



Aura Cacia aromatherapy essentials

Aura Cacia®



pure aromatherapy





Aura Cacia is the
aromatherapy
leader...



Aura Cacia aromatherapy recipes

Here are some simple aromatherapy recipes for you to try. Share these blends with your friends, enjoy them before sleep, use them to help free your spirit, heal yourself, or build self-trust.

Warming Deep Tissue Massage Oil

Apply this warming massage oil to relieve muscle tension.

- ¼ cup sweet almond oil
- 12 drops juniper berry oil
- 8 drops cardamon seed oil
- 8 drops nutmeg oil

Mix oils and work into muscles all over the body. (If you have sensitive skin, test a drop on the inner arm before general application.)

Dream Sachet

The herbs in this blend are traditionally associated with rest and dreaming. Combine them with calming oils and create a dream-inspiring sachet to slip into your pillow at night.

- ¼ cup mugwort herb
- ¼ cup hop flowers
- ¼ cup dried rose petals
- ¼ cup lavender flowers
- 25 drops (about ¼ teaspoon) each of Roman chamomile and lavender oil

Fill a cotton drawstring bag with the mixture or fill a handkerchief and tie it up with ribbon.

Moisturizing Lip Balm

Moisten thirsty lips with this natural alternative to petroleum-based lip balms.

- ¾ cup cocoa butter
- ¼ cup jojoba oil
- 13 drops tangerine oil
- 5 drops carrot seed oil

Melt together cocoa butter and jojoba oil, remove from heat, add oils and pour into jar or tin.

Inspiring Desktop Diffuser Salts

This natural take on old-fashioned smelling salts is an inspiring office pick-me-up. Reach for this instead of a caffeine-laden cup of coffee.

- 1 cup coarse sea salt
 - 1 tablespoon each of cut and sifted rosemary and lemongrass leaf
 - Several drops each of rosemary, lemongrass and sweet orange oil
- Combine ingredients in a lidded jar or tin, shake, uncap and enjoy the aroma. Replenish oils as desired.*

Penetrating Chest Salve

This easy-to-make chest salve will inspire deep, open breathing while it revitalizes the senses.

- ¾ cup cocoa butter
- ¼ cup sweet almond oil
- 10 drops eucalyptus oil
- 4 drops peppermint oil
- 4 drops lemon oil

Melt together cocoa butter and almond oil, remove from heat, add essential oils and pour into small jar or tin.

Aura Cacia has been the leading supplier of true aromatherapy products for more than two decades. We have both the experience and expertise to provide the best quality products available. We make aromatherapy easy with our individual essential oils, expert blends, complete selection of skin care oils and many ready-to-use aromatherapy products made with our top-quality, 100% pure essential oils. We also offer an unparalleled selection of certified organic aromatherapy products.

Aura Cacia is true aromatherapy. Our careful sourcing and sophisticated testing allow us to guarantee that our oils are 100% pure and authentic and that our Aura Cacia Organics products are truly organic. With Aura Cacia, you get the oils preferred by expert aromatherapists, plus everything you need to know to add the simple pleasures of essential oils to your everyday life.

Aura Cacia®



pure aromatherapy



Aura Cacia 100% pure aromatherapy

Finding the right essential oils.

Quality is the key to aromatherapy—only 100% pure essential oils provide true aromatherapy benefits. Aura Cacia provides you with a wide selection of top-quality natural and organic essential oils. You can find just the right oils for you and your family—whether you're a novice or an experienced aromatherapist.

What are essential oils?

Essential oils are the highly concentrated, aromatic essences of plants from around the world. They are extracted directly from various plant parts—root, flower, fruit, leaf and wood. Pure oils derived from these natural botanical sources are the basis of Aura Cacia's true aromatherapy products. We symbolize this in our logo with representations of the five plant sources for these powerful essences.

How does aromatherapy work?

The powerful aromas of essential oils affect your moods and feelings through your sense of smell. By using different essential oils, you can control the nature of those benefits. Many essential oils can be used in practical ways—like nurturing your skin and hair or strengthening cleaning products—while at the same time their scents provide aromatherapy benefits.

How are essential oils used?

There are many ways to bring essential oils into your life—diffuse them into the air, add them to your bath water, or spray them from mister bottles. An especially effective use is to add them to skin care oils.

What are certified organic oils?

Certified organic essential oils are certified by an objective third party. They have been made from plants that

are grown on organic farms without the use of pesticides or chemicals and are processed and packaged in a way to avoid all non-organic contamination.

What are skin care oils?

A skin care oil is a natural oil that can be safely applied full strength to the skin. Essential oils are diluted in skin care oils to create aromatherapy massage oils or skin treatments. Avocado, almond and apricot kernel oils are good for dry skin, while grapeseed is perfect for oily complexions. Jojoba is highly regarded as a skin care oil because it closely matches the properties of the skin's own protective oil, isn't excessively oily and is high in skin-nurturing vitamin E. Aura Cacia provides top-quality natural and organic skin care oils for aromatherapy use.

Aura Cacia single essences



These 100% pure, natural essential oils concentrate the exact aromatic profile of individual plants to provide full aromatherapy benefits.

Allspice Berry (*Pimenta dioica*)

The soft, warm aroma of allspice essential oil belies the activating (even potentially irritating) effects on the skin. But when used in tiny amounts (1 drop/teaspoon of carrier oil), it can alleviate stiff and tired muscles and joints. The familiar, clove-like aroma is comforting, lifting the spirit and inspiring confidence.

Almond, Bitter (*Prunus species*)

The aroma of almond nurtures the spirit and dissolves emotional turmoil and stress. Create a motivating scent by combining the sweet, cherry-like aroma of bitter almond with bergamot orange. (Diffuse this blend in a workout area.)

Amyris (*Amyris balsamifera*)

Often used as a perfume fixative, amyris oil has a balsamic scent similar to that of sandalwood. Combine with

chamomile and lavender to create a gentle-acting skin care application. Blend with rose, jasmine and neroli for a natural perfume.

Anise Seed (*Pimpinella anisum*)

Anise seed provides a sweet, licorice-like aroma that aids digestion and inspires exhilaration, euphoria and elation. Distilled from the ripe seed, anise oil contains a natural substance that can form white crystals in the oil. If this happens, warm the bottle slightly until the crystals dissolve.

Atlas Cedar (*Cedrus atlantica*)

❖ *available only in certified organic*
Deep, woody and rich, the aroma of Atlas cedar yields benefits similar to those of sandalwood—inspiring emotional strength and centering awareness. It is also a beneficial skin treatment.

Basil, Sweet (*Ocimum basilicum*)

❖ *available in certified organic*

Spicy and herbaceous, basil provides an emotional lift and mental inspiration. Try diffusing to dispel after-lunch lethargy. Basil is thought to be native to Asia and Africa but many culinary forms are now grown throughout the world.

Bay (*Pimenta racemosa*)

Bay has a spicy, sweet aroma that invigorates, opens the senses and enlivens the spirit. Dilute in olive oil and use as a stimulating scalp tonic. Bay blends nicely with eucalyptus—supporting the effects of eucalyptus during cold and flu season while moderating its intense medicinal aroma.

Bergamot, Bergaptene-Free

(Citrus bergamia)

The fresh, fruity scent of bergamot is a key ingredient in classic colognes.

Bergamot's cleansing properties complement tea tree's purifying actions while moderating tea tree's medicinal aroma. Bergaptene-free bergamot has been redistilled to remove most of the constituents that can accelerate sunburn.

Bergamot, Natural (*Citrus bergamia*)

❖ *available in certified organic*

The fresh, fruity scent of this uncommon citrus fruit makes a refreshing room spray. Combine with water in a spritzer to help suppress mold and mildew and remove odor. Substitute bergaptene-free bergamot for natural bergamot in any skin application.

Blue Cypress (*Callitris intratropica*)

Distilled from the wood of an Australian evergreen, blue cypress has a unique balsamic and subtle woody aroma reminiscent of sandalwood.

Like other wood oils, it strengthens fortitude and inspires confidence. The scent of blue cypress has a relaxing effect.

Camphor, White

(Cinnamomum camphora)

The penetrating, medicinal aroma of camphor is associated with therapeutic chest rubs and salves for muscles and joints. For a natural alternative to chemical mothballs, scent cotton balls with a few drops of camphor.

Cardamom Seed

(Elettaria cardamomum)

Both masculine and feminine perfumes are enhanced by this warm, spicy aroma. In massage oils, cardamom seed improves circulation and warms the muscles without irritating the skin. It's a great choice for those with sensitive skin.

Aura Cacia's botanical trivia:



*Before the advent of expeller
extracting machines,
bergamot oil was
painstakingly extracted from
the fruit peel by hand-squeezing
the oil into sponges.*



Aura Cacia's botanical trivia:



*Queen Anne's Lace,
a well-known
roadside flower,
probably originated from
a garden **carrot** escapee.*

Carrot Seed (*Daucus carota*)

A superb skin-nourishing essential oil, carrot seed helps balance both oily and dry complexions, heals damaged skin, and helps aged skin. Blended with rose, geranium and clary sage, it also supports the physical and emotional transitions of menopause.

Cassia (Cinnamon) Bark (*Cinnamomum cassia*)

Though it provides a comforting aroma, cassia bark essential oil is highly irritating and should not come in contact with the skin. However, its anti-microbial and immune-stimulating properties are appropriate for diffusion.



Cedarwood, Texas

(Juniperus mexicana)

Distilled from the oil-rich heartwood, Texas cedarwood has similar properties to sandalwood at a fraction of the cost. The oil helps to focus thoughts and stabilize the emotions. Mix several drops with citronella and grapefruit for a refreshing, insect-repelling patio spray. Texas cedarwood contains a natural substance that can form crystals in the oil. If this happens, warm the bottle slightly until the crystals dissolve.

Chamomile, German

(Matricaria chamomilla)

❖ *available only blended with jojoba*

The warm herbaceous aroma of German chamomile has rich, sweet, tobacco-like nuances. This exceptionally calming oil has a beautiful deep indigo blue color. Add a few drops of German chamomile to skin care oils to make them especially soothing.

Chamomile, Roman

(Chamaemelum nobile)

❖ *available blended with jojoba*

The sweet, apple-like aroma of Roman chamomile soothes skin flare-ups and body soreness. Combine with lavender for a relaxing evening bath or mix with distilled water to make a calming mist.

Chamomile, Wild

(Ormenis multicaulis)

Wild chamomile is not a true chamomile but shares chamomile's soothing qualities and is ideal for sensitive skin care applications. Its fresh, herbaceous aroma helps balance the changes that take place during menopause.

Cinnamon Leaf

(*Cinnamomum zeylanicum*)

❖ *available in certified organic*

The fresh, spicy aroma of cinnamon leaf is more reminiscent of cloves than cinnamon. Energizing, focusing and revitalizing, cinnamon leaf enhances active reasoning when diffused into the air. (This powerful oil can be a skin irritant and should not be applied directly to the skin.)

Citronella (*Cymbopogon nardus*)

❖ *available in certified organic*

With its powerful lemon-like aroma, citronella is a familiar component of bug-repelling sprays. Astringent and cleansing citronella is also useful for oily, blemished skin and large pores. It can be irritating, so be sure to dilute properly.

Clary Sage (*Salvia sclarea*)

❖ *available in certified organic*

Clary sage is a key ingredient in many skin care formulas. It has a sweet, soothing aroma with intriguing musk and wine-like nuances. This popular oil tones the skin, balances the emotions and lifts the spirit.

Clove Bud (*Syzygium aromaticum*)

❖ *available in certified organic*

The sweet, spicy aroma of clove is familiar and comforting. Its scent evokes a calm energy that can motivate action. Diffuse it with sweet orange for an uplifting mood.

Coriander Seed (*Coriandrum sativum*)

Similar to bergamot, but with a woody nuance, coriander's scent adds a sweet freshness to soaps and perfumes. Combine this calming, focusing oil with lavender to inspire restful sleep.



Aura Cacia Organics

*provides an extensive line
of certified organic
essential oils
in .33 oz. & 1.66 oz. sizes.*

Cypress (*Cupressus sempervirens*)

❖ *available in certified organic*

Ancient Greco-Roman culture used cypress medicinally and as a purifying incense. The oil has a skin-tightening, pore-reducing effect. It blends well with other Mediterranean oils like lavender, clary sage and bergamot.

Eucalyptus

(*Eucalyptus globulus*)

Distilled from the leaves of the tree, eucalyptus oil has a fresh, penetrating scent and is a common ingredient in salves and cold-care products. Combine with lavandin for a therapeutic chest rub. A diffusion of eucalyptus purifies the atmosphere and clears negative energy.

Eucalyptus (*Eucalyptus radiata*)

❖ *available only in certified organic*

The oil of this species of eucalyptus is a bit more green and sweet than the clean, medicinal aroma of the familiar *Eucalyptus globulus*. Combine with peppermint and a skin care oil for a cooling foot rub.

Eucalyptus, Lemon

(*Eucalyptus citriodora*)

This oil contains citronella, which adds a lemon-like tone to the familiar penetrating aroma of eucalyptus. It is often used in household products. Combine with lavender, peppermint and a skin care oil to create a refreshing foot massage oil.

Fennel Seed (*Foeniculum vulgare*)

The aroma of fennel seed essential oil is sweet and warm with a spicy, anise-like quality. Fennel helps ease digestion

through diffusion or in a stomach massage. It also increases circulation and flow of body energy.

Fir Needle, Balsam (*Abies balsamea*)

Used as a room spray, this fresh evergreen scent evokes images of mountainside fir forests and holiday festivities. Balsam fir opens breathing, improves circulation and lifts the spirit.

Aura Cacia's botanical trivia:



*The ground ash from
burnt frankincense,
known as kohl,
was used to create the
distinctive eye makeup of
ancient Egypt.*

Fir Needle, Silver (*Abies alba*)

❖ *available only in certified organic*

Foresty, clean and sweet, the aroma of silver fir essential oil opens and refreshes the senses. Combined with skin care oils, it can help comfort the body's aches and pains associated with aging.

Frankincense (*Boswellia sacra*)

❖ *available blended with jojoba*

Used extensively in incense and fine perfumery for thousands of years, frankincense is characterized by a sweet, balsamic aroma. It was a sacred fumigant in ancient Egypt and the Middle East.

Geranium (*Pelargonium graveolens*)

❖ *available in certified organic*

Geranium has a rose-like aroma with minty undertones. An important ingredient in many skin care products, it provides balancing properties to both

dry and oily complexions. Add a few drops to face cleansers to supplement their effects.

Geranium, Bourbon

(Pelargonium graveolens)

A high-quality geranium oil that's distilled from a special variety of *P. graveolens* originating from Reunion Island and Madagascar. Its rich, rose-like scent and remarkable staying power are valued in perfumery.

Ginger (*Zingiber officinale*)

This earthy aroma is a wonderful modifier in blends containing vetiver and citrus oils. You can also create robust sensualizing blends by combining ginger with oils like patchouli and jasmine. Ginger warms muscles and increases circulation during massage.

Grapefruit (*Citrus paradisi*)

❖ *available in certified organic*

Grapefruit has a tangy, citrus scent that is especially appreciated by children. Combine it with lavender in a bubble bath, or make a refreshing travel mist by blending it with peppermint and water in a spritzer bottle.

Hyssop (*Hyssopus officinalis*)

Hyssop provides a sweet, herbal scent that blends well with clove, lavender, rosemary, sage and citrus oils. A purifying medicinal oil, it can be combined with eucalyptus or spike lavender in a sick room diffusion.

Jasmine Absolute

(*Jasminum grandiflorum*)

❖ *available blended with jojoba*

A common ingredient in perfumes, the exotic floral aroma of jasmine is potent and radiant. It's a sensual oil—making it an ideal addition to intimate massage.

Juniper Berry (*Juniperus communis*)

The fruity, woody aroma of juniper berry combines well with citrus oils in room sprays and adds a masculine scent to aftershaves and colognes. Juniper berry invigorates circulation and encourages the release of toxins when used in massage oils.

Juniper Berry & Branch

(*Juniperus communis*)

❖ *available only in certified organic*

This oil has a slightly more woody and pine needle-like aroma than juniper berry oil. It has similar uses, but is more activating and warming in character.

Lavandin (*Lavandula x intermedia*)

A natural cross-pollination of true lavender and spike lavender, lavandin gives soaps and detergents a fresh, bracing aroma. Gently purifying, it's an ideal component of chest rubs or salves for the very young or infirm.

Aura Cacia's botanical trivia:



*It takes
two years for a
juniper berry
to ripen.*

Lavender, Spike

(Lavandula latifolia)

❖ *available in certified organic*

The powerful, lavender-tinged scent of spike lavender blends well with other oils in purifying room sprays, insect repellents and body care products. Add a few drops to supplement the effectiveness of cold care ointments.

▼ *Lavender*

Lavender (*Lavandula angustifolia*)

❖ *available in certified organic*

Lavender's perfectly balanced floral-herbaceous aroma provides an unmatched array of therapeutic attributes—calming, relaxing, refreshing, toning and cleansing—making it the most popular oil in aromatherapy.



Lemon (*Citrus limon*)

❖ *available in certified organic*

Expressed from the peel of the fresh fruit, lemon oil is a sweetly scented, purifying oil. It combines well with tea tree in cleansing applications for blemishes and fungal manifestations.

Lemongrass (*Cymbopogon flexuosus*)

❖ *available in certified organic*

This tropical grass has been traditionally used in India to ward off sickness and fever. Lemongrass is an effective cleansing and astringent ingredient in skin care preparations.

Lime (*Citrus aurantifolia*)

Expressed from fresh lime peel, lime essential oil shares many of the same aromatherapy qualities as lemon. Use it to cleanse oily skin, or combine with eucalyptus for a purifying diffusion.

Precious essentials

*provide 100% pure,
Aura Cacia essential oils
pre-blended with jojoba oil for
convenient, ready-to-use
aromatherapy application.*



Marjoram, Sweet (*Majorana hortensis*)

❖ *available only in certified organic*

Often overshadowed by lavender, sweet marjoram oil offers many of the same benefits without lavender's sweet floral aroma. Use with skin care oils to warm and comfort body aches and pains.

Marjoram, Wild (*Thymus mastichina*)

❖ *available in certified organic*

Actually a wild-growing species of thyme, wild marjoram has a warm, spicy, herbaceous aroma. Use with skin care oils to create an invigorating massage oil.

Myrrh (*Commiphora myrrha*)

❖ *available blended with jojoba*

The spicy, earthy aroma of myrrh has been used as incense for almost 4,000 years. A blend of myrrh essential oil and jojoba oil is an effective application for dry, dull or aged skin.

Myrtle (*Myrtus communis*)

Myrtle has a sweet, penetrating scent. The oil is used in skin care applications to alleviate oily skin and enlarged pores. It has a gentle but powerful effect on the respiratory system—excellent for chest massage during the cold and flu season.

Neroli (*Citrus aurantium*)

❖ *available blended with jojoba*

Distilled from the flowers of the bitter orange tree, neroli has a deep, intoxicating floral aroma. It soothes agitated nervous states and is especially effective for relief from despair and grief.

Nutmeg (*Myristica fragrans*)

Nutmeg provides a warming, activating ingredient in massage oils, without the potentially irritating effects of other spice oils. It helps to relieve soreness in overworked muscles.

Orange, Mandarin (*Citrus reticulata*)

Offered as a gift to the Mandarins in ancient China, this fruity citrus oil possesses a neroli-like floral nuance. Mandarin calms the spirit and balances emotions. Carry a bottle and inhale for emotional rescue.

Orange, Sweet (*Citrus sinensis*)

❖ *available in certified organic*

The familiar orange scent makes this one of the world's most popular oils and the heart of many floral blends. Sweet orange's gentle, clarifying nature cheers the heart and brightens the mood. Diffuse it often to maintain a wholesome, positively charged atmosphere.

Oregano (*Origanum vulgare*)

❖ *available in certified organic*

Oregano is a highly active oil with powerful anti-microbial properties

that can be a strong skin irritant—its use should be limited to purifying diffusions. Add lemon to sweeten the spicy, medicinal aroma.

Palmarosa (*Cymbopogon martinii*)

Palmarosa has a lemon-like scent with floral nuances and is used in cleansing, astringent skin care products. It also helps soften the aroma of citronella without compromising its insect-repelling power.

Patchouli (*Pogostemon cablin*)

❖ *available in certified organic*

A widely used fixative in perfumes, patchouli's rich, earthy aroma provides an olfactory bridge between floral and herbaceous oils. Add a few drops to sweet almond oil to create a nourishing treatment for dry skin.



▲ Patchouli

Peppermint, Natural

(Mentha piperita)

❖ *available in certified organic*

Widely used in toothpaste, chewing gum and candy, peppermint oil has a very potent fresh, minty aroma that produces a cooling and refreshing sensation. Combine peppermint, lavender and a skin care oil for a soothing stomach massage oil.

Peru Balsam (*Myroxylon balsamum*)

A soothing addition to skin creams and cleansers, this oil has a rich, vanilla-like scent. Create a massage oil to loosen the chest and increase circulation. Peru balsam contains a natural substance that can form white crystals in the oil. If this happens, warm the bottle slightly until the crystals dissolve.

Pine (*Pinus sylvestris*)

❖ *available in certified organic*

The woody, typically evergreen aroma of this oil lends a pleasant, deodorizing scent to many household and personal care products. Pine oil invigorates circulation. Add to skin care oils for detoxifying deep tissue massages.

Aura Cacia's botanical trivia:



Dried rosemary
*was burned in the
Middle Ages as
protection against
the Black Plague.*

Ravensara (*Ravensara aromatica*)

❖ *available only in certified organic*

Ravensara is referred to as the “oil that heals” by the people of Madagascar. Use it to create a cleansing and purifying massage oil or diffusion.

Rose Absolute (*Rosa centifolia*)

❖ *available blended with jojoba*

With its rich and long-lasting floral aroma, rose is used extensively in

quality perfumes as both an aromatic and a fixative. Diffused rose absolute will produce a stabilizing atmosphere during times of stress, anxiety and grief.

Rose Otto (*Rosa damascena*)

❖ *available blended with jojoba*

This essential oil is distilled from the ancient damask rose. Rose otto has a powerful effect on the emotions and the spirit, bringing harmony and peace while dispelling fear and tension. Simply inhale the aroma to realize the benefits.

Rosemary (*Rosmarinus officinalis*)

❖ *available in certified organic*

Rosemary has a fresh, herbaceous scent and has purifying and anti-microbial properties. Blend rosemary oil with grapeseed and olive oils to make a nourishing scalp massage reputed to make hair grow.

Rosewood (*Aniba rosaeodora*)

A very gentle-acting oil with a delightful woody, floral aroma, rosewood tones the skin, stabilizes emotions and centers awareness.

Sage (*Salvia officinalis*)

Distilled from the common culinary garden plant, sage is a potent essential oil and should be used with discretion. Try one or two drops in combination with lavender for a purifying diffusion.

Sandalwood (*Santalum album*)

❖ *available blended with jojoba*

Sandalwood is a valuable perfume fixative with a powerful earthy, woody scent. The oil is sacred in many traditions, renowned for inspiring insight and spiritual elevation. Dab a single drop on the middle of the forehead to inspire insight and emotional stability.

Spearmint (*Mentha spicata*)

This sweet, minty oil offers a softer, more gentle energy than its botanical cousin peppermint. You can blend spearmint oil with lavender oil to make a calming children's bath.

Tangerine (*Citrus reticulata*)

The fresh, fruity scent of tangerine is a delightful addition to children's aromatherapy blends. Combine it with lavender and add several drops to a soothing bedtime bath.

Tea Tree (*Melaleuca alternifolia*)

❖ *available in certified organic*

Possessing an intense, medicinal aroma, tea tree is a superior anti-microbial essential oil that can be used by the drop directly on the skin to cleanse and purify.

Thyme, Red (*Thymus vulgaris*)

The essential oil of the common garden and culinary thyme, red thyme is high in the constituent thymol—a powerful anti-microbial that is irritating to the skin. Try diffusing during the cold and flu season.

Thyme, White (*Thymus vulgaris*)

White thyme is the result of a re-distillation of red thyme essential oil. Combine this oil with eucalyptus, tea tree and lavender in cold-care salves.

Vanilla Absolute (*Vanilla planifolia*)

❖ *available only blended with jojoba*

Deliciously scented vanilla absolute, a common ingredient in perfumes, is extracted from the cured seed pods of a tropical orchid. Its familiar aroma—deep, rich and sweet—comforts the emotions and calms the spirit. Wear it as a sensual, all-natural perfume.

Vetiver (*Vetiveria zizanioides*)

❖ *available in certified organic*

Vetiver has a rich, earthy scent and is often used as a perfume fixative. The aroma anchors the spirit and stabilizes emotions.

Wintergreen (*Gaultheria procumbens*)

The easily recognized, sweet, mint-like aroma of wintergreen is a common component of candies, chewing gum and dental products. Use small amounts of this potentially irritating oil in muscle and joint ointments.

Ylang Ylang III (*Cananga odorata*)

❖ *available in certified organic*

This “flower of flowers” has a heady, sensual aroma. The scent elevates the spirit and consoles the heart. Blend with rosewood, sandalwood and cocoa butter for an exotic body butter.

Ylang Ylang Extra

(Cananga odorata)

“Extra” grade (the highest quality) Ylang Ylang has an intense floral aroma that is prized in perfumes. The powerful scent nourishes and encourages the spirit. Dab a single drop on pulse points for an alluring perfume.

Ylang Ylang ►



Aura Cacia's
botanical trivia:



Ylang ylang

*oil is mixed with coconut oil
and used as an aromatic
hair dressing in the
South Pacific.*



Aura Cacia essential oil blends

These unique, aromatherapy blends are carefully formulated so that the essential oils reinforce and balance each other for maximum effect.

Energize

A blend of lemon, peppermint, rosemary, and sweet orange essential oils that helps restore vitality and galvanize resolve. Diffuse for an instant pick-me-up.

Euphoria

A blend of bergamot BF, amyris, ginger, and ylang ylang III essential oils that creates a sense of well-being and good cheer. Create a celebratory, uplifting mood at your next gathering by diffusing this blend.

Heartsong

A blend of lavender, rosewood, geranium, and rose absolute essential oils that fosters feelings of kindness and affection. Comfort the emotions or inspire love with a diffusion of this rosy blend.

Inspiration

A blend of lemon, bergamot BF, balsam fir needle, sweet basil, and rosemary essential oils that promotes an atmosphere of creativity and enthusiasm. Diffuse in an office or studio space to promote positive, creative energy.

Lavender Harvest

A blend of lavender, lavandin, and spike lavender essential oils that synergistically relaxes and refreshes with the benefits of a full array of lavender essential oils. Inhale at night to promote a restful sleep.

Meditation

A blend of cedarwood, myrtle, patchouli, and sandalwood essential oils that promotes a state of calm and awareness. Diffuse this blend to create an atmosphere conducive to meditation and prayer.

Purify

A blend of patchouli, sage, peppermint, and tea tree essential oils that counteracts negative influences and re-establishes clarity. Add a few drops to an end-of-day foot soak to cleanse, soothe and cool.

Relaxation

A blend of sweet orange, tangerine, lemon, bergamot BF, lavender, Roman chamomile, ylang ylang III, and sandalwood essential oils that facilitates a calm, steady attitude. Diffuse to slow down and relax.

Soothing Heat

A blend of balsam fir needle, lemon, eucalyptus, juniper berry, and myrtle essential oils that holistically comforts and warms. Use after a workout to comfort sore, tired muscles.

Tranquility

A blend of lavender, balsam fir needle, patchouli, palmarosa, geranium, and Roman chamomile essential oils that promotes relaxation and serenity. Add several drops to an evening bath after a stressful day.



Aura Cacia skin care oils

We offer a selection of premium, 100% pure and natural, preservative-free, minimally processed skin care oils. These oils are perfect carriers for our essential oils. The four indicated skin care oils are available organically under the Aura Cacia Organics brand.



Apricot Kernel (*Prunus armeniaca*)

❖ *available in certified organic*

Expressed from the nut meats of apricots, apricot kernel oil is high in the essential fatty acids oleic and linoleic acids. It has a slightly lighter consistency than sweet almond oil and is especially good for skin, massage and bath applications.

Avocado (*Persea Americana*)

Extracted from the ripe fruit, (actually a berry), avocado oil is very high in oleic acid. A rich, skin-nourishing oil, avocado is at its best in skin care applications.

Grapeseed (*Vitis vinifera*)

Extracted from grapeseeds as a by-product of wine making, grapeseed oil has a nice balance of oleic, linoleic, palmitic and stearic acids. It's emolliating and toning, restoring balance and firmness in skin care applications.

Jojoba (*Simmondsia chinensis*)

❖ *available in certified organic*

Extracted from the seed of a desert shrub in the American southwest, jojoba contains proteins, liquid waxes and unique fatty acids. The oil closely resembles the skin's own natural emollients.

Sesame (*Sesamum indicum*)

❖ *available in certified organic*

Extracted from the familiar culinary seeds, sesame is a balanced oil that contains a full complement of nourishing components. Sesame oil is excellent in massage and skin care applications.

Sweet Almond (*Prunus amygdalus*)

❖ *available in certified organic*

Extracted from almond kernels, sweet almond is high in the same essential fatty acids as apricot kernel oil, but has a slightly richer consistency. It's appropriate for dry skin care, bath oils and long-lasting massage.

Aura Cacia safety tips

Essential oils are highly concentrated and must be used carefully. Here are some general cautions—you should also check the label of any essential oil you use for additional information specific to that oil.



- Always follow all label warnings and cautions.
- Keep oils tightly closed and out of the reach of children.
(Note: Aura Cacia ½-ounce bottles come with a child-resistant cap.)
- Never ingest or use essential oils in cooking.
- Keep oils away from eyes, ears and mucous membranes.
- Do not use undiluted oils on your skin. Dilute oils with skin care oils, one to three drops per teaspoon. (Note: Some oils should not be used on the skin—check labels carefully.)
- Skin test oils before using. Dilute a small amount and apply to the skin of your inner arm. Do not use if redness or irritation occurs.
- If at any time redness, burning, itching or irritation occurs, stop using the oil immediately.
- If pregnant, suffering from any medical condition or taking medication, consult a health care practitioner before using.





Aura Cacia®



pure aromatherapy

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ORGANICS
PURE AROMATHERAPY

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