



# Palmarosa, Hinoki & Beautiful Touch

Your guide to new Limited Time  
Offer doTERRA essential oils

by *Vanessa Jean*

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# Palmarosa

## THE RETURN TO LOVE

This heart oil brings gifts of self-acceptance, self-love and a deeper understanding of Self with a compassionate heart. So many humans struggle with these words as concepts, my invitation to you is to ask yourself - what do these words mean to you?

What does self-acceptance mean to you and for you and what would it look like to fully embody self-acceptance?

*"I define comfort as self-acceptance,  
When we finally learn that self-care begins and ends with ourselves,  
We no longer demand sustenance and happiness from others."*

From author Jennifer Loudon

When you are clear on what the words mean for you and become familiar with their resonance and where you feel it in your body, you deepen in your capacity to become the embodiment of that.

Palmarosa has a tenderness to her, she invites you to be kind and gentle with yourself. She will assist with feeling more connected with your essence and help to work with creating more harmony in your heart centres. She uplifts the emotions, opens the mind to fresh outlooks that are in alignment with your heart song and will assist with any emotional drama/story you are wanting to transcend.

You may want to create a sacred practice for yourself with this beautiful essential oil. Inhale her aroma by placing a drop on your hands (rub your hands together then inhale), or on a tissue and take three or more deep breaths. Looking at an outdoor space that opens your heart, i.e. grass, trees, sky, water, keep your eyes soft and gazing gently on your chosen spot, inhale and exhale. The aroma will waft up your nose, reaching your brain, and create an almost instant response. Aromatically anchor with an empowered statement or affirmation to assist you on this journey home to love and self-love. You could do this whilst tapping (EFT) or just after you journal or meditate.



*I deeply love and accept myself.*

*I love myself enough to recognise my gifts and to shine brightly.*

*I accept all of me...*

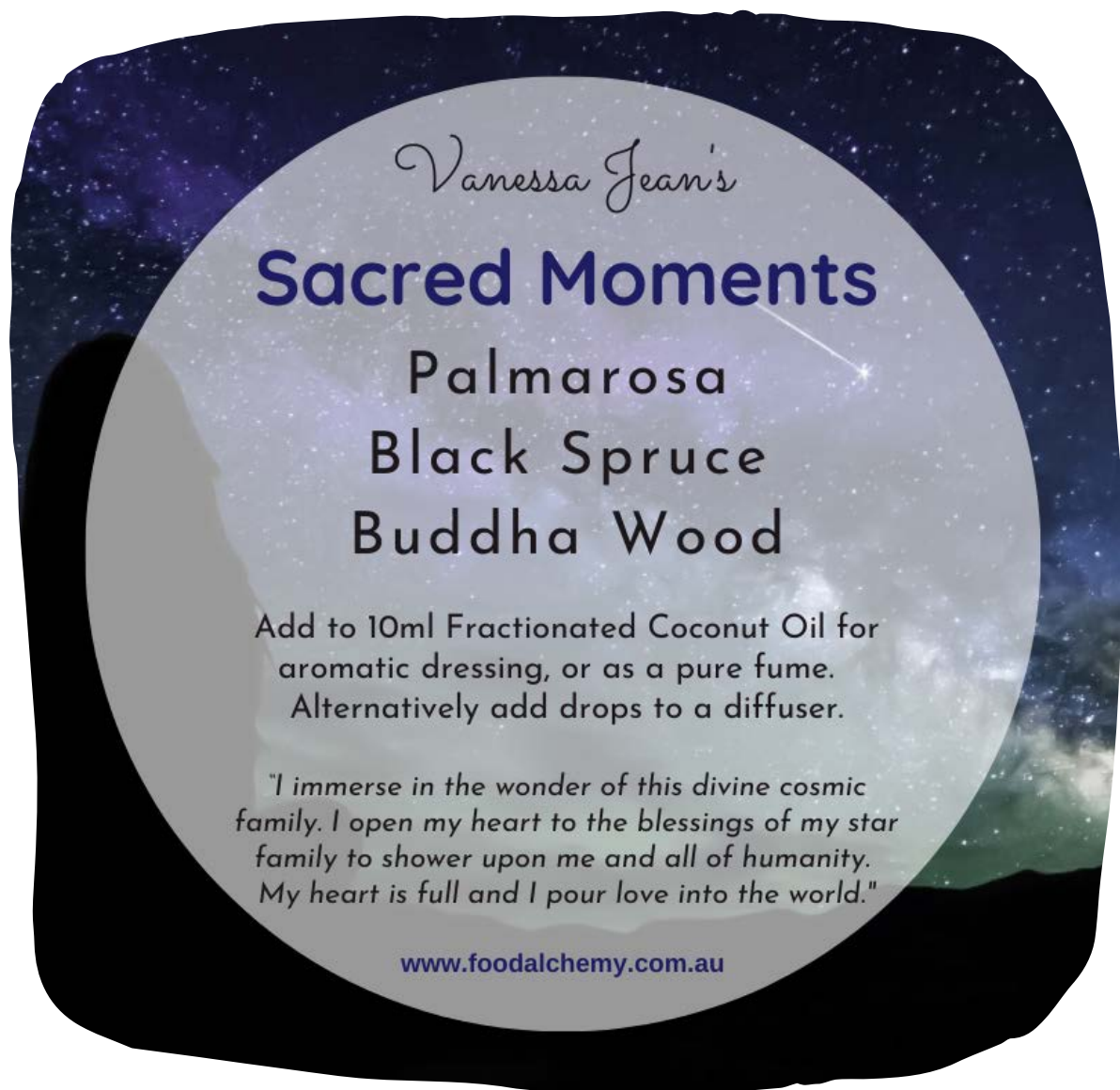
*(you may want to fill this in a little more with the light and shadow aspects of yourself)*

The chemistry of Palmarosa lends itself to being powerful to help with inflammation (emotional, mental, and physical) and is a powerful essential oil to use to bring a sense of calm tranquillity over you.

Also powerful as an antioxidant, antibacterial and antifungal, making this essential oil a powerful natural remedy to support the journey in overcoming candida and other over active yeasts present in the body - this is attributed to the geraniol (70-80%). Studies by Lang and Bauchnauer (2012) and Duarte et al (2005) report this.

A beautiful essential oil to support the central nervous system and to assist those with self-loathing and lack of self-acceptance, thus those on challenging adventures with these feelings can lean into the soothing effects of Palmarosa.

With the prominence of geraniol in her chemistry, she guides those with anxious feelings back to a state of peace. Palmarosa has a unique scent - geraniol is rosy and geranyl acetate is sweet with rosy and fruity tones. For some, you could also pick up a hay-like scent from its grassy roots. All in all, she has a melodious scent suitable for uplifting you when you feel glum and for helping to alleviate anxious feelings.



At an energetic level she is tenderly nurturing the heart space. We have the upper (higher heart or thymus chakra) and lower heart chakras (the traditional heart chakra most people work with). The upper heart chakra is about unconditional love and the lower is what you can liken to the fickle heart, the sensitive heart - this is where you will *feel* 'broken hearted', 'heart ache' and 'heart sore'. Palmarosa works with building a bridge between the two so that you can have more cohesion there and cohesion between heart and brain. Deepening your capacity to manifest with the higher vibration of love aligned with a powerful intention.

Palmarosa has a diverse and powerful chemistry. It's main constituent, geraniol is what gives rose her signature scent. This is a potent gift in the chemistry, very gentle, nurturing and nourishing on so many levels. You will find Palmarosa has a strong capacity to work with the energetic imprint of Candida. It is in all of us, and in many lies dormant. With today's current ways of processing foods, grains and sugars, and adding them to many of the foods, candida can awaken from within us at any moment in time, triggered by these foods and emotions left unchecked.

Energetically - our body is rebelling against and rejecting anything that does not come from love. The impurities. Our body wants to reject it all. Self-loathing, hatred, deep rage within us that is often stuffed right down. And this is where you will find the candida type energy awaken, down in the sex organs, the womb space, under the skin, in the creases. The insidious itch that can occur just below the surface of the skin and the discharge that can manifest. The body is *dis-charging* and releasing what does not serve it. It knows to get it out. Palmarosa comes in powerfully to work on the energetics and the physical manifestation. You can massage Palmarosa over the body and the areas needing support. Combing the Palmarosa with Hawaiian Sandalwood to help you with this.

Palmarosa and Hinoki will assist you anytime and any place within you, where you feel you are negating the Divine within you. Helping you to restore *wholeness*. We are not talking about something outside of you *healing* you... it is you leaning into the gifts of nature, to nourish you on your own journey to be liberated from what does not serve you. This is true sovereignty. Choosing what you say yes to and what you say no to and living your truth.



# Blending with Palmarosa

CREATIONS FOR THE DIFFUSER OR COMBINED WITH A CARRIER OIL  
FOR AROMATIC DRESSING AND PURE-FUME

## GOODBYE STRESS

Palmarosa + Lime + Ginger

## GROUNDING AND CHILLED

Palmarosa + Patchouli + Bergamot

## DISSOLVE ANXIOUS FEELINGS

Palmarosa + Adaptiv

## SWEET DREAMS

Palmarosa + Roman Chamomile + Blue Tansy

## DEEP SLEEP, RELEASE THE DAY

Palmarosa + Copaiba + Adaptiv  
Palmarosa + Marjoram + Vetiver + Bergamot

## SELF-LOVE

Palmarosa + Rose + Ylang Ylang + Geranium

## HEART OPEN TO LOVE

Palmarosa + Green Mandarin + Pink Pepper

## DIVINE ALIGNMENT, DIVINE ASSIGNMENT

Palmarosa + Arborvitae + Hawaiian Sandalwood + Juniper Berry

## SUPPORTING THE BODY LOVINGLY

Palmarosa + Lemongrass + Black Pepper + Copaiba

## SACRED HEART, SACRED LOVE

You could use this as a Heart chakra melody.  
Palmarosa + Rose + Neroli

## WISE HEART

Palmarosa + Magnolia + Myrrh + Hawaiian Sandalwood



# Hinoki

## WISE WORDS

It is said that in Japan, the early religion was animism (that living souls live within plants and within the material universe there lies a supernatural power; Wikipedia). Until this day it is believed that some of the large, old growth trees (now suffering extinction) are said to have Gods dwelling within them. Some of the ancient shrines and temples have had a practice of keeping these sacred forests safe, this has been so for centuries. Today, you will more likely find Hinoki plantations rather than all the old growth forest that once was.

Hinoki are sacred to the Shinto religion, they were and currently are used to create fires by friction, and Hinoki is translated to '*fire tree*'. The Hinoki, is regarded as one of the '*Five Sacred Trees of Kiso*' and is used to create shrines and other important buildings as the tree grows straight and tall. Its wood is both strong and aromatic, for these reasons it has become endangered. This is one of the trees used in traditional *Shinrin-Yoku*, forest bathing.

Essential oils can come from the needles, wood, and roots of the Hinoki tree. Each has its own unique chemistry and ways of supporting us. The wood oil has been shown to reduce the stress response, assist with enhancing feelings of calm and assisting you to reduce sympathetic activity and increase parasympathetic - meaning it helps to reduce stress and increase calm and tranquil states. Hinoki can be inhaled to uplift the mood and quiet an over-active and stressed out mind.

Massaging Hinoki essential oil onto the soles of feet and up the spine to induce calm states would be beneficial to anyone feeling in need of more harmony. For those that do not have access to a forest for the practice of *Shinrin-Yoku*, inhale the aroma of Hinoki to help bring you into this state via deep breathing with the essential oil. You could also try a visualisation as you inhale, visualising yourself in a beautiful forest, under a canopy of trees... let go and bathe.

Hinoki, a sacred tree, stands upright and true, connecting us with heaven and earth via a channel of Divine Grace. This is a powerful essential oil to help you with resilience and strength and understanding yourself. If Copaiba is 'know thyself', then Hinoki is 'coming into thyself'. He will help you to repel what does not serve you. This is one of the divine trees. I love placing this with *Arborvitae*; divinity in a duo.



*visualise yourself in a  
beautiful forest, under  
a canopy of trees... let  
go and bathe.*

# *Blending with Hinoki*

CREATIONS FOR THE DIFFUSER OR COMBINED WITH A CARRIER OIL  
FOR AROMATIC DRESSING AND PURE-FUME

## **FOREST BATH**

Hinoki (solo) or blended with any of your favourite tree oils  
Try: Hinoki + Siberian Fir + Arborvitae

## **DEEP CALM**

Hinoki + Cedarwood + Roman Chamomile + Tangerine

## **SOLACE**

Hinoki + Cypress + Neroli

## **TOGETHER WE THRIVE**

Hinoki + Hawaiian Sandalwood + Cedarwood + Wild Orange

## **WISDOM OF THE ANCIENTS**

Hinoki + Frankincense + Red Mandarin + Myrrh

## **OTHER WORLDLY**

Hinoki + Melissa + Yarrow Pom + Blue Lotus

## **DIVINELY ALIGNED**

Hinoki + Hawaiian Sandalwood + Arborvitae + Litsea + Patchouli

## **SOUL STAR CHAKRA**

Hinoki + Lavender + Sandalwood + Melissa + Rose

## **STANDING TALL**

Hinoki + Arborvitae + Cypress

## **THROAT CHAKRA - WISE WORDS**

Hinoki + Spearmint + Hawaiian Sandalwood + Roman Chamomile

# Beautiful Touch

Beautiful blend -this is in a touch form and is a rather divine and intoxicatingly 'beautiful' melody of essential oils. Touch means it is already placed within carrier oil and ready to apply to the skin as your personal pure-fume and delicious scent to anoint yourself with.

Bergamot\*

Lime\*

Frankincense

Osmathus

Suspended in a carrier oil base of fractionated coconut oil.

This melody will uplift your spirits, open your heart to more love and will guide you lovingly back to your truth... this blend is a divine composition for the skin bringing a radiant glow to the surface, as it works with coaxing your inner magic outwards into the world. These essential oils invite you to be bold, shine brightly and to choose joy as you increase your vibration and return to love in all aspects of your life... beginning with you.



**Bergamot** is generally one of the most photosensitive (phototoxic) essential oils. His scent is lush, he is like liquid sunshine in a bottle. Amazing for elevating moods and emotions from smell alone!

The only problem that arises for many is that they cannot use the traditional Bergamot in pure-fume creations and aromatic dressings, because it could cause your skin to sun burn once exposed to the sun. To solve this problem, dōTERRA have used a special Bergamot, known as **FCF Bergamot** this is a safe version that can be used in the sun as there is no photosensitivity at all.

*“FCF (furocoumarins-free) is form of bergamot that is non-phototoxic and is manufactured as an alternative to cold pressed bergamot, with the amount of bergaptene (which is what causes the photo sensitivity) reduced or removed”. Tisserand*

While this Bergamot does not smell as rich, deep or complex as the complete oil, it means that it can be worn in pure-fume creations safely and that you can go out into the sunshine. This and the Lime in the Beautiful blend, are safe to wear even in the sunshine. The Lime is a distilled version, rather than the traditional cold-pressed. Now you have a complete pure-fume to layer with and enjoy without having to concern yourself with photosensitivity! Both the Lime and the Bergamot have a different scent in this form, still enjoyable, though not as strong.

**Lime** is engaging and uplifting, zesty and powerful. Lime will challenge you to bring out that creative genius, to be playful and free! Your heart song is liberated with the power of Lime, who will help declutter what is hoarded within you, and anything that is preventing you to truly release your creative juices... let them flow free and wild with Lime!

**Frankincense** is a magnificent alchemical lifter in this synergistic blend. He will lovingly bolster and magnify the effects of all the essential oils dancing with him. Frankincense is perfect for these challenging times as he invites us to breathe deeply, to feel supported and held and will offer an extra boost to your overall frequency. He works very well with your upper torso and upper chakras, encouraging expansion and being present with what you are feeling.

He will guide you down the path of transcending feelings and emotions that weigh you down, by showing you the way back to your truth. Of course, he is merely guiding as a powerful reflector of the wisdom you have within you... he becomes the voice of reason, reminding you that ‘this too shall pass’ and that the truth will always prevail. Stay true to your beliefs, not out of pride or to prove a point, for the reasons that you have come with a purpose and you are choosing to stay true to that. A divine essential oil... divine grace, the essence of divinity in the form of a tree. He has a Kingly energy and works beautifully with those wanting to balance or better understand this archetype. Perfect for men and women, on a path to creating a harmonious relationship with their divine masculine.

**Osmanthus.** Frankincense is known as the divine masculine and in this particular blend, Osmanthus shows up as the divine feminine. She brings comfort, joy and a deep abiding sense of balance. The joy she blesses you with comes from within. Happiness is rather transient, yet joy, opens you up once more to the wonders and blessings of life. It comes from a still place within you and is one of the reasons why souls have incarnated as humans- to experience joy!!

*Sacred flower. Opening heart. Divine feminine. Osmanthus.*

This utterly glorious melody that weaves the song that is BEAUTIFUL will stay with you throughout the day, uplifting your spirits, filling you with joy and wrapping you in Grace. This blend is like a yummy calming wave rolling over you... a smile will play on your lips all day with this delicious pure-fume.

“Anoint yourself liberally with BEAUTIFUL... roll her in a heart shape over your heart, in a spiral clockwise over your belly, and swish her under your nose to inhale those sweet aromatic compounds designed to anchor you in love and bliss. Layer this blend over any part of you, including your chakras (your energy centres) after you have aromatically dressed. She will serve you well if you choose to pair her with any of the blends I have shared in this little eBook. Layer where you feel called... trust in you, you know yourself best. Take her with you in your purse and anoint yourself throughout the day to give you the support, love and tender touch that desire. Use her for meditation, joyous upliftment, to shift the energy and change your mood... or just because you can and because she smells so good!

BEAUTIFUL is for all occasions and all times of the day or night (rather succulent for those wanting to get their sexy on - try aromatically dressing with dōTERRA Whisper and layering with BEAUTIFUL... things that make you go mmmmmm.

Immerse yourself... relish the bliss of these free offerings by dōTERRA.



*With love and gratitude to Mumma Gaia, dōTERRA and each of you on this aromatic journey, Vanessa Jean*

# Acknowledgements

This eBook has been created by Vanessa Jean Boscarello Ovens and is for personal use only and should not be sold or shared by the recipient on a commercial basis.

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