essential for spiritual and shamanic healing practices. The fragrance balances the emotions and is stabilizing, empowering, up-lifting and protecting.



Flower of Sakkara

Sakkara Flower Oil is very helpful in helping us raise our vibration up into the higher world into crystal consciousness / 5th dimension. We can reach spiritual transparency where nothing negative can continue to exist within us. It helps us to be in communion with our light body, and it can assist with astral travel. It helps put everything ahead of us into perfect order. It can assist us with reaching physical ascension while still living in this 3D reality. This oil helps us joyfully progress on our divine path as set out by our soul and our creator.



Carnation

Carnation Oil is very helpful in healing reincarnation issues. It helps us to access past life memories that hold keys for our future and to let go and filter out all memories or programs that no longer serve our higher purpose. We can also use this oil to assist with entering the memory of sacred sites like temples, pyramids, stone circles, etc.... It is very helpful to assist with communication with other dimensions. This oil helps us to navigate the cosmic pathways in the void space in-between dimensions, to know where the doors are to other dimensions, and how to bring back the wisdom and alchemy from these dimensions.



Chamomile

Foster feelings of peace, patience, and anxiety relief by adding a few drops of our Pure Chamomile Essential Oil to your diffuser. Breathe in the gentle, floral aroma to create a calming sanctuary. Use 3-5 drops for a standard-sized room, following your diffuser's instructions.



Rosemary

Rosemary is often used in aromatherapy to increase concentration and memory, and to relieve stress. One study suggests that rosemary, combined with other pleasant-smelling oils, may lower cortisol levels and help reduce anxiety.



Myrrh

Myrrh is most commonly known as one of the gifts (along with gold and frankincense) the three wise men brought to Jesus in the New Testament. In fact, it was actually mentioned in the Bible 15 times because it was an important herb of the bible used as a spice, natural remedy and to purify the dead. Myrrh oil is still commonly used today as a remedy for a variety of ailments. Researchers have become interested in myrrh due to its potent antioxidant activity and potential as a cancer treatment. It has also been shown to be effective in fighting certain types of parasitic infections.



Violet

Violet essential oil is often used in perfumes, colognes, and other fragrance products due to its unique and delicate aroma. It is also used in aromatherapy for its calming and soothing effects on the mind and body. It is believed to have a relaxing and sedative effect, helping to reduce stress and anxiety.



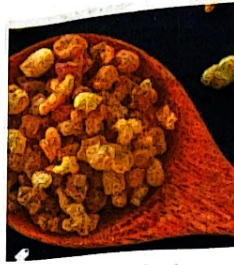
Palo Santo

Palo Santo is a highly regarded spiritually connecting and healing essential oil. Originally, Palo Santo was used by the Incas to purify and cleanse the spirit of negative energies. In Spanish, Palo Santo means Holy Wood. It was named based on its magical and therapeutic properties. Palo Santo is still used by Shamans and natural healers to clear and cleanse one's energy field. Palo Santo Essential Oil is extracted from the heartwood of the *Bursera Graveolens* tree, sharing the same family as Frankincense and Myrrh. Like Frankincense and Myrrh, Palo Santo shares similar spiritual healing benefits, while possessing insect repelling properties. The oil contains notes of mint and citrus, driving away bugs and mosquitos and clearing the mind for meditation.



Buddha Wood

Buddha Wood has the unique ability to evoke inner and outer peace. The wonderfully woody, smoky scent helps soothe and still the mind, making it an effective essential oil for use in meditation and relaxation practices.



Frankincense

Frankincense Oil is the oil of masters. It is one of the most important oils to increase awareness, deepen meditation, and uplift our consciousness. It helps one to stay positive and neutral in a world of division and chaos. It helps us to open to receive divine guidance and wisdom from beings of light in other dimensions, Ascended Masters, Archangels, and divine guides. It also has a necessary, protective quality that can stop any outside interference when we are working in this galactic space. It helps stop psychic attack, black magic and negative projections, and it can also help heal the psychic wounds left from these types of attacks. It is one of three holy oils that were gifted to the baby Jesus by three wise mystics. It is best used in combination with myrrh oil.



Cedarwood

Used in aromatherapy applications, Cedarwood Essential Oil helps to deodorize indoor environments, repel insects, prevent the development of mildew, improve cerebral activity, relax the body, enhance concentration, decrease hyperactivity, reduce harmful stress, ease tension, clear the mind, and encourage the onset of quality sleep.



Lemon Grass

There are numerous possible health benefits of lemongrass essential oil. These include fighting bacteria, reducing inflammation, providing antioxidants, and more. Lemongrass essential oil comes from the lemongrass plant, which grows in tropical and subtropical parts of the world. The oil can be bright or pale yellow with a thin consistency and a lemony scent. People have used lemongrass in traditional medicine for pain relief, stomach problems, and fevers. Its antioxidant anti-inflammatory and antifungal properties may also give it other benefits.



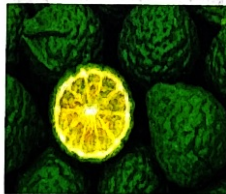
Eucalyptus

Eucalyptus oil is available as an essential oil that is used as a medicine to treat a variety of common diseases and conditions including nasal congestion, asthma, and as a tick repellent. Diluted eucalyptus oil may also be applied to the skin as a remedy for health problems such as arthritis and skin ulcers.



Peppermint

Peppermint oil is promoted for topical use (applied to the skin) for problems like headache, muscle aches, joint pain, and itching. In aromatherapy, peppermint oil is promoted for treating coughs and colds, reducing pain, improving mental function, and reducing stress.



Bergamot

It is a fragrant citrus fruit used for centuries in aromatherapy because of its refreshing and stimulating scent. The Bergamot scent is a distinctive fragrance used in aromatherapy for centuries to provide uplifting benefits. For some, it can help with emotional stressors and headaches when inhaled directly from a tissue or smelling strip or diffused into the air as an aromatic therapy treatment. It is highly effective in helping to relieve feelings of stress and anxiety and balancing energy levels, as bergamot has been shown to have a calming effect on the mind. Aromatherapists often use bergamot aromatherapy oil in massage therapy for its analgesic and antispasmodic properties when trying to help ease muscular pain or muscle cramps by adding a few drops of Bergamot oil to a carrier oil such as sweet almond oil to create a uplifting yet deeply relaxing massage oil. Bergamot essential oil is often used in aromatherapy diffusers due to its popular soothing scent that helps you relax and relieves feelings of anxiety when inhaled.



Orange

As an all-natural method for improving immune function and fighting various ailments, orange oil has been a popular remedy in folk medicine throughout the Mediterranean, India and China for hundreds, if not thousands, of years. Throughout history, orange oil has been used to treat widespread conditions, including:

poor digestion
chronic fatigue
depression
oral and skin infections
colds
flu
low libido



Spikenard

From a spiritual aspect, it is believed to inspire devotion and add to inner peace. It is said to aid in finding inner balance, both spiritually and emotionally and is an essential component in many spiritual blends. Spikenard is a relaxing and soothing oil for the skin (when mixed with carrier oil) and mind; it's used as a sedative and calming agent. It's also a natural coolant, so it rids the mind of anger and aggression. It sedates feelings of depression and restlessness and can serve as a natural way to relieve stress. The Mary Magdalena oil which anointed Jesus's feet.



Vetiver

Use vetiver essential oil to ground, relieve stress and depression, and in cases of shock and bereavement. Its familiar, earthy aroma holds you in the present, and calms any worries or anxiety. If you have any emotional struggles, vetiver is one essential oil that you want to have in your corner. Its musky, sultry aroma lures you in gently, enticing you to relax and ease away any pains that lurk within, both physically and emotionally. It is nicknamed "the oil of tranquility" in India and Sri Lanka for good reason. Its ancient roots have stood the test of time, and its fragrance has been used for centuries by local people.



Ylang ylang

Ylang Ylang is a unique oil that exudes romance and relaxation. Its calming properties help to allay feelings of negativity, fear, anxiety and dismay. It is perfect for promoting happiness and joy.



Neroli

uses of Neroli include helping to ease feelings of depression and sadness, combating grief, supporting peace and encouraging happiness.



Sage

Sage cleanses the skin when diluted and applied topically. It encourages a positive atmosphere when diffused. Sage creates a relaxed and focused environment with its calming aroma. It freshens the air and eliminates pesky odors when diffused.



Ginger

Ease nausea, menstrual discomfort, upset stomach, anxiety, muscle soreness, and joint pain. Even out skin tone and enhance skin elasticity. Have a warming and stimulating effect on the skin when mixed with carrier oil, and mind. Exhibit anti-septic and anti-inflammatory properties.



Geranium ABSOLUTE

Used in aromatherapy applications, Geranium Essential Oil is known to reduce feelings of stress, anxiety, sadness, fatigue, and tension, thereby enhancing the general sense of well-being and relaxation, while offering relief to those suffering from insomnia.



Lemon Verbena

Its anti-inflammatory action is helpful for sore muscles and joints. It is also useful to relieve sinus congestion, and ease indigestion and nausea. Its calming properties aid anxiety and stress. Its uplifting properties relieve feelings of being 'under the weather', and improve concentration.



Clove

Clove essential oil is warm, woody, spicy, and sweet. It's traditionally been used in dental products, candies, and gum for its flavor and mouth-cleansing properties. According to preclinical research, Clove essential oil can help maintain healthy digestive, nervous, and cardiovascular systems. Dilute Clove oil it with Fractionated Coconut Oil to enhance an invigorating, energizing massage or blend it with Cinnamon Bark for a festive holiday aroma.



Cinnamon

The spicy sweet scent of Cinnamon is delightful in a diffusion when blended with other essential oils known to have invigorating aromas. The scent of Cinnamon can be diffused to help stimulate mental energy and address feelings of fatigue or irritability. It can also help to open airways, promoting easier breathing and thus helping to relax when dealing with colds or flu. For a purifying blend to help manage symptoms of colds and flu and to address feelings of stress when sick.



Red Amber Oil

Red Amber aids us to communicate between the material, emotional and mental levels. Essentially Red Amber links up the other chakras. It helps us to accept what happens in life, to be able to let things go, to love ourselves, to enjoy freedom, and to be in divine love. Red Amber can give us the vision, knowledge and the wisdom on how to be of greater service. Red Amber helps us to accept our body, without hiding or being a slave to it. We can allow ourselves to be as we are and with greater self-acceptance. This oil helps to ask "Where do I come from? Why am I here? Where does my pain come from?" It helps us to face the deeper spiritual reasons for our pain. Red Amber helps us to be honest to why we suffer, and to be encouraged to find a way out. We remember what we truly need, and we get clear to what does not serve us anymore.



Red Musk Oil

Musk Oil helps us to release fear, as well as to accept, understand and clear up fault. Especially for women, it is the oil of protection, helps to understand all that is going on in the body and helps heal sexual abuse. It stops nervousness during the "Moon Days" and gives great security. Musk Oil helps to let things go between generations, between mothers and children, and it gives calmness during pregnancy.



Jasmine ABSOLUTE

Jasmine Oil helps us to stay in Balance between higher and grounded worlds. Jasmine Oil helps us to live emotionally and spirituality balanced; that means to understand and harmonize the different powers of Ying and Yang. Jasmine Oil clears up and cleans the wounded chakra membranes of the Solar Plexus, and it prevents the penetration of negative influences from all levels. It takes away sadness and upset feelings of the stomach.



Rose Oil ABSOLUTE

Rose Oil is called the "MASTER OIL" because it is used to clear the heart. It helps us to live on a feeling level; not on a mental level. It aids in helping us to love and be loved. It balances emotions with the body and with our "Collection of Memories". Rose Oil helps us process our feelings, to forgive, to be able to forget, and it gives us the power to start again. Rose Oil stops nervousness because it is "food" for the nervous system in the body. Rose Oil opens our heart and our feelings, but it protects us as well and gives us security. It makes us safe, helps us understand what is going on around us and assists us to be free to do what we really want to do with love and passion.



Amber Kashmire

Opens the Throat Chakra. For Releasing/Healing Fear and lack of self-confidence. With the Throat Chakra, we are able to express our thoughts and feelings and bring them to a speech level. The secret about Amber Cashmere is that this is the best oil to stop fear of self-expression or to communicate. It makes people believe in themselves, to drive their self-confidence, so that they can talk very frankly, to share conversation and tell their truth without fear, to face the truth and to pass through it. Assists with releasing/healing fear and lack of self-confidence.



Sandalwood

Sandalwood activates the Third Eye and helps us to see the powerful truth clearly and understand prophetic dreams. Sandalwood oil is very good for meditations when the meditation is focused on opening the Third Eye chakra. It helps is to open the third eye gently and smoothly into very clear sight. Opening of the Third Eye should be handled very carefully. When it opens too fast, we may see more than we can bear. So make sure you are comfortable, grounded and harmonized before using. Sandalwood oil also helps in stressful situations, and it balances irritation on the mental level. It helps in concentration and allows one to come to clear decisions. It harmonizes emotions, fear, sadness and melancholy. It stimulates the immune system, helps in healing arthritis and rheumatism and can help heal bones and pains. This oil has a subtle, woody scent. Its scent will become stronger when burnt in an oil burner.



Blue Lotus

The Crown Chakra is used to communicate through time and dimension. Blue Lotus oil helps one to see clearly, and it influences all other chakras in a positive way and is especially useful in meditation. Use this oil for opening and clearing the Crown Chakra. It helps with spiritual and psychic protection, and for healing karma. This oil helps with communication with ones who live far away, or to communicate with your higher self and other's higher selves and consciousness. This can be very helpful in resolving issues with others when the usual verbal communication is not working. This oil also helps open us to hear and be received by our spiritual guides and teachers. It allows us to focus and heal past lives, heal karma, and bring forth ancient wisdom that you had hidden for safety for this time. By using this oil in meditation and deep contemplation, we can receive the answers for things which are not clear and balanced in this lifetime.