

Pure Thoughts

This group of 100% essential oils of Cedarwood, Frankincense, Mandarin, and Ylang Ylang makes a blend in perfect unison to allow the free flow of thoughts to and from your mind.

The key to these oils are that they are uplifting, yet pacifying; the blend has the unique potential to sharpen and focus the concentration without over stimulation.

"Pure thoughts" blend can be readily used in a variety ways from placing few drops into your Vaporiser for the home office or study, or the meditation room! Or after a long day, just add 5 to 10 drops to your bath and just relax and allow the days thought just drift way.

Methods for use:

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

As with all essential oils, take note of instructions and cautionary notes.

Essential Oil of Cedarwood, Essential Oil of Frankincense, Essential Mandarin and Essential of Ylang Ylang.