COPAIBA
Copaifera officinalis
Steam distillation of resin

Supports: Respiratory, Muscular, Emotional, Circulatory, Integumentary

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, Ultimate CM Cream™

**COPAIBA**
*Copaifera officinalis*

10ML  
(67150)

**Blends Well With:** Frankincense, Cardamom, Orange-Sweet, Cedarwood, Lemon, Grapefruit-Pink, Clary Sage, Jasmine, Rose 10% Blend, Ylang Ylang

**Safety:** Generally considered safe.

**Cosmetic Uses / Environmental Uses:**
- **Bath:** in 1/4 cup bath salt use 2-4 drops of essential oil.
- **Diffuser:** 4-5 drops for 10 minutes 3 times a day.
- **Inhale:** from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- **Massage:** 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- **Mist:** 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- **Topical:** 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.
CHAMOMILE, ROMAN

Chamaemelum nobile
Steam distillation of root

Supports: Digestive, Nervous, Muscular, Endocrine, Integumentary

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate Flora Fx™, Ultimate EFA™, Ultimate Selenium™, Synaptiv™, Ultimate Gluco-Gel Plus™, Slender Fx™, Sweet EZE™, Woman’s Fx™, Xerafem™, Xeratest™
**Blends Well With:** Orange-Sweet, Marjoram-Sweet, Bergamot, Clary Sage, Rose Geranium, Grapefruit-Pink, Jasmine, Lavender Maillette, Lemon, Neroli, Palmarosa, Rose 10% Blend, Tea Tree

**Safety:** Non-toxic, non-irritant. Use with caution if pregnant.

**Cosmetic Uses / Environmental Uses:**

- Bath: in 1/4 cup bath salt use 2-4 drops of essential oil.
- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.
TURMERIC

Curcuma longa
Steam distillation of root

Supports: Immune, Nervous, Circulatory, Digestive, Muscular, Skeletal

Suggested Carriers: Plant Derived Minerals™, Grapeseed Carrier Oil, Jojoba Carrier Oil, Kukui Carrier Oil, Ultimate CM Cream™

Supplement With: Beyond Osteo fx™ Liquid, Ultimate Gluco-Gel™, EFA Plus™, Ultimate Selenium™, Synaptiv™, Ultimate Digest Fx™

Blends Well With: Orange, Ginger, Sandalwood, Clary Sage, Ylang Ylang

Culinary Oil
Safety: Drug interactions in some diabetic and cardiovascular medications. Check with your healthcare provider before using. Avoid in pregnancy. Always dilute, may cause skin irritation and discolor the skin or clothing.

Cosmetic Uses / Environmental Uses / Culinary Uses:

- **Diffuser:** 4-5 drops for 10 minutes 3 times a day.
- **Inhale:** from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- **Massage:** 2-4 drops of essential oil to 1 tbsp. of carrier oil.
- **Mist:** 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals. Shake well before spraying.
- **Topical:** 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.
- **Food Flavoring:** 1 drop per 8-16 oz. Use a toothpick dipped into the essential oil for smaller amounts of sauces, soups, salad dressings, fish, red or white meat, eggs, cheese, vegetables, gluten free breads, pasta or rice.
SPIKENARD
Nardostachys jatamansi
Steam distillation of root

Supports: Integumentary, Muscular, Nervous

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate Hair, Skin and Nails™, Ultimate Gluco-Gel Plus™, Ultimate EFA™, Ultimate Selenium™, Synaptiv™

Exclusive Oil
Blends Well With: Black Pepper, Clary Sage, Clove Bud, Cypress, Frankincense, Rose Geranium, Juniper Berry, Lavender Maillette, Lemon, Myrrh, Neroli, Palmarosa, Patchouli, Pinyon Pine, Rose, Vetiver, Ylang Ylang

Safety: Non-toxic, non-irritant.

Cosmetic Uses / Environmental Uses:
- Bath: in 1/4 cup bath salt use 2-4 drops of essential oil.
- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.
NUTMEG
Myristica fragrans
Steam distillation of seeds

Supports: Digestive, Immune, Integumentary, Circulatory, Urinary, Muscular

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate Flora Fx™, RYL Beta500™, Immu 911™, Ultimate Hair, Skin and Nails™, Ultimate EFA™, Ultimate Selenium™, Ancient Legacy Ultimate Super KB™, Ultimate Gluco-Gel Plus™
Blends Well With: Frankincense, Pinyon Pine


Cosmetic Uses / Environmental Uses:
- Bath: in 1/4 cup bath salt use 2-4 drops of essential oil.
- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.
VETIVER

Steam distillation of root

Vetiveria zizanioides

Supports: Integumentary, Nervous, Circulatory, Reproductive

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate Hair, Skin and Nails™, Ultimate Selenium™, Synaptiv™, Ultimate EFA™, Xerafem™, Xeratest™

Blends Well With: Bergamot, Black Pepper, Cedarwood, Clary Sage, Rose Geranium, Ginger, Grapefruit-Pink, Jasmine, Lavender Maillette, Lemon, Lemongrass, Red Mandarin, Orange-Sweet, Patchouli, Rose 10% Blend, Sandalwood, Ylang Ylang

Exclusive Oil
Safety: There are no cautions listed for this oil when used in normal aromatherapy applications.

Cosmetic Uses / Environmental Uses:
- Bath: in 1/4 cup bath salt use 2-4 drops of essential oil.
- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.
CUMIN
*Cuminum cyminum*
Steam distillation of seeds

Supports: Digestive, Nervous, Immune, Urinary

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate Flora Fx™, Ultimate EFA™, Ultimate Selenium™, Synaptiv™, Ancient Legacy Ultimate Super KB™

Blends Well With: Chamomile-Roman, Coriander, Cilantro, Clove Bud, Frankincense, Ravensara
Safety: Phototoxic, avoid the sun or tanning beds for 12 hours after applying to skin. Avoid when pregnant. Use lightly because of strong aroma; may cause headaches or nausea.

Cosmetic Uses / Environmental Uses:
- Bath: in 1/4 cup bath salt use 2-4 drops of essential oil.
- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.
CAJEPUT
Melaleuca cajuputi
Steam distillation of leaves & twigs

Supports: Respiratory, Integumentary, Muscular, Digestive, Immune

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Transform Your Temple Lung and Sinus™, Good Herbs Respiratory Support™, Ultimate Hair, Skin and Nails™, Ultimate Gluco-Gel Plus™, Ultimate Flora Fx™, RYL Beta500, Immu 911™, Ultimate Selenium™, Synaptiv™

Exclusive Oil
**Blends Well With:** Clary Sage, Rose Geranium, Lavender Maillette, Marjoram-Sweet, Peppermint, Pinyon Pine, Rosemary, Ylang Ylang, Frankincense, Vetiver

**Safety:** Mild skin irritation when used neat (undiluted). Use caution with children under 5 and pregnant women. When used in moderate amounts in blends, no caution is listed.

**Cosmetic Uses / Environmental Uses:**

- **Bath:** in 1/4 cup bath salt use 2-4 drops of essential oil.
- **Diffuser:** 4-5 drops for 10 minutes 3 times a day.
- **Inhale:** from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- **Massage:** 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- **Mist:** 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- **Topical:** 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.
AMYRIS
Amyris balsamifera
Steam distillation of wood

Supports: Integumentary, Nervous, Reproductive, Respiratory, Muscular, Emotional

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate Hair, Skin and Nails™, Ultimate Gluco-Gel Plus™, Ultimate Selenium™, Synaptiv™, Ultimate D-Stress™, Xerafem™, Xeratest™
Blends Well With: Bergamot, Cardamom, Cedarwood, Frankincense, Grapefruit-Pink, Lavender Maillette, Lemon, Lime, Orange-Sweet, Palmarosa, Patchouli, Rose 10% Blend, Sandalwood, Spikenard, Vetiver, Ylang Ylang


Cosmetic Uses / Environmental Uses:

- Bath: in 1/4 cup bath salt use 2-4 drops of essential oil.
- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.
ANISE
Pimpinella anisum L.
Steam distillation of seeds

Supports: Circulatory, Skeletal, Respiratory, Digestive, Muscular

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate EFA™, Ultimate EFA Plus™, Ultimate Selenium™, Gluco-Gel Plus™, Transform Your Temple Lung and Sinus™, Good Herbs Respiratory Support™, Ultimate Flora Fx™

Blends Well With: Black Pepper, Ginger, Lavender Maillette, Orange-Sweet, Pine, Rose 10% Blend
Safety: Generally non-toxic. Avoid if pregnant or nursing, avoid with children under 5, avoid with estrogen dependent cancers.

Cosmetic Uses / Environmental Uses:

- **Inhale:** from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- **Massage:** 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- **Mist:** 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- **Topical:** 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.
COCOA
Theobroma cacao
Solvent extraction of alcohol/bean

Supports: Nervous, Digestive, Muscular, Reproductive, Integumentary

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate Selenium™, Synaptiv™, Ultimate D-Stress™, Ultimate Hair, Skin and Nails™, Ultimate Flora Fx™, Xerafem, Xeratest

Blends Well With: Bergamot, Carrot Seed, Cinnamon Bark, Fennel, Rose Geranium, Helichrysum 20% Blend, Neroli, Nutmeg, Peppermint, Rosemary

Exclusive Oil
Safety: Not safe for dogs, nontoxic for human use. If applied undiluted, may stain light skin.

Cosmetic Uses / Environmental Uses:

- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.
CHAMOMILE, GERMAN

Matricaria recutita

Steam distillation of flowers

Supports: Integumentary, Nervous, Endocrine, Muscular

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate Hair, Skin and Nails™, Ultimate Selenium™, Synaptiv™, Ultimate D-Stress™, Slender Fx™ Sweet EZE™, Ultimate Gluco-Gel Plus™, Women’s FX, Xerafem

Blends Well With: Bergamot, Lemon, Lime, Neroli, Clary Sage, Frankincense, Rose Geranium, Jasmine, Lavender Maillette, Neroli, Patchouli, Ylang Ylang, Cypress, Black Spruce, Pinyon Pine

Exclusive Oil
Safety: Non-toxic, non-irritating unless oxidized. May potentate the actions of some antidepressants such as fluoxetine, quinidine, and paroxetine. May also have drug interaction with codeine and tamoxifen. Use caution with individuals with ragweed allergies.*

Cosmetic Uses / Environmental Uses:
- Bath: in 1/4 cup bath salt use 2-4 drops of essential oil.
- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
THYME THYMOL

Thymus vulgaris ct. Thymol
Steam distillation of leaves, buds, flowers

Supports: Nervous, Muscular, Skeletal, Immune

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate Gluco-Gel Plus™, Ultimate Selenium™, Synaptiv™, Ultimate D-Stress™, RYL Beta500, Immu 911™

Blends Well With: Bergamot, Clary Sage, Cypress, Eucalyptus Rad., Rose Geranium, Grapefruit-Pink, Lavender Maillette, Lemon, Marjoram-Sweet, Pinyon Pine, Rosemary, Tea Tree
Safety: Irritating to sensitive skin. Always use a carrier oil when applying this oil. Not recommended for children under 10.

Cosmetic Uses / Environmental Uses:
- Massage: 2-4 drops in 1 tbsp. of carrier oil or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying. Avoid eyes and areas of mucus membranes.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.