



Essential Oil Wizardry

~ Monthly Alchemy Club ~ March 2019

Wizard Alchemy Blend: Re-NEW

Essential Oil of the Month: Raspberry Seed (CO2)

Essential Oil Tincture: Soul~Stice

Exquisite Botanical Perfume: Courage

Re-NEW (Therapeutic Formula)

Re-NEW is a warming & detoxification blend, perfect to add into any regular health protocol! Re-NEW has been designed to stimulate the lymph system, aid with flushing the kidneys, and a warming massage concentrate blend. Truly a supportive therapeutic formula: Helichrysum adds powerful regenerative, cicatricant & anti-inflammatory properties while Grapefruit stimulates the immune system, supports skin elasticity. Rosehip Seed CO2 Extract is a potent extract for skin health, boasting Vitamin A, E and essential fatty acids. Cypress & Chypre offers astringent qualities, tonifies the skin and stimulates the skin. Juniper provides diuretic qualities, stimulating the lymph system and promotes flushing of the kidneys. Xanthoxylum promotes blood circulation, offers hepatoprotective liver qualities and is quite warming.

One of my favorite uses for regular use of Re-NEW is to apply over my kidneys (sides of mid-back), lymph nodes (try around the armpits, neck, shoulders) at the end of the shower, while the body is moist. My enjoyment for Re-NEW is amplified during massage in the infrared sauna after my body starts breaking a sweat. Can be implemented for therapeutic massages by practitioner's during session; very supportive formula for recovery!

Ingredients: Wildcrafted Chypre (India), Organic Cypress Leaf (Morocco), Organic White Grapefruit (Mexico), Organic Helichrysum (Bosnia | Herzegovina), Wildcrafted CO2 Extracted Juniper Berries, Organic CO2 Extracted Rosehip Seed (Chile), Wildcrafted Xanthoxylum (Nepal) infused in ORMUS Enhanced Fractionated Coconut Oil.

Organic CO2 Extracted Raspberry Seed (Chile)

CO2 Extracted Raspberry Seed is spectacular for nourishing the skin with its pronounced Vitamin A / E content. Raspberry Seed Extract is a highly functional beauty care ingredient alone or in synergy with other rich CO2 Extracts including Schisandra, Rosehip Seed or Seabuckthorn Pulp ~ This brilliant hydrating carrier oil, is quickly absorbed into the skin - without leaving a greasy feel! Raspberry Seed Extract contains Linoleic Acid, alpha-Linoleic Acid, Oleic Acid, Vitamin E / Vitamin A & Ellagic Acid.

Apply a thin coat of Raspberry Seed to the skin / face after sun exposure. Raspberry Seed is an ingredient personally used by me daily on the face, during a shower. Combines well with other botanical extract carrier oils for cosmetic purposes and promotes healthy skin. Can be applied neat (undiluted) OR infused into another base oil or cream, supportive for skin health in even lower concentrations (ie. 5-10%).

Ingredients: Organic CO2 Extracted Raspberry Seed (*Rubus idaeus*) from Chile.



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Soul~Stice (Essential Oil Tincture)

How timely, right now here for Spring :-)

Soul~Stice was initially crafted on Winter Solstice (December 2017). Brilliant formulation to invoke change and support through transitions: Soul~Stice is a wondrous expression of the forest with sacred botanical vibrations! Soul~Stice promotes inner radiance, balance during transitions, a stillness of the mind and softening of the energy field. The ingredients here are majestically combined for an uplifting, clarifying and warm, sweet cleanse of a blend. Soul~Stice reflects a transition from one end of the Winter Portal [Entrance] towards a NEW transition [Spring Exodus]

Soul~Stice Tincture can be applied to the third eye, or wrist points to work on energetic levels to support one's growth. 1 drop on the tongue and inhaled through the throat into the lungs is another powerful way to work with this teacher.

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Ingredients: Wildcrafted Benzoin (Laos), Wildcrafted CO2 Extracted Calamus Root (Poland), Wildcrafted Elemi (Philippines), Organic Giant Fir (France), Organic Pink Pepper (Madagascar), Wildcrafted Rhododendron (Nepal), Wildcrafted White Sage (California, USA) infused in Organic Sugar Cane Alcohol.

Courage (Functional Botanical Perfume)

This month's Exquisite Botanical Perfume boasts energetic protective qualities for purification and is truly functional in nature. Courage too has been inspired from Winter portals, this the transition of Winter → Spring in 2018. Courage was crafted to purify, cleanse and bring in fresh energy after a shift of housemates to bring new levels of clarity, safety and inspiration. Courage delivers a powerful synergy of Myrrh, Frankincense & Galbanum; very potent resins which cleanse, protect, purify, activate and clear negative energy fields. Brazilian Red Mandarin lifts this synergy with a citrus layer of brightness which dances together with the herbaceous top-notes of Rosemary Cineole. Violet Leaf Absolute produces lovely green, purple hues that produce a perfect balance aromatically bringing a triad effect together for a spiritual cleanse in a bottle!

This formula has a very unique vibration and pleasant aromatic quality ~ use Courage when traveling, stepping outside the comfort zone, or any other times when additional protection may be supportive! Apply around the wrists, and wave around the body to cleanse the energy field. Can roll bottle into the hands and wave hands around the auric field to purify and uplift.

Ingredients: Wildcrafted Frankincense Sacra (Oman), Wildcrafted CO2 Extracted Galbanum (Iran), Organic Red Mandarin (Brazil), Organic CO2 Extracted Myrrh (Somalia), Organic Rosemary Cineole (Tunisia), Violet Leaf Absolute (Egypt) infused in Organic Craft Coconut Spirits.



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CO2 extracts display some of the characteristics of both essential oils and absolutes. Like essential oils, they contain many beneficial therapeutic properties. But unlike absolutes, they are not solvent extracted. Instead of hexane, they are extracted using CO2 (carbon dioxide) gas under pressure at ambient temperatures. Under normal atmospheric conditions CO2 is a gas, but in the presence of high pressure it is compressed until it has the density of a liquid and becomes supercritical carbon dioxide – neither a gas nor a liquid. It is while in this supercritical phase that CO2 acts as a “solvent” to extract aromatic oil from plants. The beauty of CO2 extraction is that once the oil is extracted from the plant material, the CO2 is simply returned to its gaseous state by lowering its pressure, allowing the gas to quickly and completely dissipate. Please see [Extraction Methods in Aromatherapy 101](#) for more information on CO2 Extracts.

Although the method of extraction is similar to an Absolute, CO2 Extracts are more comparable to Essential Oils in that they contain a myriad of therapeutic benefits without any trace of solvent left behind. Instead of hexane, they are extracted using CO2 (carbon dioxide) gas under pressure at ambient temperatures. Under normal atmospheric conditions CO2 is a gas, but in the presence of high pressure it is compressed until it has the density of a liquid and becomes "supercritical" carbon dioxide - neither a gas nor a liquid. It is while in this supercritical phase that CO2 acts as a "solvent" to extract aromatic oil from plants. The beauty of CO2 Extraction is that once the oil is extracted from the plant material, the CO2 is simply returned to its gaseous state and quickly and completely dissipates. The advantage of CO2 Extraction over steam distillation is that since there is very low heat during the process a greater amount of valuable constituents can be retained. Typically, they have an aroma closer to the natural plant, especially those oils with spicy notes. Although there are some advantages of CO2 Extraction over steam distillation, there are oils, such as Patchouli, where steam distillation produces a richer, more full-bodied oil.



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