



Directions: Check all that apply to you.

<p>1:</p> <ul style="list-style-type: none"> - Are you compulsive, or have impulses to do things with obsession? - Do you have a lack of confidence in yourself? - Do you have an expectation of failure? - Do you feel inferior and that others are more capable and qualified than you are? 	<p>BERGAMOT- Compulsive and /or obsessive behavior, lack of self-confidence, tension, depression, anxiety.</p> <p>Bergamot is in INSPIRE</p>
<p>2:</p> <ul style="list-style-type: none"> - Do you frequently burst into tears or react in a highly emotional way to life situations? - Do you often feel a lot of tension or congestion in our stomach or solar plexus, as though there are many feelings stored there? - Do you believe that you need to develop more serenity in life? - Do you fluctuate between one emotional mood and another? - Do you lack stamina? 	<p>CHAMOMILE, ROMAN- to give light where there is darkness, tension, stress, anger, insomnia, hyperactivity, learning problems, serenity, moody, daydreaming, impatience.</p> <p>Roman Chamomile is in CHANGES and CORE</p>
<p>3:</p> <ul style="list-style-type: none"> - Do you anger easily? - Are daily activities sometimes confusing? - Are you easily irritated? 	<p>CINNAMON- Tension, lack of inner-self, lethargy, helps dispel negative energy.</p> <p>Cinnamon is in Essential Shield, INSPIRE and PROSPER</p>
<p>4:</p> <ul style="list-style-type: none"> - Do you need to develop more objectivity and perspective about recent life events, which trouble or perplex you? - Does your life seem more accidental than purposeful, making it hard to have much insight into, or acceptance of, the people and events surrounding you? - Are you in an elder phase of life, wanting to gather wisdom and reflect on the meaning of your experience? - Do you have concern about aging? 	<p>CLARY SAGE- Aging (fear of), immaturity, drawing wisdom from experience, hard to find one's life purpose, ill-fated or undeserved feeling, use with change or transitions.</p> <p>Clary Sage is in CHANGES</p>
<p>5:</p> <ul style="list-style-type: none"> - Do you have difficulty with short-term memory? - Do you feel out of touch with your intuition? - Do you feel your emotions cloud your perception? - Do you have a sense of detachment from the world? 	<p>CLOVE BUD- Improves memory. Helps one to "see" clearly, nervousness.</p> <p>Clove Bud is in Essential Shield, Tei-FU, PROSPER and RECOVER</p>
<p>6:</p> <ul style="list-style-type: none"> - Do you feel like life or someone is choking you? - Do you feel like you have something to say but are not saying it or expressing it? - Is there a sense of not accepting life as is? - Do you feel a sense of separateness resulting in a reduction of energy? 	<p>EUCALYPTUS- Constraint, loneliness, liberating oil, helps us to accept life as is.</p> <p>Eucalyptus is in BREATHE DEEP , Essential Shield and Tei-Fu</p>
<p>7:</p> <ul style="list-style-type: none"> - Do you tend to hold grudges or not let go of past hurts? - Do you often come on strong or seem overbearing to others, even though you know it is just your way of trying to convey confidence? - Do you feel overly tense, anxious, lack of tranquility? - Do you suffer from mood swings? 	<p>GERANIUM- Overexcitement, anxiety, mood swings, nervous tension, weakness, PMS, depression, letting go of past hurts.</p> <p>It is not in any of the current blends</p>
<p>8:</p> <ul style="list-style-type: none"> - Do you have many plans or intentions, which never seem to materialize? - Do you tend to brood, think about, or reflect, rather than plan and execute? - Do you in general feel sluggish? - Have you had a difficult childhood? 	<p>GRAPEFRUIT, PINK- Mood swings, a sense of drowning in life, inner child issues.</p> <p>Pink Grapefruit is in Essential Shield, INSPIRE and RENEW</p>
<p>9:</p> <ul style="list-style-type: none"> - Would you describe yourself as strung -out, nervous or hyperactive? - Do you have difficulty sleeping or restlessness? - Do you have difficulty when praying or meditating? - Do you suffer from a chattering mind with no clear, calm, concise thoughts? - Is your life out of balance? 	<p>LAVENDER- Calms the mind, emotional blocks, stress, for sensitive people, argumentative individuals, higher self, meditation. Universal oil relaxes and stimulates.</p> <p>Lavender is in Essential Shield, PROSPER, REFUGE, and Tei-Fu</p>

10: - Do your relationships seem toxic? - Do you feel tense or have unresolved conflict? - Do you have a lack of inner life? - Do you describe yourself as being "out of it"? - Do you tend to feel that everything is uncleanly?	LEMON- Universal emotional balancer. Issues of self, tiredness, lethargic, anxiety, feelings of impurity. Lemon is in BREATHE DEEP, Essential Shield, INSPIRE, PURITY and RENEW
11: - Do you suffer from everyday fears? - Are you feeling overworked? - Do many people comment that you don't seem happy?	RED MANDARIN- Sadness, stress. It is not in any of the current blends.
12: - Do you need a sense of comfort? - Have you lost someone in any way that you are having difficulty with getting over? - Are you sensitive or impatient? - Do you feel melancholy?	SWEET MARJORAM- Heavy sighing, loneliness, rejection, insomnia, grief, tension, inappropriate sexual behavior/desire. It is not in any of the current blends.
13: - Do you have trouble looking in a mirror and saying with complete honesty "(Your name), I love you?" - Do you have difficulty seeing yourself as a unique individual? - Do you feel your life is "painful"?	OREGANO, WILD- Pain, issues of self-esteem, gives synergy to other oils for use in blends. It is not in any of the current blends.
14: - Do you have a lack of overall energy or stimulation? - Do you find it hard to get motivated? - Do you find it hard to get through the day? - Do you have trouble being creative?	PEPPERMINT- Insomnia, lazy, lethargic, sluggish, mentally cloudy, apathy, moves energy, poor concentration, good for students, helps with digestion of the body and the mind. It is in CHANGES, Essential Shield, INSPIRE, PURITY, RECOVER and RELIEF
15: - Do you sense it is hard to find direction? - Do you have harsh expectations of yourself? - Is it hard to let go of past mistakes or failures?	PINE- Pity, guilt, blame, forgiveness of self, exhaustion, self-criticism. It is in CHANGES and Essential Shield
16: - Is there a side of yourself that needs more attention or understanding? - Do you tell white lies or are you living a lie? - Do you have trouble accepting your spiritual side or question it? - Do you see the world as pieces and parts versus a meaningful whole? - Do you have tendency to be forgetful, cold extremities?	ROSEMARY, WILD - Wisdom and truth, peace, meditation, creativity, confusion, exhaustion, bitterness, nightmares. It is in Essential Shield, RECOVER and RENEW.
17: - Do you often deny your own needs? - Do you care more about everyone else versus spending time on yourself?	TEA TREE- Builds emotional strength. It is in BREATHE DEEP and PURITY.
18: - Do you often spend time trying to understand the meaning of life? - Do you feel like there is not enough time in your life to do everything you want to do? - Do you feel that it's not fair that we age?	THYME, WILD - Issues of time, speeds healing of issues, strength, courage, longevity, concentration, trying to beat the clock. It is in Essential Shield.
19: - Do you wear a mask of cheerfulness while on the inside has a different feeling? - Do you tend to judge before you act and are you even aware of it? - Do you ever have difficulty really "hearing" what others are saying? - Do you have difficulty with imperfection? - Does life's unfolding events often irritate you?	YLANG YLANG- Hyperventilation, shock, stress, anxiety, nervous, anger, bitter, depression, lack of interest, jealousy. It is in CHANGES and REFUGE.

BLEND INGREDIENTS

BREATHE DEEP	lemon, orange, eucalyptus, spearmint, cyress, fir, ravensara, tea tree
CHANGES	clary sage, pine needle, orange, ho leaf, peppermint, ylang ylang, chamomile
CORE	Atlas cedar, spruce, ho leaf, blue tansy, frankincense, chamomile
ESSENTIAL SHIELD	orange, clove, eucalyptus, cinnamon, lavender, lemon, pine needle, wild rosemary, peppermint, pink grapefruit, thyme
INSPIRE	pink grapefruit, orange, lemon, spearmint, peppermint, cinnamon, bergamot, ginger, vanilla oleoresin
PROSPER	orange peel, Atlas cedar, cinnamon bark, spruce leaf, clove bud, lavender, frankincense gum resin, myrrh gum resin, patchouli leaf
PURITY	spruce leaf, lemon, lime peel, lavandin, tea tree, lemongrass leaf, citronella leaf, peppermint leaf and flower
RECOVER	wintergreen, white camphor, wild rosemary, cajeput, fir, clove, helichrysum, juniper, peppermint, frankincense gum resin
REFUGE	lavender, orange, Atlas cedar, ylang ylang, blue tansy, vanilla oleoresin
RELIEF	ginger root, star anise fruit, peppermint leaf and flower, lemongrass leaf, tarragon, fennel, juniper berry, patchouli leaf
RENEW	lemon, grapefruit peel, cyress leaf, laurel leaf, wild rosemary, juniper berry
TEI FU	menthol, camphor, wintergreen, eucalyptus, lavender, clove; all in safflower carrier oil