

TRUessence HOME CARE PACK USAGE GUIDE



“Essential oils have historically been a staple in the ‘tool box’ of mothers, naturopaths, midwives, shaman, and healers from all walks of life. The intrinsic anti-bacterial, anti-fungal and anti-viral cleansing properties of essential oils make them perfect for so many household uses – for our purposes with this conversation - effective and non-toxic home care and cleaning.”

Enjoy the pleasant benefits of cleaning with TRUessence Essential Oils:

- ➔ **Save all the cash you use to spend on expensive cleaning products!**
- ➔ **Lift your moods while cleaning!**
- ➔ **Healing benefits of essential oils are absorbed through your skin!**
- ➔ **Healing benefits of essential oils are inhaled while cleaning!**
- ➔ **No perpetuation of antibacterial resistant microbes in your home!**
- ➔ **Your home is disinfected and sparkling clean - naturally!**

- Lorene Davies, Author *Nature's Farmacy*, & *Nature's Farmacy Essential Oil Benefits Book*

TRUessence Home Care Pack includes: Balsam Fir, Eucalyptus Globulus, Grapefruit, Lemon, Orange, Palmarosa, Scotch Pine, Tea Tree, Guardian, Cherished Space, Dragons Fire, Finishing Oil, Gratitude, Housekeeper & Stillroom book

“In 1900, a newborn American’s life expectancy was 47 years, but by 2000, it had increased to 74.8 years. . .

We are no longer dying in droves from diseases caused by poor sanitation; now we are suffering from chronic conditions such as heart disease and diabetes, caused by our affluent and indolent lifestyle, and allergic diseases such as asthma and eczema, which many researchers believe are induced by too much cleanliness. Many of us seem to be suffering from alienation and depression as well.

Our great-grandmothers’ homes were obviously clean enough, or we wouldn’t exist.

The extra sanitation promised by in-the-tank toilet cleaners, antimicrobial dish liquids, disinfecting sprays, and air fresheners is not making us happier or healthier.

There is not a synthetic cleaning product on the market that can improve our health, though there are plenty that can ruin it!”

- *Ellen Sandbeck, Green Housekeeping p. 4*



BALSAM FIR

Abies balsamea, Canada
p.o. resin
extracted by steam distillation

PROPERTIES

Antiseptic (genitourinary, pulmonary), antitussive, astringent, cicatrizant, diuretic, expectorant, purgative, regulatory, sedative (nerve), tonic, vulnerary.

BENEFITS

An evergreen tree exclusive to North America, the **Balsam Fir** has a long history of therapeutic application by Native Americans who used its resin for healing wounds. This uplifting yet grounding oil possesses a remarkable ability to aid injuries of many kinds, whether physical or emotional.

A potent respiratory oil, particularly when diffused, **Balsam Fir** can provide relief to asthma, bronchitis, sinusitis, nasal congestion, chronic cough, and other similar conditions. The deep therapeutic benefits can be enhanced when used in conjunction with oils such as *Eucalyptus radiata*, *Tea Tree*, and *Lavender*.

When it comes to home care, **Balsam Fir** is a versatile oil for many uses and purposes. Not only for its non-toxic aromatic benefits, but because its a clarifying oil it is outstanding for cleaning glass, tile, and other household surfaces.

APPLICATION

Diffusion	<ul style="list-style-type: none"> Diffuse with an ultra sonic or cold air nebulizing diffuser 10 minutes every 2 hours, or as needed. Fresh pine aroma from Balsam Fir is relaxing and grounding, benefiting the entire family.
Furniture Polish	<ul style="list-style-type: none"> 1/2 teaspoon Message Jojoba Oil, a liquid wax, 1/4 cup white vinegar , 2 drops Balsam Fir oil <p>Mix the ingredients in a glass jar. Dab a soft rag into the solution and wipe onto wood surfaces. Cover the glass jar and store indefinitely.</p>
Glass/Windows	<ul style="list-style-type: none"> 1/4-1/2 tsp ForeverGreen House Keeper liquid detergent, 3 tablespoons white vinegar, 2 cups water ,10 drops Balsam Fir <p>Add each of the ingredients into a spray bottle, shake gently, and use as you would a commercial brand. NOTE: The little bit of House Keeper is important. It cuts the wax residue from the commercial brands you might have used in the past, and adds an element of viscosity to the cleaner. Using newsprint newspaper instead of paper towels actually will cut grease and add an additional element of sparkle to the glass that's being cleaned.</p>
Inhalation	<ul style="list-style-type: none"> Apply a drop or two of Balsam Fir to a cotton ball or tissue, insert into vacuum bag holder.
Kitchen/Bath	<ul style="list-style-type: none"> For general household cleaning, add 20 drops of Balsam Fir to a quart of water. Mix 15–20 drops of Balsam Fir in 4 oz. distilled water, ad 1/2 teaspoon of House Keeper. Mix well in cobalt blue spray bottle. Shake vigorously. Spray liberally as needed for surface cleaning.
Misting Spray/ Sauna Use	<ul style="list-style-type: none"> Add 20 drops Balsam Fir to 4 oz. distilled water in a blue cobalt glass or PET plastic spray bottle. Shake well before each use. Great for freshening far infrared sauna or misting around the home for fresh, clean air.
Spray Cleaner	<ul style="list-style-type: none"> 1/2 tsp washing soda, 2 cups hot tap water, A dab of ForeverGreen House Keeper liquid soap, 12 - 20 drops Balsam Fir oil (or your favorite cleaning oil) <p>Combine the ingredients in a spray bottle and shake until the washing soda has dissolved. Apply and wipe off with a sponge or rag. Tip: If you're out of washing soda, use 2 1/2 tsp of borax, instead.</p>

RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

Non-irritant, non-sensitizing.

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EUCALYPTUS GLOBULUS

Eucalyptus globulus, Madagascar
p.o. leaves
extracted by steam distillation

PROPERTIES

Anti-infectious, antibiotic, antifungal, antineuralgic, antirheumatic, antiseptic, antispasmodic, antiviral, balsamic, cicatrizant, decongestant, deodorant, depurative, diuretic, expectorant, febrifuge, hypoglycemic, parasiticide, prophylactic, rubefacient, stimulant, vermifuge, vulnerary.

BENEFITS

This variety of *Eucalyptus*, known as the Blue Gum Tree, is a potent respiratory oil of help to and benefit with bacterial infections, colds, flu, sinusitis, bronchitis, asthma, and chronic cough.

It has been shown to be a powerful germ killer and effective in eliminating certain strains of Staph. Its an excellent oil to use around the home and in the dishwasher to kill germs that wouldn't otherwise be eliminated. Good psychological abilities aid in lifting mood, easing stress or anxiety, and restoring emotional balance; a mental stimulant which can aid focus and concentration.

APPLICATION

Diffusion	<ul style="list-style-type: none"> 10-20 minutes per hour, as needed, in a cold air nebulizing diffuser to kill airborne bacteria, ease congestion, lift and support mood and emotional balance, or aid focus and concentration.
Dishwashing	<ul style="list-style-type: none"> Add 10 drops <i>Eucalyptus globulus</i> to dishwasher during each wash cycle for eliminating germs.
General	<ul style="list-style-type: none"> Use <i>Eucalyptus globulus</i> for disinfecting benefits. Add to household cleaners; 12 – 15 drops to bucket of water for cleaning floors, disinfecting garbage pails, etc.
Insect Repellent	<ul style="list-style-type: none"> Useful insect repellent against mosquitoes and other insects by spraying in the air, or mixing a couple of drops with a carrier oil and applying to skin. It makes an effective flea-repellent for dogs. Use either by spraying the pet with misting spray (see <i>Misting Spray recipe below</i>), or mixing a drop or two with a carrier oil.
Mattresses	<ul style="list-style-type: none"> Mix 15–20 drops of <i>Eucalyptus globulus</i> in 4 oz. distilled water in cobalt blue spray bottle. Shake vigorously and spray on mattresses to clean, disinfect, and repel bugs.
Misting Spray	<ul style="list-style-type: none"> Add 20-30 drops into 2 oz. distilled or purified water in a mister/spray bottle for an uplifting air freshener. Shake well before each use. Highly effective for killing airborne bacteria. Jean Valnet, M.D. reports that using a solution of 2% eucalyptus oil sprayed in the air will kill 70% of airborne staph bacteria.
Laundry	<ul style="list-style-type: none"> <i>Eucalyptus globulus</i> has well-known biopesticide properties. Useful for controlling house dust mites and their allergens in clothing and bedding by using 20 – 30 drops in washing machine.
Spray Cleaner	<ul style="list-style-type: none"> <i>Eucalyptus globulus</i> by itself is amazing. To create a spray for cleaning and disinfecting, or a solution for mopping floors, etc. Mix: 20 - 25 drops <i>Guardian</i> Blend with 2½ cups water. Shake well and spray. Use it to wipe down cabinets, sinks, tubs, toilets, doorknobs, fixtures, etc. to protect from bacteria. Diffuse to keep air clean and disinfected.

RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

Eucalyptus globulus is not recommended for internal use. Not to be applied to the face, particularly the nose. Not for personal bodily use (internally or topically) during pregnancy and by those with high blood pressure or epilepsy.



GRAPEFRUIT PINK

Citrus paradisi, USA
p.o. rind
extracted by cold pressing

PROPERTIES

Antiseptic, antitoxic, astringent, bactericidal, diuretic, depurative, stimulant (lymphatic, digestive), tonic.

BENEFITS

Possessing tremendous anti-depressive ability, *Pink Grapefruit* has a wonderful essence that is fresh and sweet. Of all the citrus oils, this is the most uplifting and energizing. These properties make this a phenomenal oil to add to a diffuser or use when blending personal fragrances, or even for household cleaning uses, especially when combined with other citrus or floral aromas.

APPLICATION

Carpet Freshener	<ul style="list-style-type: none"> 1 cup Borax, 1 cup baking soda, 10 drops Grapefruit essential oil Combine and sprinkle and vacuum on carpet as desired. Store in an airtight container.
Diffusion	<ul style="list-style-type: none"> Diffuse 20 minutes per hour with nebulizing diffuser to help relieve depression and headache. Diffuse in ultrasonic diffuser for fresh, uplifting aroma throughout your home.
Dishwashing	<ul style="list-style-type: none"> To make a beautiful citrus dishwashing soap, mix 10 oz House Keeper with 20 drops of Grapefruit, 5 drops Lemon, 5 drops Orange. Add water to dilute as desired, keeping on your kitchen counter for all dishwashing and hand washing needs.
Dusting Spray	<ul style="list-style-type: none"> 1 cup distilled water and 3 drops Grapefruit oil or Lemon oil essential oils Combine in a spray bottle and use with a cotton cloth.
Kitchen/Bath	SOFT TUB SCRUB <ul style="list-style-type: none"> 1 cup baking soda, ¼ cup salt, 10 drops Grapefruit essential oil, 1 tsp vegetable glycerin, 10 drops Tea Tree Combine all ingredients and store in an air tight container.
Laundry	<ul style="list-style-type: none"> Add a few drops to give a cleaning boost to your laundry while infusing a fresh, clean aroma. Add Grapefruit when washing undergarments for its bactericidal qualities. It can also act as a degreaser for oily, greasy clothes.
Misting Spray	<ul style="list-style-type: none"> Add 20-30 drops Grapefruit into 2 oz. distilled or purified water in a mister/spray bottle for a delightful, uplifting air freshener. Shake well before each use.
Soft Scrub	<ul style="list-style-type: none"> ½ C baking soda, 2 tbsp ForeverGreen House Keeper liquid detergent , 1 – 2 tbsp water (to dilute to consistency you would like to work with), 10 drops Grapefruit essential oil <p>Add baking soda into a wide mouth jar, add enough House Keeper, essential oils and vegetable glycerin to create to make a texture like frosting. Apply enough of the mixture as needed onto a sponge, and wash the surface. Rinses easily and doesn't leave grit.</p>
Spray Cleaner	<ul style="list-style-type: none"> 1 teaspoon ForeverGreen House Keeper, 5 – 10 drops Grapefruit oil, 2 cups hot distilled water Combine the ingredients in a spray bottle, shake well before using. Apply and wipe off with a sponge or rag.

RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

Avoid exposure to the sun for 24 hours after use on the skin.



LEMON

Citrus limonum, Italy
p.o. organic peel
extracted by cold expression

PROPERTIES

Antiseptic, astringent, antitoxin, antianemic, antimicrobial, antirheumatic, antisclerotic, antispasmodic, bactericide, carminative, immunostimulant, insecticide, purifying.

BENEFITS

An amazing cleanser and purifier, **Lemon** essential oil is antiviral and anti-infectious, and is the #1 oil to kill bacteria. **Lemon** oil is invaluable in the kitchen and laundry. Use a few drops when rinsing produce or after working with raw meat to kill germs. Combine with baking soda for a great scouring powder on sinks and counter tops. Add to the dishwasher, laundry, or household cleaners to supercharge their disinfectant abilities and infuse a fresh, clean, uplifting aroma. Also useful in repelling ants and clothes moths.

HOUSEHOLD USES

Aroma	<ul style="list-style-type: none"> For a fresh, uplifting aroma, add 15 to 20 drops Lemon to 4 oz distilled water in a cobalt blue spray bottle. Shake well before each use. Spray around your home. For a clean, well kept feeling, diffuse 15 drops of Lemon at a time.
Carpets	<ul style="list-style-type: none"> To freshen and disinfect carpets, add Lemon to carpet cleaner water.
Dishwashing	<ul style="list-style-type: none"> To disinfect the dishes, add 5 drops of Lemon to 3 oz of automatic dishwasher liquid. To improve the antiseptic action of your liquid hand-washing soap add several drops of Lemon.
General	<ul style="list-style-type: none"> For general household cleaning, add 20 drops of Lemon to a quart of water.
Kitchen/Bath	<ul style="list-style-type: none"> To clean and disinfect counter tops, sinks, or cleanse high traffic areas, add 15 to 20 drops Lemon to 4 oz distilled water in a cobalt blue spray bottle. Shake well before each use. Spray where needed. To clean refrigerator, add a couple of drops of Lemon oil to your washcloth, or to the basin of cleaning water you are using. <p>SOFT TUB SCRUB</p> <ul style="list-style-type: none"> 1 cup baking soda, ¼ cup salt, 10 drops Lemon or Orange essential oil, 10 drops Tea Tree essential oil.
Laundry	<ul style="list-style-type: none"> Add a few drops to disinfect your laundry while infusing a fresh, clean aroma. Add Lemon when washing undergarments for it's energizing qualities. It also acts as a degreaser.
Repellent	<ul style="list-style-type: none"> To repel rats, mice, ants and cloth moths, add 15 to 20 drops Lemon to 4 oz distilled water in a cobalt blue spray bottle. Shake well before each use. Spray where needed. For an indoor plant insect repellent add 10 drops of Lemon to 1 cup of distilled water in a blue cobalt spray bottle. Mist plants. Shake well before each use.
Soft Scrub	<ul style="list-style-type: none"> ½ C baking soda, 2 tbsp ForeverGreen House Keeper liquid detergent , 1 tsp vegetable glycerin, 1 – 2 tbsp water (to dilute to consistency you would like to work with), 10 drops Lemon essential oil. <p>Combine ingredients in a wide mouth jar, to create a texture like frosting. Apply enough of the finished mixture as needed onto a sponge, and wash the desired surface. Rinses easily and doesn't leave grit.</p>
Spray Cleaner	<p>ALL-PURPOSE SPRAY #1</p> <ul style="list-style-type: none"> 1 tsp House Keeper, 5 - 10 drops Lemon oil, Orange oil or other oil of choice, 2 cups hot distilled water <p>Combine the ingredients in a spray bottle, shake well before using. Apply and wipe off with a sponge or rag.</p>

RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

Lemon essential oil is non-toxic and a non-irritant. It can create skin photo-sensitivity. Avoid exposure to sunlight for at least 24 hours after application.



ORANGE SWEET

Citrus sinensis (sweet orange), USA
p.o. peel
extracted by cold-pressing

PROPERTIES

Antiseptic, bactericide, degreaser

BENEFITS

Essential oil of orange, the oil that is expressed from the orange rind or peel, is a fresh, cheerful, uplifting and enlivening oil with many benefits! **Orange** is a powerful solvent, useful in household cleaning formulas and de-greasers.

HOUSEHOLD USES

Aroma	<ul style="list-style-type: none"> For a fresh, uplifting, citrus aroma, add 15 to 20 drops Orange to 4 oz distilled water in a cobalt blue spray bottle. Shake well before each use. Spray around your home.
Carpets	<ul style="list-style-type: none"> To freshen and disinfect carpets, add Orange to carpet cleaner water.
Degreaser	<ul style="list-style-type: none"> For heavy de-greasing jobs, both in the home and garage, add several drops of Orange oil to 1-2 oz. House Keeper. Dilute or use in its concentrated form for heavy degreasing action.
Dishwashing	<ul style="list-style-type: none"> To disinfect the dishes, add 1 drop of Orange to 3 oz of automatic dishwasher liquid. To improve the antiseptic action of your liquid hand-washing soap add several drops of Orange.
General	<ul style="list-style-type: none"> For general household cleaning, add 20 drops of Orange to a quart of water. Synergy to clean disinfect and uplift, add 10 drops of Orange and 20 drops of Guardian blend with 1 cup of distilled water in a cobalt blue spray bottle. Shake well before each use.
Kitchen/Bath	<ul style="list-style-type: none"> To kill mold, add a few drops of Orange to white distilled vinegar in a spray bottle. Spray on area, and let it sit without rinsing (if you can put up with the smell). It will dissipate in a few hours.
Laundry	<ul style="list-style-type: none"> Add a few drops to disinfect your laundry while infusing a fresh, clean aroma. Add Orange when washing undergarments for it's energizing qualities. It also acts as a degreaser.
Oven Cleaner	<p>OVEN CLEANER #1</p> <ul style="list-style-type: none"> 1 small box baking soda, 1 cup liquid ForeverGreen House Keeper soap, 12 - 15 drops Orange oil <p>Combine ingredients and mix until smooth. Apply to a cloth and wipe clean.</p> <p>OVEN CLEANER #2</p> <ul style="list-style-type: none"> 1 cup or more baking soda, 10 – 15 drops Orange oil , a squirt or two of ForeverGreen House Keeper. <p>Sprinkle water mixed with Orange oil, generously over the bottom of the oven, then cover the grime with enough baking soda that the surface it totally white. Sprinkle some more water over the top, then let the mixture set overnight.</p> <p>You can easily wipe up the grease the next morning because the grime will have loosened. When you have cleaned up the worst of the mess, dab a bit of liquid detergent or soap on a sponge along with several drops of Orange oil, and wash the remaining residue from the oven. If this recipe doesn't work for you it is probably because you didn't use enough baking soda and/or water.</p>
Repellent	<ul style="list-style-type: none"> For an indoor plant insect repellent add 10 drops of Orange to 1 cup of distilled water in a blue cobalt spray bottle. Mist plants. Shake well before each use.

RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

Orange is mild, non-toxic, non-irritant, and has no particular contraindications. Avoid sun or tanning bed exposure of skin to which **Orange** has been applied, for at least 24 hours.



PALMAROSA

Cymbopogon martinii, India
p.o. grass
extracted by steam distillation

PROPERTIES

Antibacterial, antifungal, antiviral, anti-infectious, antiseptic.

BENEFITS

A tonic for the mind and the emotions, *Palmarosa* is calming and at the same time uplifting, with the ability to clear muddled thinking. With an aroma similar to that of *Rose*, it is often used as a less-expensive substitute for *Rose* in essential oil blends.

When experiencing stressful conditions, or nervous exhaustion, *Palmarosa* can act as the Balm of Gilead to restore balance and a sense of ease.

Palmarosa is antibacterial, antiviral properties make it an extremely beneficial oil to use for household care and cleaning.

HOUSEHOLD USES

Aroma	<ul style="list-style-type: none"> Mix 15–20 drops in 4 oz. distilled water in cobalt blue spray bottle. Shake vigorously and spray to create a calming environment rather than using toxic room fresheners. Diffuse several drops 10 minutes per hour through the day to create an uplifting environment.
Carpets	<ul style="list-style-type: none"> 1 cup Borax, 1 cup baking soda, 10 drops <i>Palmarosa</i> essential oil Combine and sprinkle and vacuum on carpet as desired. Store in an airtight container.
Kitchen/Bath	<p>SOFT TUB SCRUB</p> <ul style="list-style-type: none"> 1 cup baking soda, ¼ cup salt, 10 drops <i>Palmarosa</i> essential oil, 10 drops <i>Tea Tree</i> essential oil Combine all the ingredients and store in an airtight container.
Laundry	<ul style="list-style-type: none"> Drop 5 – 6 drops of <i>Palmarosa</i> on a clean wash cloth to put into the clothes dryer. Not only offers a beautiful healing scent, but offers healing energy to clothes. So much healthier to have on clothes than toxic dryer sheets! <p>POWDERED LAUNDRY SOAP</p> <ul style="list-style-type: none"> 1 bar Castile soap, grated, 2 cups Borax, 2 cups washing soda, 1 cup baking soda, 40 drops <i>Palmarosa</i> Combine all of the ingredients and store in covered jar. Use ¼ cup per load.
Misting Spray	<ul style="list-style-type: none"> Add 20-30 drops into 4 oz. distilled or purified water in a mister/spray bottle for a delightful, uplifting air freshener. Shake well before each use. Use on bed linens as a freshener, or as a floral fragrance in and around your home, to brighten your mood and calm nervous exhaustion.
Soft Scrub	<ul style="list-style-type: none"> ½ C baking soda 2 tbsp <i>ForeverGreen House Keeper</i> liquid detergent 1 – 2 tbsp water (to dilute to consistency you would like to work with) 10 drops <i>Palmarosa</i> essential oil 1 tsp vegetable glycerin <p>Add baking soda into a wide mouth jar, add enough <i>House Keeper</i>, essential oils and vegetable glycerin to create to make a texture like frosting. Apply enough of the mixture as needed onto a sponge, and wash the surface. This is the perfect recipe for cleaning bathtubs and sinks - it rinses easily and doesn't leave grit.</p>

RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

Generally, non-toxic, non-irritant and non-sensitizing.



SCOTCH PINE

Pinus sylvestris, Hungary
p.o. needles
extracted by steam distillation

PROPERTIES

Antimicrobial, antiseptic, antiviral, bactericidal, deodorant, decongestant, insecticidal, restorative, stimulant.

BENEFITS

If you like the scent of Pine Sol – you'll love the CLEAN version of this cleaner! This light pine scent smells like a walk through a fresh pine forest – and won't give you the headaches you get when you use common household cleaners.

Scotch Pine is great for cleaning floors and wood. You can rest assured that those who then walk barefoot across the floor won't be absorbing toxins that they would have picked up if you had been using common household cleaners.

Anciently, pine needles were used in mattresses to repel lice, fleas and bed bugs. All the more reasons to use it around the home.

Mentally, its effect is bracing and invigorating; it can be used to stay alert.

HOUSEHOLD USES

Carpet	<ul style="list-style-type: none"> 1 cup Borax, 1 cup baking soda, 10 drops <i>Scotch Pine</i> essential oil Combine and sprinkle and vacuum on carpet as desired. Store in an airtight container.
Dishwashing	<ul style="list-style-type: none"> To disinfect the dishes, add 1 drop of <i>Scotch Pine</i> to 3 oz of automatic dishwasher liquid. To improve the antiseptic action of your liquid hand-washing soap add several drops of <i>Scotch Pine</i>.
Floors	<ul style="list-style-type: none"> Use by dropping a few drops in the mop bucket when cleaning floors and wood around the house.
Furniture Polish	<ul style="list-style-type: none"> 1/2 teaspoon TRUessence <i>Jobba Oil</i>, a liquid wax, 1/4 cup white vinegar, 2 drops <i>Scotch Pine</i> oil Mix the ingredients in a glass jar. Dab a soft rag into the solution and wipe onto wood surfaces. Cover the glass jar and store indefinitely.
Laundry	<ul style="list-style-type: none"> Add a few drops of <i>Scotch Pine</i> to laundry to disinfect your clothes while infusing a fresh, clean aroma.
Mattresses	<ul style="list-style-type: none"> Mix 15–20 drops of <i>Scotch Pine</i> in 4 oz. distilled water in cobalt blue spray bottle. Shake vigorously and spray on mattresses to clean and disinfect and repel bugs.
Repellent	<ul style="list-style-type: none"> To repel mice, ants, fleas and cloth moths, add 20 to 30 drops <i>Scotch Pine</i> to 4 oz distilled water in a cobalt blue spray bottle. Shake well before each use. Spray around pet beds, on upholstered furniture (if it's not a delicate fabric). For an indoor plant insect repellent add 10 drops of <i>Scotch Pine</i> to 1 cup of distilled water in a blue cobalt spray bottle. Mist plants. Shake well before each use.
Spray Cleaner	<ul style="list-style-type: none"> 1/2 tsp washing soda, 2 cups hot tap water, A dab of ForeverGreen <i>House Keeper</i> liquid soap, 12 - 20 drops <i>Scotch Pine</i> oil (or your favorite cleaning oil) <p>Combine the ingredients in a spray bottle and shake until the washing soda has dissolved. Apply and wipe off with a sponge or rag. Tip: If you're out of washing soda, use 2 1/2 tsp of borax, instead.</p>

RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

Avoid in cases of skin allergies. Not recommended for use internally. Do not diffuse where pet birds may be exposed; concentrated pine oils can be toxic to them.



TEA TREE

Melaleuca alternifolia, Australia
p.o. leaves
extracted by steam distillation

PROPERTIES

Anti-infectious, antiseptic, antiviral, bactericidal, fungicidal, immunostimulant, parasiticide.

BENEFITS

Tea Tree is one of the most versatile and most researched essential oils. It has been proven in countless studies to be effective in fighting all three types of infection: bacterial, viral, and fungal, which makes this a unique and distinct powerhouse in the world of health care, and particularly the genre of essential oils.

In 1923 an Australian government scientist, Dr. A. R. Penfold, conducted a study of **Tea Tree** essential oil and discovered it to be 12 times stronger as an antiseptic bactericide than carbolic acid (the current standard). **Tea Tree** became recognized, according to the British Medical Journal in 1933, as "a powerful disinfectant, non-poisonous and non-irritating". Among the essential oils valued for their anti-infectious properties, **Tea Tree** has few rivals.

Use in household cleaning when doing dishes, cleaning the bathroom, cleaning baby's room and more! If you find your home sustaining household mold, **Tea Tree** can be your home remedy, without toxic side effects.

APPLICATION

Bacteria Buster	<ul style="list-style-type: none"> 10 drops Lemon , 8 drops Eucalyptus globulus, 5 drops Tea Tree Add to water, shake well and spray. Use it to wipe down cabinets, sinks, tubs, toilets, doorknobs, fixtures, etc. to protect from bacteria. Diffuse to keep air clean and disinfected.
Dishwashing	<ul style="list-style-type: none"> To disinfect the dishes, add 1 drop of Tea Tree to 3 oz of automatic dishwasher liquid. To improve the antiseptic action of your liquid hand-washing soap add several drops of Tea Tree.
General	<ul style="list-style-type: none"> Mix 15–20 drops of Tea Tree in 4 oz. distilled water in cobalt blue spray bottle. Shake vigorously. Spray liberally as needed. Mix with House Keeper for surface cleaning.
Kitchen/Bath	<ul style="list-style-type: none"> To clean and disinfect counter tops, sinks, or cleanse high traffic areas, add 15 to 20 drops Tea Tree to 4 oz distilled water in a cobalt blue spray bottle. Shake well before each use. Spray where needed. For fungus and mold prevention, mix 40 drops of Tea Tree in a blue cobalt spray bottle with 1/2 cups distilled water. Shake well before use. <p>SOFT TUB SCRUB</p> <ul style="list-style-type: none"> 1 cup baking soda, ¼ cup salt, 10 drops Tea Tree essential oil, 10 drops Tea Tree essential oil Combine all the ingredients and store in an airtight container.
Laundry	<ul style="list-style-type: none"> Add a few drops of Tea Tree to laundry to disinfect your clothes while infusing a fresh, clean aroma. <p>POWDERED LAUNDRY SOAP</p> <ul style="list-style-type: none"> 1 bar Castile soap, grated, 2 cups Borax, 2 cups washing soda, 1 cup baking soda, 40 drops Tea Tree, Grapefruit or oil of choice Combine all of the ingredients and store in covered jar. Use ¼ cup per load.
Mold Killer	<ul style="list-style-type: none"> 2 teaspoons Tea Tree oil, 2 cups water Combine in a spray bottle, shake to blend, and spray on problem areas. Do not rinse. Makes two cups.
Repellent	<ul style="list-style-type: none"> For an indoor plant insect repellent add 10 drops of Tea Tree to 1 cup of distilled water in a blue cobalt spray bottle. Mist plants. Shake well before each use.

RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

Non-toxic, non-irritant; possibly sensitizing in very large amounts.

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CHERISHED SPACE

Cherished Space inspires a deepened respect for self, the body, and personal environment. The environments that we immerse ourselves in, whether at home, work, fun or recreation all play an important role in our overall wellbeing. They impart energies which impact how we view ourselves and the world. By honoring the value of each of these areas - viewing them as cherished spaces - we honor ourselves.

Cherished Space blend was formulated with specially selected high-frequency oils and is designed to bring those same frequencies into our environment and personal energy field, whether used personally on a daily basis or following space clearing.

Cherished Space blend is a wonderfully fresh and uplifting. Use as a personal fragrance rather than chemically-laden perfumes! Its positive energy can also be of tremendous benefit during times of significant stress and/or emotional upset, which makes it a perfect oil to use around the home, office and personal environment.

INGREDIENTS

Cedarwood, Clove Bud, Jasmine grandiflorum, Jojoba, Juniper Berry, Myrrh, Neroli, Palmarosa, Pink Grapefruit, Rosa damascena, Rosewood, Sweet Birch, Sweet Fennel

APPLICATION

Diffusion	<ul style="list-style-type: none"> Diffuse with either the nebulizing diffuser or the ultra sonic diffuser 15 minutes per hour as needed throughout the day, as desired.
Dusting Spray	<ul style="list-style-type: none"> 1 cup distilled water and 3 drops Cherished Space essential oil Combine in a spray bottle and use with a cotton cloth.
Laundry	<ul style="list-style-type: none"> Add a few drops of Cherished Space to laundry to disinfect your clothes while infusing a fresh, clean aroma. Drop 5 – 6 drops of Cherished Space on a clean wash cloth to put into the clothes dryer. Not only offers a beautiful healing scent, but offers healing energy to clothes. So much healthier to have on clothes than toxic dryer sheets!
Misting Spray	<ul style="list-style-type: none"> Add 15 – 20 drops Cherished Space to 4 oz. of distilled or purified water in a cobalt blue glass or PET plastic spray bottle. Shake well before using and spray as needed or desired in an office or anywhere around your home to 'lift' the energy. May also be sprayed on skin, clothing, or around personal energy field.
Environmental Cleansing/Space Clearing	<ul style="list-style-type: none"> After using a cleansing spray mist with Guardian or Dragon's Fire, infuse the space with positive energy by spraying a mist of Cherished Space to set a positive energy. <p><i>For more information about Aromatic Environmental Cleansing, please see Aromatic Environmental Cleansing/Space Clearing on p.129 in Alexandria Brighton's From the Stillroom book.</i></p>

RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

Not recommended for personal use (topically or internally) during early pregnancy due to possible hormonal influence of essential oils. People with highly sensitive skin may want to dilute this blend before directly applying to the skin.



DRAGON'S FIRE

Dragon's Fire is a proprietary blend, uniquely formulated with carefully selected, high-frequency essential oils. An important component of this blend is an essential oil known as Dragon's Blood, which has been extracted from the resin of *Daemonorops draco* Blume, a palm indigenous to marshy regions of southwest Asia with a long history of use in neutralizing negative energies. This powerful blend targets negative energy of the most profound, insidious, and damaging nature to transmute that energy to life-affirming, life-enhancing energy.

Dragon's Fire is of great benefit when used topically and/or environmentally in areas where major trauma has taken place, such as abuse, divorce, bankruptcy, violence, or death. Emotionally supportive and strengthening, it can create an energetic shift, powerfully and effectively, without one having to re-live the original trauma.

An important part of Aromatic Environmental Cleansing, *Dragon's Fire* is perfect for use around the home, in the office, and anywhere you're wanting to support health, well-being, peace and harmony. Use as an integral part of the Environmental Cleansing Program, or use as desired to freshen up and enhance your home.

INGREDIENTS

Cedarwood, Cypress, Daemonorops draco Blume, Frankincense, Juniper Berry, Ocean Pine, Patchouli, Sage, Spikenard, Thyme ct. linalool

APPLICATION

Diffusion	<ul style="list-style-type: none"> Diffuse with either the nebulizing diffuser or the ultra sonic diffuser 15 minutes per hour as needed throughout the day, as desired.
Misting Spray	<ul style="list-style-type: none"> Add 12-15 drops <i>Dragon's Fire</i> to 4 oz. purified water in a blue cobalt glass or PET plastic spray bottle. Shake well before each use. Use a misting spray to shift areas of negative energy, or around the personal energy field – particularly if you've been in situations or around people who are challenging to you or particularly negative. This simple practice can be much more powerful than many realize.
Environmental Cleansing/Space Clearing	<ul style="list-style-type: none"> Cleanse your personal, working or home environment with a misting spray (see recipe above) of <i>Dragon's Fire</i>. Then follow by spraying <i>Cherished Space</i> to set a positive energy in the environment. <p><i>For more information about Aromatic Environmental Cleansing, please see Aromatic Environmental Cleansing/Space Clearing on p.129 in Alexandria Brighton's From the Stillroom book.</i></p>

RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

Not recommended for use during early pregnancy due to possible hormonal influence of essential oils. Be aware, this blend is a powerful emotional cleansing combination. Not recommended for use with children.



FINISHING OIL

The intention of **Finishing Oil** is to provide a blend to seal or 'finish off' the space clearing process. This comforting and soothing formulation is a beautifully synergistic blend of oils which have been used since ancient times to enhance environments of peace and reverence, imparting the most positive of energies. Using it is the finishing touch in the Environmental Cleansing/Space Clearing process following the transmutation of negative energy in an area with **Cherished Space**.

Use **Finishing Oil** by creating a misting spray, then "seal" doors, windows, and other entrances to retain the positive energy you have generated while reaffirming the intention to release any and all energies which are negative.

Finishing Oil promotes an atmosphere of relaxation, peace and calm while encouraging harmony and all that is good and pure, making it another perfect fit for home care.

INGREDIENTS

Cedarwood, Cypress, Elemi, Frankincense, Jojoba, Spikenard, Sandalwood

APPLICATION

Diffusion	<ul style="list-style-type: none"> Diffuse 15 minutes per hour as needed throughout the day.
Misting Spray	<ul style="list-style-type: none"> Add 12-15 drops to 4 oz. of distilled or purified water in a blue cobalt glass or PET plastic spray bottle. Shake well before each use. Lightly spray around doors, windows, your personal environment, and/or other areas where you wish to promote and preserve positive energy and feelings of peace.
Environmental Cleansing/Space Clearing	<ul style="list-style-type: none"> The Finishing Oil blend is the final step in the environmental cleansing/space clearing process after clearing with Guardian or Dragon's Fire, then creating a foundation of positive energy with Cherished Space. <p>Finishing Oil is used to 'seal' in the positive energy around exterior door and window frames and vents. Do this by applying a drop of Finishing Oil to the forefinger and spreading it along each side of the door frame, window frame or vents.</p> <p><i>For more information about Aromatic Environmental Cleansing, please see Aromatic Environmental Cleansing/Space Clearing on p.129 in Alexandria Brighton's From the Stillroom book.</i></p>

RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

Not for use internally.



GRATITUDE

Gratitude offers the highest frequency of any TRUessence blend and is the crowning oil in the *Aromatic Integrative Renewal (A.I.R.) Aromatic Acupuncture Program*, as well as in the Aromatic Environmental Cleansing Program.

Gratitude blend supports one in finding that place of compassion and forgiveness, both for self and for others. It is helpful whenever we feel spiritually numb or feel the need to consciously reconnect to our divine nature, or deepen our connection to our divine nature.

When used in a misting spray, this blend is a wonderful way to surround oneself in the energy of white light for energetic self-protection. Practitioners will also find this valuable when working with clients or clearing environments of negative energies. It is also a perfect oil to use for supporting a peaceful, harmonious home environment.

INGREDIENTS

Jojoba, Pink Grapefruit, Rosa damascena, Rose Geranium, Sandalwood, Ylang Ylang complete

APPLICATION

Carpet	<ul style="list-style-type: none"> 1 cup Borax, 1 cup baking soda, 10 drops Gratitude essential oil Combine and sprinkle and vacuum on carpet as desired. Store in an airtight container.
Diffusion	<ul style="list-style-type: none"> Diffuse 20-25 minutes per hour as desired.
Environmental Cleansing/Space Clearing	<ul style="list-style-type: none"> Make misting spray (see recipe below) with Gratitude blend for infusing positive energy in personal energy field and for use in environmental cleansing. <p><i>For more information about Aromatic Environmental Cleansing, please see Aromatic Environmental Cleansing/Space Clearing on p.129 in Alexandria Brighton's From the Stillroom book.</i></p>
Laundry	POWDERED LAUNDRY SOAP <ul style="list-style-type: none"> 1 bar Castile soap, grated, 2 cups Borax, 2 cups washing soda, 1 cup baking soda, 40 drops Gratitude, Combine all of the ingredients and store in covered jar. Use ¼ cup per load. Drop 5 – 6 drops of Gratitude on a clean wash cloth to put into the clothes dryer. Not only offers a beautiful healing scent, but offers healing energy to clothes. So much healthier to have on clothes than toxic dryer sheets!
Misting Spray	<ul style="list-style-type: none"> Add 20-24 drops to 4 oz. of distilled or purified water in a blue cobalt glass or PET plastic spray bottle. Shake well before each use. Spray generously around body for protection when anticipating being around anyone whose energy is negative or caustic. Spray around your personal energy field at night to rid yourself of negative energy before sleeping, and in the morning in preparation and protection for the daily challenges of life. A misting spray is also an excellent "Angel Spray" or "Monster Spray" to use with children who are living in fear or are afraid of the dark; just spray as desired in closets, under the bed, or around the child's energy field.

RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

Due to citrus oil ingredients, its best to avoid direct sun exposure to the area where oils were applied for at least 24 hours. People with highly sensitive skin may want to dilute this blend before directly applying to the skin.



GUARDIAN

Guardian blend is our most powerful Environmental Cleaning blends. Powerful antiseptic, and disinfectant for guarding preventing the spread of disease, while at home AND when traveling; particularly useful in preventing the spread of germs between family members when one is 'down for the count'. Its many and varied uses make it a staple for home and personal care.

INGREDIENTS

Black Spruce, Cypress, Eucalyptus citriodora, Eucalyptus globulus, Frankincense, Jojoba, Juniper Berry, Lemon, Lemongrass, Ocean Pine, Sage, Tea Tree, Thyme ct. linalool

APPLICATION

Bacteria Buster	<ul style="list-style-type: none"> Add 10-15 drops Guardian to 4 oz distilled water. Add to spray blue cobalt spray bottle, shake well and spray. Use it to wipe down cabinets, sinks, tubs, toilets, doorknobs, fixtures, etc. to protect from bacteria.
Dishwashing	<ul style="list-style-type: none"> Add a few drops to dishwater when washing dishes by hand. Add 8-10 drops Guardian blend just before starting the dishwasher for a non-toxic, powerful disinfectant.
General	<ul style="list-style-type: none"> Add 3-6 drops on a damp wash cloth to use for disinfecting surface areas. Synergy to clean disinfect and uplift, add 10 drops of Orange and 20 drops of Guardian blend with 1 cup of distilled water in a cobalt blue spray bottle. Shake well before each use.
Furnace Filter	<ul style="list-style-type: none"> Place a few drops of Guardian on furnace filters to avoid "sick building syndrome." If you're using a wood stove, add a few drops of Guardian to your humidifier.
Kitchen/Bath	<ul style="list-style-type: none"> For a powerful disinfectant, add 25 drops of Guardian to 4 oz of distilled water to a blue cobalt spray bottle. Spray on counters, fixtures and other surface areas where bacteria is known to lurk. Shake well before using.
Laundry	<ul style="list-style-type: none"> Add a 5-6 drops to washing machine to disinfect clothes. Especially helpful during cold/flu season in preventing the spread of germs.
Mattress	<ul style="list-style-type: none"> Mix 15–20 drops of Guardian in 4 oz. distilled water in cobalt blue spray bottle. Shake vigorously and spray on mattresses to kill bed bugs.
Mold & Fungus	<ul style="list-style-type: none"> Use misting spray on surfaces where mold or fungus are growing. Diffuse Guardian in larger areas where mold or fungus have 'taken hold
Environmental Cleansing/Space Clearing	<ul style="list-style-type: none"> Misting a diaper pail and surrounding areas can generate a clean fresh smell in no time! Add 12 drops per 8 oz. of House Keeper organic soap or hand lotion; shake well to evenly disperse throughout. Keep bottles of misting spray in the kitchen, in the bath, at your desk, in the car, and in your purse. You'll find it indispensable for non-toxic benefits of powerfully disinfecting in any number of ways, including: <ul style="list-style-type: none"> Shopping cart handles and reusable shopping bags (which have recently been found to harbor E. coli and other food-borne bacteria), office or home phones, desks, doorknobs, beds, couches, chairs, etc. When traveling, carry a bottle of misting spray with you. Use it when flying to disinfect and spray tables, arm rests, seat belts, or bathroom surfaces. When checking into a hotel room, spray air vents, bedspreads, bathrooms, desks, counter tops, remote controls and doorknobs. <p><i>For more information about Aromatic Environmental Cleansing, please see Aromatic Environmental Cleansing/Space Clearing on p.129 in Alexandria Brighton's From the Stillroom book.</i></p>

RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

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HOUSE KEEPER

Virtually all common household cleaning products have poison control warnings on their labels! Go check the packaging on the cleaning products in your home and see for yourself!

House Keeper is the ultimate 'green and clean' answer to your search for an effective, non-toxic, all natural, all purpose cleaner and disinfectant for all your household cleaning needs! Using **House Keeper** is your very own sanity insurance - you will rest easy knowing that your home is as safe to your body, as it is clean and fresh.

Contains NO: Glycol ether, Chlorine, Ammonia, Petrochemicals, MEA, EDTA, Alcohol, Nonyl phenol, Sodium lauryl or laureth sulfate, Artificial fragrances, Artificial colors, Artificial preservatives

INGREDIENTS

Surfactants, water conditioners and degreaser from coconut. Grapefruit seed and pulp extract, orange peel extract, linear sulfonate, filtered spring water

A FEW SUGGESTED APPLICATIONS *(more suggested uses listed on the bottle)*

All-Purpose Spray	<ul style="list-style-type: none"> • 1 teaspoon House Keeper • 5 – 10 Lemon oil, Orange oil or other oil of choice • 2 cups hot tap water <p>Combine the ingredients in a spray bottle, shake well before using. Apply and wipe off with a sponge or rag.</p>
Bathroom	<p>SOFT SCRUB</p> <ul style="list-style-type: none"> • ½ C baking soda • 2 tbsp House Keeper liquid detergent • 1 – 2 tbsp water (to dilute to consistency you would like to work with) • 10 drops Lemon essential oil <p>Add baking soda into a wide mouth jar, add enough House Keeper, essential oils and vegetable glycerin to create to make a texture like frosting. Apply enough of the mixture as needed onto a sponge, and wash the surface. This is the perfect recipe for cleaning bathtubs and sinks - it rinses easily and doesn't leave grit.</p>
Laundry	<p>LIQUID LAUNDRY SOAP</p> <p>Combine 1 cap full of House Keeper to 5 drops of the essential oil of your choice. Add mixture to wash.</p>
Oven Cleaner	<ul style="list-style-type: none"> • 1 small box baking soda • 1 cup liquid House Keeper soap • 12 - 15 drops Orange oil <p>Combine ingredients and mix until smooth. Apply to a cloth and wipe clean.</p>
Window & Glass Cleaner	<ul style="list-style-type: none"> • 1/4-1/2 teaspoon House Keeper liquid detergent • 3 tablespoons white vinegar • 2 cups water • 10 drops Balsam Fir <p>Add each of the ingredients into a spray bottle, shake gently, and use as you would a commercial brand.</p>

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NOT ALL ESSENTIAL OILS ARE CREATED EQUAL

There is a distinct difference in quality of essential oils in the market. With TRUessence Essential Oils, you have the benefit of pure, unadulterated essential oils. Pristine quality in every drop!

Unique Qualities of TRUessence Essential Oils

- Oils from organically grown and wild crafted plants.
No pesticides or chemicals have been used in the cultivation of ANY crops.
- Premium –grade, 100% pure essential oils.
No additives, extenders or compromises.
- All extraction is done in a manner as to preserve the pristine nature of the organic/wildcrafted plant material.
- NO GMO plants used for distillation or extraction.
- NO irradiation.
- NO sewage sludge used in any plants or plant materials from which TRUessence oils have been sourced
- NO animal testing, NO animal derivatives.
- NO cross-contamination from allergens; peanuts, milk, tree nuts, wheat, soy, fish, egg or shellfish.
- Authentic, therapeutic-grade oils. Independently tested and documented for purity and authenticity.
- Lot numbers and batch numbers on each bottle document and assure authenticity.
- Cruelty-free oils. No animal testing or animal products used.
Formulations by Alexandria Brighton, an expert in essential oils from seed to bottle.
Unavailable in stores (except in some quality locally owned stores in some regions).

