



# Essential Oil Wizardry

## ~ Alchemy Subscription Package ~ Month of June

**Essential Oil of the Month: Turmeric (CO2)**

**Wizard Alchemy Blend: Coral Waves**

**Essential Oil Tincture: Spark!**

**Mister Spray / Magick Massage Oil: Purity Spray**

**Docta's Pick: Taste of Hiba Cedarwood and Silver Fir**

### **Organic Turmeric (CO2 Total Extract) ~ Vietnam**

Turmeric is a potent spice boasting anti-inflammatory properties and studied for its anti-tumor potentiality. This extract is a smooth, clean golden liquid which packs a punch in terms of flavor and fragrance. Earthy, spicy root nectar, turmeric has been revered as a sacred medicine in India for thousands of years.

This extract pumps up food preparation (raw/cooked) and is great used internally. Some clients swear about its pain relief/anti-inflammatory properties by diluting it in a carrier oil and infusing directly onto the skin. Especially for arthritis. Try infusing 1-3 drops in a teaspoon of raw honey or using 1-5 drops in a warm chai latte (16 oz). I personally infuse this into raw massaged kale salads using about 4-10 drops in a large salad bowl feeding 3-5 people.

Be aware that this extract will stain the skin/clothes!

### **Coral Waves ~ Ocean Mist Revival ~**

Coral Waves is a super fresh cooling splash blend that is used as a concentrate in several products ranging from tinctures to natural deodorant. This blended oil is swell to infuse the summer consciousness into your being after a shower while the body is still wet. The formula was intelligently designed as following:

Juniper Berries provide a stimulating of the kidneys and lymph system to generate flow. Black Cumin is powerful with over 100+ active constituents and have beneficial properties for the skin and internal system. Opoponax adds a deep nourishing richness to the blend and feels like it seals the medicine into the skin like you would expect a distillation of resin to unfold.



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A touch of spearmint was added simply to blow and tantalize your mind. Rosemary stimulates the hair follicles and adds a nice refreshing feeling, combining well with anti-microbial properties from the Eucalyptus. Frankincense uplifts, cleanses and pops the essences in the mixture ~ all alchemize to a deeply rich blend which speaks to a mystical ocean tide outside space-time.

Uses: As a Dr. Bronner's suds concentrate, try 5-15 drops per ounce of pure solution. Incredibly fresh to apply to the body after a shower while still wet to hang ten on deep blue waves. Also infuse into the armpits to cool down the body during hot summer days.

**Ingredients: Organic/Wildcrafted Essential Oils / CO2 extracts of Black Cumin (CO2), Elemi, Eucalyptus Radiata, Frankincense Carteri (CO2), Juniper Berries (CO2), Opoponax, Rosemary Cineole, Spearmint, Blue Yarrow infused into Fractionated Coconut Oil**

## Spark! ~ Pep You Won't Believe!

Spark! essential oil tincture is a potent anti-viral, anti-bacterial blend of cool mentholated essential oils. This combination is infused into organic sugar-cane alcohol to create a tincture formulation, easy to use – one drop at a time.

This formula is helpful for opening up the respiratory system and clearing the throat. Wonderful to freshen the breath before a kiss (though Cosmic Orgasm is my favorite for that!). Try putting 1-3 drops on the tongue, roll the tongue into a tube and inhale deep into the lungs/throat to open the airways.

Some people love the advanced method to clear the sinuses – using the tincture top, insufflate a single drop of solution into each nostril. Will highly irritate the nostrils for about 30-45 seconds. Make sure to do both nostrils to clear evenly. Blow nose after 3-5 minutes. Try to keep it inside at least this length of time without clearing the nose to allow for adequate absorption.

Advanced method should be used in emergencies only - not recommended for everyday use – alcohol is extremely irritating to the mucus membranes and may cause damage to the nostrils, especially with regular use!



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