



Essential Oil Wizardry

~ Alchemy Subscription Package ~ Month of March 2017

Wizard Alchemy Blend: Moon Cycle

Essential Oil of the Month: Bergamot

Essential Oil Tincture: Rain Dance

Exquisite Botanical Perfume: Jasmine Sambac Perfume

Moon Cycle (Therapeutic Formula)

Moon Cycle is a miracle formula crafted for the wild pre-menopausal in your life that is supportive for the masculine as well. A highly balanced formulation which calms the nervous system, aids in restoring hormonal balance in women and helps to slow racing thoughts and propel one into deeper sleep. Moon Cycle is always in my go-to medicine bag used for men / women as a potent nervine, hormone regulator and sleep aid.

This formula was inspired by a clinical study that produced a massage oil using lavender, clary sage and sweet marjoram which was applied to the lower abdomen and found to have a clinical improvement of PMS symptoms. Using this formula and it's ratios as the baseline, my alchemical inspiration took over and added tremendous value through other helpful hormonal balancing/relaxing extracts including Rose-Geranium, Blue Yarrow, Fennel, Bergamot.

SEVERAL pre-menopausal women over the years have reported usage of this formulation regularly has restarted their menstrual cycle within weeks-months after not having a cycle for months-years. Women can apply this oil to the lower abdomen and onto the wrist points daily, esp. 5-7 days before, during and 3-5 days after cycle. As a man, I keep Moon Cycle by my bedside and massage into the bottoms of my feet before bedtime for more restful quality sleep.

Organic Ingredients: Bergamot (S. Africa), Lavender Vera (France), Sweet Marjoram (France), Clary Sage (France), Rose-Geranium (S. Africa), Fennel (Hungary), Blue Yarrow (S. Africa) infused into Ormus Enhanced Fractionated Coconut Oil

Bergamot, Steam Distilled (*Citrus bergamia*) ~ S. Africa

Bergamot is the "Rolls Royce" of citrus with subtle complexities and a wide array of therapeutic components. Bright and majestic, Bergamot offers smiles and an elevation of mood and immune system through its communion. Bergamot is wonderful for cheering up a room and reducing harmful bacteria growth when used in a diffuser. Helpful for episodes of shock, depression, and adding a



Essential Oil Wizardry



Essential Oil Wizardry

unique flavor profile to chocolate, beverages (ie. kombucha, tea).

Our distilled Bergamot is quite unique (most are cold-pressed) as the heavy bergapten molecules don't get removed in the distillation. This leads to a lighter color extract AND of more importance removes the skin photosensitivity warning. This extract is theoretically safe to apply into a carrier oil and apply to the skin before extended sunlight, though I haven't yet experimented. We love using Bergamot in the shower / bath, adding it as a botanical ingredient into body care products (ie. facial toner), applying into the diffuser and in our favorite dishes.

Ingredients: Organic Steam Distilled Bergamot (*Citrus bergamia*) from S. Africa

Rain Dance (Essential Oil Tincture)

A special community co-creation led by the musical guidance of Sahuna & Erina Love of Shaman's Dream and Alicia / Myself co-stewardship of the blending process. Birthed on the first evening of rainy weather breaking many years drought, the community gathered at the Wizard's Den and sent prayers and dance into the creation of this mystical essential oil blend.

The energy of this blend is refreshing, clear, expansive and centering. This tincture is very special to bring heightening to prayer and intention with a still mind. The flavor profile feels like the clear day after a heavy rain bringing coolness to warmth as a reflection of yin-yang. We are excited to share this special tincture with all of our monthly members – this is our first release of this formulation!

Ingredients: Wildcrafted Benzoin (Laos), CO2 Extracted Calamus Root (Poland), Organic Ginger (Indonesia), Grapefruit Essence (S. Africa), Niaouli nerolidol (Madagascar), Wildcrafted Ravensara, Organic Blue Yarrow infused into Organic Sugar Cane Alcohol

Jasmine Sambac Perfume (Exquisite Botanical Perfume)

This beautiful bouquet of rich, spicy and sexy jasmine flowers is a tribute to our first concrete extraction gone wildly wondrous! Have you ever wondered how an extract of Jasmine flowers is produced? Heat seems to destroy the delicate aromatic molecules and is unapproachable through a steam distillation. Most commonly the beautiful flowers are extracted with a solvent (which is evaporated away) to form a waxy "concrete" of aromatic material where the aromatic molecules are beautifully concentrated.

This month we have experimented with the starting material of a floral concrete and extracted out the aromatic oils from the Jasmine Sambac concrete using our Artisan Distilled Honey Spirits. The result is a rich, inviting play of honey notes topped with a deep, spicy and luscious Jasmine Sambac that wears on the skin for hours and hours. Our Jasmine Sambac Perfume is mighty delightful, get ready for something very special!

Ingredients: Jasmine Sambac Wax (India) extracted from Organic Artisan Distilled Honey Spirits.



Essential Oil Wizardry