

Herb Essential Oils



Many herbal essential oils are derived and distilled from the leafy greens of the plant, which is why you will find essential oils like lemongrass, rosemary, marjoram and thyme within this category.

Many herb oils are useful for substituting dry or fresh herbs.

ESSENTIAL OIL	DESCRIPTION & TOP USES	EMOTIONS
 <p>Basil <i>Distilled from sweet basil plant</i> Ocimum basilicum 15 mL <i>Warm, spicy, herbal</i></p>	<p>Basil is used for cooking. Has a fresh, pungent, herbal aroma that is sweeter than other varieties of basil. It can be used to reduce anxious feelings, increase focus while studying, and soothe the skin.</p>	<p>Energized, renewed, rejuvenated, rested, strengthened.</p>
 <p>Bergamot Mint <i>Flowering, perennial herb</i> Mentha citrata 15 mL <i>Fresh, softly minty, citrusy</i></p>	<p>Soft and minty with a hint of citrus, the beautiful aroma of Bergamot Mint essential oil creates an atmosphere of comfort, relaxation, inspiration, soothing, and refreshment. Can be used aromatically and topically.</p>	<p>Uplifted, hopeful, self-acceptance, loving, refreshed, open.</p>
 <p>Cilantro <i>Distilled from the leaves</i> Coriandrum sativum 15 mL <i>Fresh, herbal, sweet, pungent</i></p>	<p>Cilantro essential oil does far more than add its signature fresh and herbal flavor to food—it also offers benefits to the digestive, immune, and nervous systems.*</p>	<p>Cleansing, liberated, detached, untroubled.</p>
 <p>Laurel Leaf <i>Also known as the bay leaf.</i> Laurus nobilis 15 mL <i>Herbaceous, fruity, fresh</i></p>	<p>An ancient symbol of victory, Laurel Leaf promotes an environment of courage and concentration. As a natural cleanser and skin soother, Laurel Leaf essential oil helps you accomplish the little victories you strive for.</p>	<p>Triumphant, confident, belief, perseverance, capable, victorious.</p>
 <p>Lemongrass <i>Distilled from fresh lemongrass</i> Citronnelle 15 mL <i>Citrus, herbaceous, lemon-like</i></p>	<p>Has a refreshing lemon-herb-like aroma.* Lemongrass essential oil supports the health of the nervous system, promotes a cheerful mood, and tones the skin. Use in massage to refresh and rejuvenate muscles.</p>	<p>Spiritual clarity, cleansing, simplicity, discerning, releasing.</p>
 <p>Marjoram <i>Distilled from the leaves</i> Origanum majorana 15 mL <i>Warm, herbaceous, woody</i></p>	<p>Marjoram is well-known as an herb used in cooking. It can be taken internally to support a healthy cardiovascular and immune system*, it is soothing to the muscles. Has a positive effect on the nervous system.*</p>	<p>Emotionally open, softhearted, loving, trusting.</p>
 <p>Oregano <i>Distilled from the leaves</i> Origanum vulgare 15 mL <i>Herbaceous, sharp, green</i></p>	<p>Oregano essential oil has powerfully cleansing properties and supports the immune, respiratory, and digestive systems.* Known as “the oil of humility.” A flavorful addition to cooking.</p>	<p>Humble, nonattachment, willing, teachable, flexible.</p>
 <p>Patchouli <i>Distilled from the leaves (mint family)</i> Pogostemon cablin 15 mL <i>Herbaceous, camphoraceous</i></p>	<p>Topical application of Patchouli oil reduces the appearance of wrinkles, blemishes, and other minor skin imperfections. Grounding to the emotions and bolsters feelings of stability, harmony, and composure.</p>	<p>Grounded, confident, moderation, body connection, balanced.</p>
 <p>Peppermint <i>Distilled from the whole plant</i> Mentha piperita 15 mL <i>Minty, fresh, herbaceous</i></p>	<p>The sharp, sweet scent of Peppermint essential oil is energizing and exhilarating. Peppermint relieves head and neck tension, promotes clear airways, supports oral health, and soothes the stomach.</p>	<p>Buoyant, optimistic, relieved, strength to face emotional pain.</p>
 <p>Oregano <i>Distilled from the leaves</i> Origanum vulgare 15 mL <i>Herbaceous, sharp, green</i></p>	<p>Oregano essential oil has powerfully cleansing properties and supports the immune, respiratory, and digestive systems.* Known as “the oil of humility.” A flavorful addition to cooking.</p>	<p>Humble, nonattachment, willing, teachable, flexible.</p>
 <p>Rosemary <i>Distilled from the whole plant</i> Rosmarinus officinalis 15 mL <i>Camphoraceous, Herbaceous</i></p>	<p>High in antioxidants, Rosemary essential oil supports healthy liver function and digestion.* Rosemary essential oil clears mental confusion and soothes feelings of tension.</p>	<p>Mental clarity, open, knowledgeable, teachable, enlightened.</p>
 <p>Spearmint <i>Distilled from the plant</i> Mentha spicata 15 mL <i>Sweet, minty, fresh</i></p>	<p>Spearmint is a sweet, refreshing herb used as a flavoring around the world. Spearmint oil supports digestion,* promotes a healthy nervous system,* freshens breath, and inspires confidence.*</p>	<p>Confident, articulate communication, clarity, courageous.</p>
 <p>Thyme <i>Distilled from the plant</i> Thymus vulgaris 15 mL <i>Warm, herbaceous, floral</i></p>	<p>Thyme is full of antioxidants and powerful immune support when taken internally.* Supports the immune and respiratory systems* and healthy-looking skin. It was also used as a purifier and preservative.</p>	<p>Forgiving, tolerant, patient, openhearted, understanding.</p>
 <p>Wintergreen <i>Distilled from the leaves</i> Gaultheria procumbens 15 mL <i>Sweet, minty, refreshing</i></p>	<p>Has a powerful warming, soothing sensation that pairs perfectly with massage. Additionally, its sweet, minty aroma is potent and refreshing. Diffuse Wintergreen to use it aromatically as a room freshener.</p>	<p>Surrender, relying on divine grace, teachable, strengthened.</p>
 <p>Yarrow Pom <i>Yarrow herb and Pomegranate seed</i> Active Botanical Nutritive Duo Herbaceous, fruity, spicy</p>	<p>This nutritive duo is beautifying to the skin and offers many benefits when taken internally. Used to soothe stress and uplift the mind. A powerful support for healthy immune function, cellular health, metabolism, and nervous system.*</p>	<p>Protected, discerning, strong boundaries, safe, assisted, open, clear.</p>

● = Not a regularly stocked item. Only offered during special promotions. ● = Not for internal use!

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.