

BLEND WITH EASE

ESSENTIAL OIL BLENDS FOR MOOD MANAGEMENT

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THE BASICS

KNOW YOUR NOTES

WHAT ARE AROMATIC NOTES?

A simple way to classify the therapeutic qualities of Essential Oils is by their aromatic notes. There are three notes to consider; top notes, middle notes, and base notes. Each note eliciting their own unique responses within the body.

Knowing your notes will help you make beautifully harmonious essential oil blends while enhancing the therapeutic qualities of the oils.

Just make sure all three notes are included in your blend. It's that easy. There are several schools of thought on what the ratio should be, my preference is roughly 30% top notes, 50% middle notes, and 20% base notes.

But allow your intuition to guide you. Your nose and your heart know best. Trust your instincts.

Keep in mind that if you're using essential oils for therapeutic purposes, you'll want them to be Certified Pure Therapeutic Grade (CPTG). Not all Essential Oils are created equal, many brands contain fillers, synthetics, and even toxic chemicals so be sure that the oils you're putting on your skin and/or diffusing in your home are not only safe but therapeutically beneficial.

THE BASICS

KNOW YOUR NOTES

TOP NOTES

Top notes are the aromas you'll notice first within a blend. They awaken the senses and are the best oils to use for immediate relief.

Ideal for acute situations. They act quickly within the body and have a short lifespan aromatically, they'll be the first to fade in a blend.

The top note oils include:

- All citruses
- All mints
- Wintergreen
- Eucalyptus

MIDDLE NOTES

Middle notes are harmonizers and modifiers. They affect the emotions, working a little more deeply than top notes.

They help to move energy within the body, with the potential to regulate digestion and improve cognitive function. They help with the assimilation of information and the elimination of what is no longer needed. Most herbs and seeds fall into the middle note category. Middle notes last longer than top notes in blends and within the body.

The middle note oils include:

- Lavender
- Rosemary
- Chamomile
- Geranium
- Marjoram
- Fennel
- Coriander
- Black Pepper
- Lemongrass
- Juniper Berry
- Cypress

BASE NOTES

Base notes are heavy, super-rich aromas. They work deeply within the body and have the potential to influence chronic issues. They are grounding and act as fixatives, adding longevity to blends and working more slowly within the body. Most base notes come from trees and precious flowers.

Base note oils include:

- Vetiver
- Cedarwood
- Arborvitae
- Sandalwood
- Frankincense
- Myrrh
- Rose
- Jasmine



MOOD MANAGEMENT

SUPPORT YOUR MOOD
ELEVATE YOUR LIFE

LOOK INWARD TO RISE UP

Mood management requires three simple skills:

1. Self-awareness
2. Clarity of intention
3. Radical acceptance of what is

1. SELF-AWARENESS

We need to be able to recognize and name our feelings as they arise if we want to manage them.

A simple way to practice self-awareness is to listen to your thoughts and tune into the sensations in your body.

Observe your internal dialogue, watch how your mind functions, notice the tone you use to speak to yourself, is it lifting you up or bringing you down?

Are your thoughts kind, are they gentle, are they angry, are they frustrated, are they mean?

How do those thoughts feel in your body? Observe the sensations as they arise. Where do you feel them, your chest, your belly, your low back? Allow yourself to be the observer without judgment.

2. CLARITY OF INTENTION

With the awareness of the tone of your inner voice and the emotional landscape within your body, you have the capacity to close the gap between how you're feeling and how you'd LIKE to feel.

Here's how. Before you dive into your day, simply set the intention of how you'd like to feel, choose the essential oils that are in alignment with that feeling and apply them topically or diffuse them aromatically. Declare your intention as many times as needed throughout the day (and reapply your chosen oils).

Here's the tricky part, you can't be attached to your intention. Once it's set you've got to let it go, allow it to unfold in its own way and in its own time. Embrace fluidity.

3. RADICAL ACCEPTANCE

The majority of our suffering comes from resistance to what is. Surrendering and accepting the truth of each moment; the truth of how you're feeling, the truth of your circumstances, the truth of your abilities, the truth of your actions, is to allow yourself to fall into the natural rhythm of your life and embody your divinity with humility and grace.

When you are confronted with something you CANNOT accept, you are simply being guided to take action, to make the necessary changes that will bring you back into alignment with your core desired feelings.

Practicing these three skills will heighten your intuition, deepen your connection to your core self while activating more joy and fulfillment in your life. You will also notice an enhanced understanding of the therapeutic qualities of the essential oils and how they influence your unique chemistry.



THE BLENDS

LET'S MIX UP SOME MAGIC

INCORPORATING THE OILS

This is where all the fun begins! It's time to let your intuition guide you, to listen to your inner wisdom, and trust in your capacity to heal and support yourself - to become the master of your moods!

First, tune in to how you're feeling. Then think about how you would like to feel. Set your intention for the blend you are about to make based on your desired feeling(s).

Start smelling your oils one by one and pay close attention to how the individual oils impact your mood.

Set aside the oils that activated your desired feelings. Smell those oils again. Which ones bring you even closer to your intention?

Those will be the foundational oils for your blend. Now you just need to balance it. Remember the aromatic notes? Is each note represented in the oils you've chosen? If not, go back to your oils and choose one(s) for the missing note(s).

Once you've got at least one essential oil representing each aromatic note you're ready to make your blend.

To determine how many drops of each oil to use consider the ratio of 30% top notes, 50% middle notes and 20% base notes. Adjust as needed, let your nose guide you.

Whether you're making a diffuser blend or a roller bottle blend, this ratio will help to keep the blend balanced both aromatically and therapeutically.

If you're making a roller bottle blend, you'll need a carrier oil to dilute your blend (for safe topical application). I recommend fractionated coconut oil, it has no aroma and is naturally antibacterial and antifungal (adding longevity to your blend).

There's no limit to the number of essential oils you can use in one blend but if you're just starting your blending journey I'd recommend three to five oils. Keep it simple.

But again, allow your intuition to guide you, if you feel called to put more oils in your blend, go for it! Have fun and stay alert to how your body, mind, and emotions respond to your blend(s).

For those of you who prefer to follow recipes, who like clear instructions and well-defined parameters, don't fret, I've got you covered. Here are my go-to recipes.

For full energetic potency, add the oils in the order they are listed.

GET CLEAR

Got a lot on your mind? Feeling stuck in a rut? Can't access your intuition? If you can relate to any of those questions then this blend is for you.

Not only will it clear your mind, purging negative thoughts and/or harmful patterns of thinking but it'll line you right back up with your intuition.

In a 5 ml glass roller bottle add:

- 3 drops Lemongrass
- 3 drops Rosemary
- 2 drops Clary Sage
- 2 drops Spearmint
- 1 drop Peppermint
- 3 drops Frankincense
- 1 drop Wintergreen

Top up with fractionated coconut oil. Apply to temples and/or the 3rd eye (above the bridge of your nose, between your eyebrows) or back of the neck.

SHINE YOUR LIGHT

We are all unique beings with our own inherent gifts, our soul's purpose is to share these gifts with the world.

Often our gifts are laced with our deepest wounds so to avoid the pain attached to them we cast them to the dark recesses of our psyche.

Unearthing them can be a lifelong process. Getting clear about what brings us joy, what lights us up, is the first step.

This blend will help to illuminate your joy, bringing clarity to your inherent gifts, guiding you towards the Truth of who you are.

In a 5ml glass roller bottle add:

- 7 drops Frankincense
- 3 drops Black Pepper
- 4 drops Coriander
- 5 drops Bergamot
- 3 drops Lime
- 2 drops Wild Orange
- 2 drop Roman Chamomile
- 1 drop Cassia

Top up with fractionated coconut oil. Apply to the back of the neck, the heart-center (between the breasts) and the inner wrists.

BE LOVE

Love is an inside job. It blooms from within and the more we cultivate it the more it is reflected back into our lives.

But how do we access the vibration of love if we're overrun with self-deprecating thoughts or harmful judgments? How can we open our hearts to receive love if we live in a state of fear and have been protecting ourselves since our very first emotional wound?

Armoured hearts are hard to reach.

This blend will help you trust that it's ok to drop your armor and open your heart, it'll soften your fears and help you tune into the vibration of love, one heartbeat at a time.

In a 5ml glass roller bottle add:

- 3 drops Peppermint
- 2 drops Lime
- 5 drops Marjoram
- 5 drops Geranium
- 2 drops Lavender
- 2 drops Cedarwood
- 2 drops Myrrh
- 1 drop Arborvitae

Top up with fractionated coconut oil. Apply to the heart-center and the soles of the feet.

I BELONG

This blend feels like a warm blanket on an icy cold day. It brings comfort to the heart, reminding you that you're never alone, even when you feel isolated or separate there is always an opportunity for connection.

You exist, therefore you belong.

This blend will support you in seeing that life is a shared experience and your contribution is needed. When you show up authentically, just as you are, you bring immeasurable strength to your community. This blend will give you the courage to show up.

In a 5ml glass roller bottle add:

- 8 drops Cedarwood
- 4 drops Marjoram
- 4 drops Fennel
- 6 drops Bergamot
- 2 drops Wild Orange
- 2 drops Cassia
- 1 drop Arborvitae

Top up with fractionated coconut oil. Apply to the elbow creases, the heart-center and the soles of the feet.

TRUTH TALK

This blend changed my life. Truly. One of my biggest fears has always been public speaking, I couldn't stand in front of more than three people (other than close family and friends) without being overcome with unbearable anxiety.

Until I started using this blend. It only took two weeks of daily application on the soles of my feet to completely transform that fear.

It's also a fantastic blend for introverts, just apply topically before any social gathering.

Need some support for a difficult conversation? This is your blend.

In a 5ml glass roller bottle add:

- 8 drops Spearmint
- 8 drops Lavender
- 6 drops Coriander
- 6 drops Bergamot
- 10 drops Vetiver
- 1 drop Cassia

Top up with fractionated coconut oil. Apply to the back of the neck, the heart-center, and the soles of the feet.

LIGHT MY FIRE

This blend is for anyone in need of an inspirational kick. It'll boost your creativity, elevate your energy, and give you the confidence to dive into a new experience with enthusiasm.

Fantastic for those overcast days or when you're feeling creatively blocked.

In a 5ml glass roller bottle add:

- 5 drops Wild Orange
- 5 drops Tangerine
- 6 drops Peppermint
- 2 drops Clary Sage
- 2 drops Ylang Ylang
- 2 drops Lime
- 1 drop Ginger
- 6 drops Hawaiian Sandalwood

Top up with fractionated coconut oil. Apply to temples, back of the neck and one or two swipes across the low back.

DIVINE CONNECTION

This is my preferred meditation blend. In fact, if I had to choose only one blend to diffuse in my home this would be it. It goes straight to the heart, elevating your vibration while keeping you centered, clear-minded and focused.

If you'd like to diffuse it just add two drops of each essential oil listed below.

For a roller bottle blend, add these oils to a 5ml glass roller bottle:

- 10 drops Peppermint
- 10 drops Sandalwood
- 10 drops Lemon

Top up with fractionated coconut oil. Apply to temples or the back of the neck, the heart-center, and inner wrists.

CALM THE STORM

When you feel like your emotions are getting the better of you, especially anger, frustration or overwhelm, this blend will help provide some objectivity and relief.

It will support you in calming down, allowing you to communicate authentically from a heart-centered place. A great remedy for temper tantrums!

In a 5ml glass roller bottle add:

- 8 drops Cardamom
- 8 drops Lavender
- 2 drops Wintergreen
- 6 drops Vetiver
- 2 drop Myrrh
- 1 drop Arborvitae

BODY LOVE

This blend will help you access a deep appreciation for your body. It will encourage you to take better care of yourself, helping you tune in to the subtle cues of hunger and satiation, guiding you towards honoring your body in a balanced and beneficial way.

Truly loving your body can support a healthy immune system, healthy organ function and a healthy state of mind.

In a 5ml glass roller bottle add:

- 10 drops Grapefruit
- 10 drops Bergamot
- 5 drops Fennel
- 5 drops Coriander
- 5 drops Patchouli
- 1 drop Cinnamon

Apply to the abdomen and the soles of the feet.

LIQUID HEAVEN

This is an incredibly calming and soothing blend, perfect for relieving anxiety, stress, and overwhelm. I like to apply it 30 minutes before going to sleep, it helps quiet my mind, allowing me to slip into a delicious sleep with total ease.

In a 5ml glass roller bottle add:

- 10 drops Lavender
- 10 drops Cedarwood
- 10 drops Vetiver
- 1 drop Wintergreen

Apply to the back of the neck, the heart-center and the soles of the feet.

SWEET DREAMS

The bedtime blend. This blend is particularly beneficial for people who have a hard time shutting down their minds at night.

If you're someone who rehashes the day compulsively as soon as the lights go out, this blend is for you. It'll support you in balancing your mind and body, allowing you to surrender to the stillness and eventually, a nice deep sleep.

In a 5ml glass roller bottle add:

- 10 drops Lavender
- 5 drops Juniper Berry
- 2 drops Bergamot
- 2 drops Patchouli
- 4 drops Vetiver
- 4 drops Myrrh

Apply to the back of the neck, the heart-center and the soles of the feet.



PLACEMENTS

LET YOUR BODY GUIDE YOU

LISTEN TO YOUR INNER WISDOM

Your body has an innate intelligence that science is just beginning to understand, beyond the mechanical functioning of your organ systems there is a mysterious electromagnetic life force energy that radiates throughout your entire being and resides within each and every cell.

Like all things in nature, your body is constantly seeking balance (or homeostasis).

Trusting that your body knows how to heal itself is the first step towards listening to your inner wisdom.

Allowing your body to guide you towards what it needs requires a softening of one's awareness, a stilling of the mind, and a capacity to listen to the subtle nudges of your intuition.

I encourage you to practice listening to your body, perhaps spending five minutes a day sitting quietly with your eyes closed and your attention on your breath as it cycles through you.

Notice the sensations in your body as they arise. Bring awareness to them without judgment. Just notice.

Your body will show you where there are imbalances. You may notice tension in your shoulders, or neck pain, or digestive discomfort. Observe the sensations and ask for guidance.

Then listen.

If nothing comes to you, try applying oils to the locations where sensations arose. Allow your intuition to choose the oils. Observe your body's response.

Trust yourself. Allow the wisdom of your body to guide you and the intelligence of the oils to support you as you find your equilibrium.

