

Essential Oil Therapy Aethereo®Sticks - 2020

1. Ache-Ease – Ache-Ease is an Aethereo essential oil blend of Marjoram (*Origanum majorana*), *Melaleuca* species, Copaiba (*Copaifera officinalis*), Frankincense (*Boswellia carterii*), Peppermint (*Mentha x piperita*), Black Pepper (*Piper nigrum*), Ginger (*Zingiber officinalis*), Roman Chamomile (*Chamæmelum nobile*), and Helichrysum (*Helichrysum italicum*), formulated for symptoms of general aches and discomfort.

2. Appetite – Appetite is a deliciously stimulating Aethereo essential oil blend of Sweet Fennel (*Foeniculum vulgare* Mill. var. *dulce*), Cinnamon (*Cinnamomum zeylanicum*), Caraway (*Carum carvi*), Basil (*Ocimum basilicum*), and Lime (*Citrus aurantifolia*), with constituents known to help enhance healthful appetite.

3. Bergamot – Bergamot (*Citrus bergamia*) essential oil is widely regarded for its distinctive, soothing, citrusy aroma and wide range of uses, including its reputation to help uplift mood.

4. Breathe (Niaouli Melblend) – This invigorating, open-air, forest-fresh Aethereo essential oil blend of *Melaleuca* species including Niaouli (*Melaleuca quinquenervia cineole* chemotype) and nerolidol (*Melaleuca quinquenervia* chemotype N) can be helpful to support sinus and respiratory wellness.

5. Calm – This aromatic combination of Frankincense (*Boswellia carterii*), with the woody notes of Blue Cypress (*Callitris intratropica*), the warm fragrance of fine Lavender (*Lavandula angustifolia*), and the subtle floral notes of nerolidol (*Melaleuca quinquenervia* chemotype N) creates an Aethereo essential oil blend to support calm, ease, and an enhanced feeling of well-being.

6. Citrus – Aethereo's uplifting Citrus essential oil blend is a beautifully balanced, refreshing combination of popular species of Citrus – Sweet Orange (*Citrus sinensis*), Grapefruit (*Citrus paradisi*), and Lemon (*Citrus limon*) – plus nerolidol (*Melaleuca quinquenervia* chemotype N). Citrus oils are universally noted for their ability to lift the spirits and enhance mood in people of all ages.

7. Comfort – Comfort is an Aethereo essential oil blend of Mandarin (*Citrus reticulata*), Lavender (*Lavandula angustifolia*), and Roman Chamomile (*Chamæmelum nobile*), created to support comfort and an enhanced sense of well-being.

8. Copaiba – Copaiba (*Copaifera officinalis*) essential oil is distilled from the natural oleoresin tapped from the tree, which Amazon native people have traditionally used for symptoms of general aches and discomfort. Its gentle, woody, sweet aromatic profile encourages relaxation.

9. De-Crave – De-Crave Blend is an aromatic Aethereo essential oil blend of Black Pepper (*Piper nigrum*) and Clary Sage (*Salvia sclarea*), essential oils which are reputed to help with cravings, particularly tobacco.

10. De-Habit – De-Habit is a minty, herbaceous Aethereo essential oil blend of Peppermint (*Mentha x piperita*), Marjoram (*Origanum majorana*), Rosemary-V (*Rosmarinus officinalis verbenone* chemotype), and *Melaleuca* species, which are reputed to help with symptoms of cravings.

11. Earth – This earthy Aethereo blend of geosmin and nerolidol (*Melaleuca quinquenervia* chemotype N) displays the deep, lush aroma reminiscent of an after-the-rain or planting-in-the-garden experience.

12. Frankincense – Frankincense essential oil (*Boswellia carterii*) is distilled from the resin of the trunk of the tree, and is among the most revered of essential oils for its physical and spiritual healing properties. Its distinctive aroma supports feelings of peace, relaxation, and overall well-being.

13. Ginger – Ginger (*Zingiber officinalis*) has been universally used for its wondrous combination of culinary and healing properties. The distinctive, pungent, spicy essential oil is renowned for its ability to calm stomach distress and reduce general discomfort.

14. Lavender – Lavender (*Lavandula angustifolia*) has a warm, rounded, floral aroma that can be soothing and calming. It supports relaxation during stressful times, and can be helpful to enhance sleep. Research shows its usefulness for symptoms of head and body discomfort.

15. Lemon – Lemon essential oil (*Citrus limon*) is universally recognized for its clean, pure, bright aroma, and its ability to lift the spirits and enhance mood in people of all ages.

16. Mandarin – Mandarin essential oil (*Citrus reticulata*) has a warm, sweet, floral aroma. Research shows it can be helpful with stomach distress, restlessness, low mood, fatigue, and enhances relaxation and sleep.

17. Marjoram – Marjoram essential oil (*Origanum majorana*) offers a green and herbaceous healing aroma. Research shows it can be helpful as an aid to relaxation, mood, and physical comfort.

18. Northwoods - This evocative and invigorating Aethereo essential oil blend of Black Spruce (*Picea mariana*), Balsam Fir (*Abies balsamea*), Fir Needle (*Abies sibirica*), Vetiver (*Vetiveria zizanioides*), White Cypress (*Callitris glaucophylla*), and nerolidol (*Melaleuca quinquenervia* chemotype N) offers a deep connection to the boreal forest.

19. Peace (Lavender BlueMel) – Lavender BlueMel is an Aethereo essential oil blend of finest quality Lavender (*Lavandula angustifolia*), aromatic Blue Cypress (*Callitris intratropica*), and the subtle, round floral notes of nerolidol (*Melaleuca quinquenervia* chemotype N), that helps to promote a sense of peace and well-being.

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20. Peppermint – Peppermint (*Mentha x piperita*) essential oil is widely used to help soothe digestive symptoms. Uplifting, yet calming because of its refreshing aroma, it may also be helpful with congestion, head discomfort, and stress.

21. PneumoBlend – Pneumoblend is our latest scientific blend aimed at enhancing respiratory wellness. With *Melaleuca* species, Farnesol, Lime, Monarda, Clove Bud, and Thyme *linalool* CT, its aromatic profile may be familiar, and this combination of constituents, with its distinctive notes, will appeal to many.

22. Quit – Black Pepper (*Piper nigrum*) essential oil, with its strong, sharp, spicy aroma, is reputed to help with cravings, particularly tobacco.

23. Quit And Relax – Black Pepper (*Piper nigrum*) essential oil, with its strong, sharp, spicy aroma, is reputed to help with cravings, particularly tobacco. Calming Lavender (*Lavandula angustifolia*) and Cedarwood (*Juniperus virginiana*) are added for relaxation.

24. Quit With Energy – Black Pepper (*Piper nigrum*) essential oil, with its strong, sharp, spicy aroma, is reputed to help with cravings, particularly tobacco. Invigorating Lime (*Citrus aurantifolia*) is added for energy.

25. Respir-Ease – This refreshing, uplifting Aethereo essential oil blend is formulated to be of benefit in enhancing upper respiratory health. Including Niaouli (*Melaleuca quinquenervia cineole* chemotype), Eucalyptus (*Eucalyptus radiata* var. *australiana*), Marjoram (*Origanum majorana*), and other essential oils known to support respiratory wellness.

26. Roman Chamomile – Roman Chamomile (*Chamæmelum nobile*) essential oil is distilled from the flowers of the plant, and has an herbaceous, somewhat sweet aroma. It is widely used to soothe and calm mind and body, and to support restful sleep.

27. Rose – Rose Absolute (*Rosa damascena*) is the most widely known and loved flower extract. It is a very concentrated representation of the essence of the flower. Rose is traditionally used to express love, and to enhance a sense of calm and well-being.

28. Spearmint – Spearmint essential oil (*Mentha spicata*) is commonly used to help relieve symptoms of stomach distress. Its aroma can induce a calming, relaxing effect on the body, which can help to reduce discomfort.

29. Sweet Basil – A member of the mint family, Sweet Basil (*Ocimum basilicum*) is noted for its fresh, herbaceous aroma. It has historically been used to lift mood, help with discomfort, and support digestive and respiratory health.

30. Sweet Orange – Sweet Orange (*Citrus sinensis*) essential oil has a sunny, cheery aroma. It is widely recognized as a mood lifter, and is also reputed to enhance appetite.

31. Therabreathe – This clarifying and invigorating Aethereo essential oil blend of *Melaleuca* species comprises open-air, forest-fresh Niaouli (*Melaleuca quinquenervia cineole* chemotype), and the distinctive Rosemary-C (*Rosmarinus officinalis cineole* chemotype), said to aid mental focus. Helpful in support of respiratory wellness.

32. Transitions – Transitions is an Aethereo essential oil blend of finest Lavender (*Lavandula angustifolia*), Clary Sage (*Salvia sclarea*), and Frankincense (*Boswellia carterii*), often used to enhance comfort for labor and end-of-life care.

33. Tum-Ease – Tum-Ease is a soothing Aethereo blend of essential oils of Ginger (*Zingiber officinalis*), Lime (*Citrus aurantifolia*), Lemon (*Citrus limon*), Anise (*Pimpinella anisum*), nerolidol (*Melaleuca quinquenervia* chemotype N), Peppermint (*Mentha x piperita*), and Spearmint (*Mentha spicata*), all traditionally used to help with symptoms of digestive distress.

34. Un-Nausea / Travel (Ginger Melablend) – Un-Nausea is a soothing Aethereo essential oil wellness blend of Ginger (*Zingiber officinalis*), Peppermint (*Mentha x piperita*), Spearmint (*Mentha spicata*), Anise (*Pimpinella anisum*), Citrus (*Citrus limon*), and nerolidol (*Melaleuca quinquenervia* chemotype N). It is formulated with a unique balance of essential oils with a history of use for stomach distress and general unwellness.

35. VetRose – VetRose is a heart-centered Aethereo essential oil wellness blend of Blue Cypress (*Callitris intratropica*), Vetiver (*Vetiveria zizanioides*), Rose Absolute (*Rosa damascena*), and nerolidol (*Melaleuca quinquenervia* chemotype N). This exquisite combination of earthy, woody, and floral notes is bound together by the finest Rose Absolute.

36. Yoga (Rosalina BlueMel) – A subtle, gently calming Aethereo essential oil blend of Blue Cypress (*Callitris intratropica*), Rosalina (*Melaleuca ericifolia*), and nerolidol (*Melaleuca quinquenervia* chemotype N), often used to support meditation and sleep.

37. Five Elements Set – In Chinese philosophy the five elements – Wood, Fire, Earth, Metal, and Water – have long been used to describe interactions and relationships between things, and to help achieve harmonious balance. The essential oils in this set are:

Wood – a blend of Blue Cypress (*Callitris intratropica*) and Frankincense (*Boswellia carterii*);

Fire – Lemon Myrtle (*Backhousia citriodora*);

Earth – a blend of nerolidol and geosmin;

Metal – Niaouli (*Melaleuca quinquenervia cineole* chemotype); and

Water – a blend of Roman Chamomile (*Chamæmelum nobile*) and Ylang ylang (*Cananga odorata*).

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