



Essential Oil Wizardry

~ Alchemy Subscription Package ~ Month of April

Essential Oil of the Month: Nutmeg (CO2)

Wizard Alchemy Blend: Pain Relief ICE or Moon Cycle

Essential Oil Tincture: Eu-Phoria Drops

Mister Spray / Magick Massage Oil: Choco-NUT Massage

Docta's Pick: Opoponax

Organic Nutmeg (CO2) ~ Indonesia

CO2 Nutmeg is wonderful! Known for its tropical fragrance and gentle warming properties, nutmeg is recommended only for topical purposes – recommend diluting to about 20% in a carrier oil. Great for soothing joint pain, often used for arthritis rub as a soft topical counterirritant.

Doc's Notes: Love using CO2 Nutmeg topically all over my body before I start dancing. Elevates the body temperature, tropical and sexy. Invites others to play in a crowd and causes a noticeable topical numbing sensation that becomes more pronounced as you sweat and your pores open up. Effects wear off upon cessation of dancing. **NOT RECOMMENDED FOR INTERNAL INGESTION!**

Pain Relief ICE ~ Potent anti-inflammatory, analgesic. Reduces pain and inflammation – very powerful. Helichrysum assists with speeding healing process of wounds, cool menthol/methyl salicylate work on pain receptors and reducing inflammation. This formula is intelligently designed and highly affective.

Ingredients: Lavender, Peppermint, Helichrysum, Black Pepper, Pink Pepper, Turmeric (CO2), Wintergreen, German Chamomile, Spikenard, Niaouli, Rosewood, Mexican Arnica infused in Fractionated Coconut Oil.

Directions: Try applying 1-3 drops over the affected area of pain. Duration ranges 2-4 hours, can reapply as needed. Not to combine with other topical pharmaceutical drugs as this formula may increase absorption levels of other medication into the body.



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Moon Cycle ~ Designed to elevate the mood, assist with balancing women's hormones and reduce cramping/bloating. This formula was inspired by a small clinical study which evaluated the efficacy of lavender, clary sage and marjoram in specific ratios to successfully reduce PMS symptoms. The formula was recreated using similar ratios and alchemized with other potentiating essential oils & extracts to create a topical rub-on oil (also available in tincture form). Not recommended during pregnancy!

Ingredients: Lavender, Clary Sage, Marjoram, Bergamot, Fennel, Rose-Geranium infused in Fractionated Coconut Oil.

Directions: Try applying 1-5 drops over the ovaries/stomach area. Rub into hands and take several deep inhalations. Can reapply as needed. May use daily during cycles and off-cycles. Experiment and listen to your body. May consider using several days before and after cycle in addition to during peak symptoms. Please, share your feedback online at EssentialOilWizardry.com about this product!

Eu-Phoria Drops ~ Botanical extracts which resonate with floaty euphoria & mood elevation. Peppery, potent and astounding in flavor. Described as a 2-3 / 10 on the buzziness scale. 1-3 drops is a reasonable amount, not recommended for everyday usage.

Ingredients: Bitter Orange, Black Pepper, Blood Orange, Clary Sage, Frankincense Carterii, Geranium, Litsea Cubeba, Myrrh (CO2), Pink Pepper, Tulsi, Ylang-Ylang infused in Organic Sugar Cane Alcohol.

Directions: 1 – 5 drops are highly therapeutic → great to share with friends! Please do not ingest Eu-Phoria Drops if you are to operate a motor vehicle. These drops are not suggested for everyday use.

Doc's Notes: The intention was to create a delectable, balanced formula which enhances mood & establishes a clear euphoria for the social scene. Eu-Phoria drops were developed to be a legal substitute for alcohol or other mind altering substances which are fun to share at gatherings. My favorite use for these drops are infused into a non-alcohol beverage or taken sublingually. On a buzzy scale between 1 – 10, I would define these as a clear euphoria with slight peripheral tingling at about a 3/10. Experience has shared with me that most individuals notice some sort of slight physiological shift upon ingestion within minutes.



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