


# Emotional Aromatic Touch Program

## Benefits Chart

All life is energy. If the energy in our bodies cannot flow freely, we will emotionally and physically feel 'unbalanced'. This energy, although subtle, affects every aspect of our lives, including our creativity, our vitality, and our passion – our overall health and well-being.

The *Emotional Aromatic Touch (EAT) Program* is focused on work with the energy centers of the body, or 'chakras' as they're known in the energy healing world. The word 'chakra' is Sanskrit for 'wheel' or 'disk'; energy centers of the body that are sending and receiving energy. Each of the seven major chakras that we work with in the *EAT* program resides in a certain area of the body, and resonates with certain organs, emotions, colors, and spiritual traditions.

Essential Oil	Primary Benefits	Application
<p><b>Cairo Care</b> <i>Preparation Blend</i></p>  <p>E.O.B.B.D. <b>CERTIFIED PURE</b> TESTED</p> <p><b>Ingredients:</b> 100% pure essential oils of rosewood, spruce, frankincense, blue tansy, juniper berry and fir.</p> <p><b>Description:</b> Designed to support the holistic principle that the body is in perfect balance when in proper alignment, this unique blend supports the body in deeply relaxing and releasing tension, both physically and emotionally, allowing balance and alignment.</p> <p>This blend is the oil of choice when first applying oils for <i>Emotional Aromatic Touch</i> or when doing any foot or back treatment. This is structural alignment in a bottle. It is great as a foundation oil to be used before other essential oils due to its ability to relax and prepare the body to assimilate other oils more effectively.</p>	<p><b>Rosewood-</b> Soothes inflammation and spasms, Calming to the nervous system; lowers anxiety, aids mild depression and strengthen focus;</p> <p><b>Spruce</b> – Anti-inflammatory. Nervine; mentally grounding, emotionally elevating, Helps to balance anxiety and stress.</p> <p><b>Frankincense-</b> Anti-inflammatory. Antidepressant, sedative; relieves anxiety and nervous tension, supports calm mental states. Immuno-stimulant, aids certain cancers, colds, flu; deepens breathing, regulates mucus secretion.</p> <p><b>Blue Tansy-</b> Offers anti-inflammatory properties to soothe irritation; burns, sunburns, acne, sensitive skin and keratosis.</p> <p><b>Juniper Berry-</b> Addresses a toxic lymphatic system, rheumatism, arthritis, fluid retention, painful or absent periods, immobility, emotional exhaustion, promotes mobility to the joints, cleansing of the body, opening of the mind.</p> <p><b>Fir Needles-</b> Supports a healthy nervous system, and has an elevating and stabilizing effect on the mind and emotions</p>	<p><b>Topical Use</b> – For emotional and/or physical alignment, use 3-6 drops along the spine.</p> <p>Use as first oil applied for Physical Aromatic Touch.</p> <p>Use 2 – 3 drops on spinal points on feet. Massage into feet and hands.</p> <p>For tension or inflammation, massage 5-6 undiluted drops into the lower back area. Apply a warm compress for 10-60 minutes.</p> <p><b>Inhalation</b> — Place 1-2 drops in the palms of your hands or 1-2 drops on a cloth and inhale any time of the day.</p> <p><b>Massage</b> — Massage into targeted area using 3-5 drops to 1 Tablespoon of Message oil.</p> <p><b>Diffuse</b> - 15-20 drops in 10-15 minute intervals.</p> <p><b>Common sense cautions:</b> Keep out of reach of children and avoid the eye area. Do NOT ingest. Do NOT use during pregnancy. Store at room temperature and avoid sunlight.</p>

## Essential Oil

## Primary Benefits

## Application

### Quiescent

Root Chakra



#### Description:

This aromatic and sensual blend of oils was chosen for its ability to help soothe and ease the fast pace and worries of your day, as well as relax and calm your mind, body and spirit. With Quiescent Blend, you can unwind, get yourself grounded, and create an oasis of peace. Calm the neuro-chatter that just wants to keep your attention. Escape to a world of blissful retreat any time of day! When it's time to retire for the night, support yourself in sleeping more deeply and waking more refreshed after a night of deep, restful sleep.

#### Individual Oils In Quiescent:

Proprietary blend of 100% pure, premium-grade organic and wild-crafted essential oils of vetiver, patchouli, lavender, sandalwood, basil and spruce. Countries of Origin: Haiti, Indonesia, France, Australia, Egypt, Canada

- Anti depressant
- Analgesic
- Cicatrizant
- Deodorant
- Nervine
- Prophylactic
- Anti-inflammatory
- Anticonvulsive
- Powerful antispasmodic-muscle contraction sedative
- Hypotensive
- Cardiac regulator
- Vasodilator
- Sedative
- Aids scars
- Anti-wrinkle
- Tissue regenerator
- Soothes skin
- Relieves the itching
- Moisturizes dry, dehydrated, and mature skin
- Smoothes and softens lines and wrinkles
- Relieves itching and irritation after shaving
- Slows breathing respiratory conditions of nervous origin
- Relaxes and eases breathing
- Muscular spasms
- Cramps
- Muscular contracture
- Cardiac tonic- lowers or balances high blood pressure
- Eases palpitations
- Possible aid to phlebitis, aids circulatory deficiency by increasing capillary circulation
- Teething pain
- Eases solar plexus spasms
- Nervous exhaustion
- Stress related problems
- Sedative to the brain and Central Nervous System
- Nervous tension
- Manic depression
- Soothes emotions that are exhausted from a hectic lifestyle.
- Calms nerves
- Brings thoughts and actions into focus
- Deepen meditation
- Helpful during labor
- Lessen stress
- Dispel gloomy thoughts
- Clear obsessions
- Dispel fear
- Dispel nervous tension




**Diffusion:** Diffuse in 10-15 minute intervals at the end of your day or when desired throughout the day.

**Topical:** To uplift the mind and soothe the spirits, apply 1-2 undiluted drops topically on pulse points such as the forehead, on the back of the neck at the hairline, on the temples, solar plexus, along the rim of the ear, on the wrists, the bottom of the feet and under the nose. Quiescent is a lovely facial oil and skin regenerating blend. Mix with Message, apply to face and neck area.

**Massage:** For a tranquil or sensual massage, use a mixture of 3-5 drops Quiescent Blend in 1 Tablespoon 30ML Message Oil.

**Other:** For a relaxing bath add 4-5 drops to a warm bath.

**Common sense cautions:** For topical and aromatic purposes only. Keep out of reach of children and away from eyes. Store at room temperature and avoid sunlight.

<b>Essential Oil</b>	<b>Primary Benefits</b>	<b>Application</b>
<p><b>Geranium</b></p> <p><i>Sacral Chakra</i></p> <p><i>Pelargonium graveolens.</i></p> <p>Essential Oil distilled from flowering plant.</p> <p>Indigenous to Madagascar and historically used as an anti-inflammatory; remedy for dysentery, hemorrhoids, inflammations, heavy menstrual flow, and possibly cancer, wounds. Used in skin care.</p> <p><i>Systems Affected:</i></p> <p>Emotional balance, skin.</p>  	<p>Antidepressant; balances emotions, nervous stress, neuro-balancing, neuralgia, quells anxiety, uplifting; taps into the power of the heart, increases imagination, intuition and sensory world; increases the capacity for intimate communication, allowing one to receive and to give and express.</p> <p>Analgesic aids burns, bruises; anti-inflammatory; osteoarthritis, rheumatism, gastritis, colitis. Aids poor circulation; ant-hemorrhagic; phlebitis, broken capillaries, healing especially after facial plastic surgery.</p> <p>Stimulates immune, pancreatic and lymphatic system; cicatrizing, antipruritic, phlebo-tonic; cleans digestive system of mucus; hepato-stimulant, liver tonic, adrenal, cortical, glandular problems; eases PMS, menopause; kidney tonic-diuretic, hemorrhoids.</p> <p>Astringent; balances oil gland secretion, deodorant; congested and mature skin, acne, jaundice; eczema, cellulite.</p> <p>Antispasmodic; asthma, sore throat, tonsillitis, clears mucus.</p>	<p>Apply 1-2 drops neat to challenged areas of the body. Effective compress for closing blood capillaries.</p> <p>Apply to feet at brain reflex point.</p> <p>Apply topically to minor cuts, scratches and areas of irritation such as burns, bruises and eczema.</p> <p>Inhale 1-2 drops in palm of hands for a light, fresh floral aroma for the senses.</p> <p>Effective mosquito repellent.</p> <p>Diffuse 10 – 15 drops at short intervals during the day.</p> <p>May be used as a tea; add 1 – 2 drops to 1 tsp honey, mix with warm water for soothing tea.</p>
<p><b>E-Motion</b></p> <p><i>Solar Plexus</i></p>  <p><b>Description:</b></p> <p>Use of this oil blend can support empowering emotional balance, and moving forward in the face of challenging or negative circumstances and people that show up in our lives. It can help us transform those circumstances into powerful life lessons.</p>	<p><b>Lavender</b> - Relaxes and soothes the nerves when faced with anxiety, depression, headache and migraine, hypertension, and earache.</p> <p><b>Vanilla</b> - this fragrance calms, relaxes and softens anger, frustration and irritability.</p> <p><b>Clary Sage</b> – The most euphoric of all the essential oils. Acts to strengthen and fortify one’s mental capacity. It can calm extreme fears, relieves fatigue and stress. It can also act to be very grounding, clearing out the chatter of distracting emotions imposed on us from others.</p> <p><b>Mandarin Orange</b> – is appeasing, gentle, and promotes a sense of well-being. It is also refreshing and revitalizing. Very good for stress and irritability.</p> <p><b>Sandalwood</b> - One of the oldest known perfume ingredients, going back at least 4000 years. Traditionally used in Hindu marriages and burned on a sacred fire within the marriage tent surrounding the bridal pair.</p> <p><b>Spruce</b> – Anti-inflammatory. Nervine; mentally grounding, emotionally elevating, Helps to balance anxiety and stress.</p> <p><b>Frankincense</b> – One of the highest oxygenating oils. Anciently used to enhance communication with divinity. Aids with depression and ‘nerves’. Positive and uplifting oil.</p> <p><b>Geranium</b> - Antidepressant; balances emotions, nervous stress, neuralgia, quells anxiety; uplifting, increases imagination, intuition, and capacity for intimate communication.</p> <p><b>Angelica Seed</b> – Has been used to assist in releasing negative emotions and feelings.</p>	<p>Use as a replacement to chemical-laden perfumes, use this emotional balancing, health-promoting essential oil on pulse points.</p> <p>Use as part of the <i>Emotional Aromatic Touch Treatment program</i>.</p> <p>Use whenever stress and ‘nerves’ seem to be getting the best of you, whenever you’re feeling ‘upsets’, to calm and soothe you.</p> <p>Use on the feet to support emotional balance.</p> <p>Diffuse to calm nerves and fears.</p>

**Essential Oil**

**Primary Benefits**

**Application**

**Charity**

Heart



E.O.B.B.D.  
**CERTIFIED PURE**  
TESTED

**Description:**

**Charity** - Benevolence or generosity toward others or toward humanity. The pure love of divinity; love, compassion, service, sympathy and concern for others.

Charity Blend of essential oils was formulated by Dana Clay Young to support healing and openness of the fourth Chakra, the Heart Chakra, which represents our source of love for humanity and our relationships with others. Using Charity Blend can support emotional strength, openness and availability to those we love.

**Lemon** – promotes health, healing, physical energy, is invigorating, enhancing and warming.

**Orange** – brings peace and happiness to the mind and body and joy to the heart, provides emotional support to one overcoming depression.

**Geranium** – may help with easing nervous tension and stress, balance the emotions, lift the spirit and foster peace, well being, and hope.

**Lime** – helps establish a sense of enthusiasm about life, creating energy and eagerness and excitement to your life. Helps to promote cheerfulness, optimism, enthusiasm. Uplifting; helps listlessness, refreshes tired mind.

**Ylang Ylang** – May help balance the male-female energies so one can move closer to being in spiritual attunement and allow them to focus on thoughts of love, rather than on the ever-present garbage. Brings back feelings of self-love, confidence and peace.

**Blue Tansy** – encourages an uplifting feeling, a positive attitude, and a general feeling of well being.

Use as a replacement to chemical-laden perfumes, use this emotionally balancing, health-promoting essential oil blend on pulse points.

Use as part of the *Emotional Aromatic Touch Treatment program*.

Use whenever you're feeling 'hard hearted', or recognize a need to open your heart.

Use and apply on the feet to support emotional balance, openness with loved ones, calm amidst hurts.

Diffuse to calm fears of opening your heart to others.

**Lavender**

Throat

*Lavandula vera*

Steam distilled from flowers and plant. Historically used for its purifying and soothing powers by ancient Egyptians and Romans.

*Lavandula vera* is regarded as the highest quality used in aromatherapy.

**Systems Affected:** Cardiovascular system, emotional balance, nervous system, skin.



E.O.B.B.D.  
**CERTIFIED PURE**  
TESTED

One of the most versatile oils for therapeutic purposes. Known as a universal oil - balance the body and to work wherever there is a need.

Relaxes and soothes the nerves when faced with anxiety, vertigo, depression, headache and migraine, hypertension, and earache.

Provides allergy relief.

Antispasmodic and stomachic properties calm asthma, colic, whooping cough, flatulence, dysmenorrheal, labor pains, sprains, strains and stress.

Regenerates cells and thread veins, bruises, cuts, sores, scars, and stretch marks.

Useful for areas of inflammation such as athlete's foot, burns, insect bites, itching, rheumatism, scabies, chicken pox, cystitis.

Beneficial for oily skin, acne, and dermatitis; excellent antiseptic properties ward off skin parasites, such as scabies.

An effective insect repellent.

Use 1 to 2 drops on temples, back of neck, rim of ears, hands between thumb and index finger, and along the big toe to help soothe.

For a fragrant and soothing massage, add 3- 5 drops to messenger oil.

For relaxation, place 1- 2 drops in the palm of your hands and inhale; place a drop or two on a piece of cloth and inhale any time of the day.

To ease dry skin, add 4-5 drops and agitate in your bath or shower.

Diffuse 10 – 12 drops periodically during the day.

As a beauty treatment, 3 – 4 drops mixed with message oil, applied to face, neck, hands, left overnight.

## I Vision

### Third Eye



E.O.B.B.D.  
CERTIFIED PURE  
TESTED

#### Description:

This blend was created by Dana Clay Young to support the **Sixth Chakra**. The sixth chakra represents our center for sight and connection to Celestial Love. It is the energy center of intuition, intellect and reasoning. Often called the "third eye", it involves our mental abilities, and our psychological skill at evaluating our beliefs and attitudes, our openness to Sacred Truth.

**Canadian Balsam Fir** - creates a feeling of grounding, anchoring, and empowerment. It can stimulate the mind while allowing the body to relax.

**Pine** – helps to soothe mental stress, relieve anxiety and revitalize the entire body.

**Grand Fir** – may help create a feeling of grounding, anchoring, and empowerment.

**Ponderosa Pine** – helps to promote energy, vitality, mindfulness, inspiration, direction.

**Spruce** – grounds the body, creating the balance and opening to receive and to give. Helps one release emotional blocks.

Use as a replacement to chemical-laden perfumes, use this emotional balancing, health-promoting essential oil on pulse points.

Use as part of the *Emotional Aromatic Touch Treatment program*.

Use whenever you feel that there is something in your life that you're just 'not seeing' or not 'getting'.

Use on the feet to support emotional balance.

Diffuse to calm nerves and fears.

## Gratitude

### Crown



E.O.B.B.D.  
CERTIFIED PURE  
TESTED

#### Description:

**Gratitude:** (n) *gratitude* (a feeling of thankfulness and appreciation) a virtue and a law, is gratefulness, appreciation, thankfulness. *Gratitude is the first Law of Increase. All growth comes under the Law of Appreciation or Gratitude: "In everything give thanks, for this is the Will of God."*

**Spruce** –mentally grounding, physically grounding, emotionally elevating. Creates the balance and opening necessary to receive and to give. Helps to balance anxiety and stress, allowing release of emotional blocks

**Geranium** - Antidepressant; balances emotions, nervous stress, neuralgia, quells anxiety; uplifting, increases imagination, intuition,

**Orange** – Emotionally elevating. This oil epitomizes a comfortable, relaxed state of mind and increases positive occurrences. Promotes creativity, gets you out of your head and into your heart.

**Lavender** - Relaxes and soothes the nerves when faced with anxiety, vertigo, depression, headache and migraine, hypertension, and earache. Lavender is the oil of composure and stability. It may help promote consciousness, health, love, peace and a general sense of well-being.

**Juniper** – Helps you move through emotional exhaustion and listlessness, bringing activity and strength to your everyday life. It is an oil of empowerment, helping you stimulate openness and a sense of inner vision and support. Promotes a sense of self-worth, strength and conviction.

**Cedarwood** – Supports the release of congestion and confusion that often reign when feeling overwhelmed, this oil imparts a sense of wisdom and strength. The steadying influence helps you avoid rash emotional

Use as a replacement to chemical-laden perfumes. Use this emotional balancing, health-promoting essential oil on pulse points.

Use as part of the *Emotional Aromatic Touch Treatment Program*.

Use whenever you're feeling spiritually numb, feel the need to open up to your divinity, your connection to the divine. Use on the feet to support a deep inner shift of awareness.

Diffuse to calm nerves and fears.

#### Common sense cautions:

For topical and aromatic purposes. Do NOT apply undiluted or use on skin that will be exposed directly to sunlight within 72 hours. Keep out of reach of children and away from eyes. Store at room temperature and avoid sunlight.

<p>Gratitude Blend of essential oils has been created by Dana Clay Young for support of the Crown Chakra. The Crown Chakra is the center of enlightenment; it represents our connection to Divinity, our higher intellect and higher nature. Meditation, prayer, and ritual are potent ways to open this energy center, and with the support of Gratitude Blend, can open and balance in a profoundly healing manner. Gratitude Blend is also the 'crowning' oil in the <i>Emotional Aromatic Touch Program</i>.</p>	<p>reactions when you're feeling emotionally stretched. Regulates nervous system; sedative for nervous tension, anxiety, fear, anger, disconnectedness, lacking integrity, independence; meditation.</p> <p><b>Blue Tansy</b> – encourages an uplifting feeling, a positive attitude, and a general feeling of well being.</p> <p><b>Ylang Ylang</b> - May help balance the male-female energies, allowing one to move closer towards being spiritually attuned and allowing one to focus their thoughts. Brings the energies of self-love, confidence, joy and peace.</p> <p><b>Rose Oil</b> – contains the highest frequency of the oils. It may enhance the frequency of every cell, helping to bring balance and harmony to the body. It is thought by some to product a magnetic energy that attracts love. and enhances the frequency of self-love, bringing joy to the heart.</p>	
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