

Isis Essentials™ Face and Body Blends contain the following essential oils.



In the history of mankind it seems the Egyptians were the first people to extensively use aromatherapy and aromatic herbs. They were used in religious ceremonies; cosmetics; olfactory delight as well as medicinal purposes. Essential oils are the oldest form of medicine and cosmetic known to man and were considered more valuable than gold to the ancients. Today essential oils are used for healing and rejuvenation of the face and body and in holistic alternative healing.

Essential oils promote cellular healing due to their individual qualities. The fragrance unique to each brings physical and emotional health. Beauty and physical health are enhanced through the use of essential oils. The penetrating characteristic of essential oils greatly increases their ability to be effective.

Essential Oil	Mind	Body	Spirit	Properties	Warning
Angelica	Balancing	Invigorates the lymph system; aids the liver; circulation stimulant; cleanses toxins	Opens heart chakra; boosts intuition; increase spirituality and concentration of higher self	Anti-fungal	Avoid during pregnancy and if diabetic
Black Pepper	Warming; stimulating; energizing	Stimulates the circulatory and digestive systems; increases circulation; burns fat; aids in detoxification	Opens the base (grounding) chakra; used in meditation and enhances courage and physical energy	Analgesic; antibacterial; anti-inflammatory	
Cedarwood	Calming; grounding; revitalizing; sexy	Used for edema and cellulite; aids in the removal of body fat; lymphatic stimulant	Opens the third eye, base and crown chakras; used in purification ceremonies	Antiseptic; anti-fungal	Avoid during pregnancy
Chamomile	Calming; soothing, dispels anger; impatience, and anxiety	Good for dry skin; puffiness; reduce skin inflammation; helps to tone and strengthen skin tissue	Opens the throat chakra	Anti-inflammatory, antihistamine; anti-allergenic	Avoid first 3 months of pregnancy
Clary Sage	Balancing; soothing; euphoric	Cell regenerative for aging skin; stimulates metabolic rate and digestion	Opens the third eye chakra; brings peace and harmony	Anti-inflammatory; anti-depressant	Avoid during pregnancy
Cypress	Boost confidence; dispels anger and anxiety; comforting	Increases circulation; good for excess fluids, edema, and sweating; stimulates cell regeneration; restorative	Used in purification ceremonies and for comfort	Astringent; antispasmodic; antidepressant	Avoid during pregnancy

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Fennel	Clarifying; restoring	Tonic to the liver, kidneys, and spleen; decreases appetite; detoxification; stimulant; regenerative	Used in purification ceremonies	Antispasmodic	Avoid during pregnancy
Frankincense	Relaxing; regulating; balancing; brings inner peace	Helps dry, aging and wrinkled skin; immune stimulant; smoothes out wrinkles; tonic for all skin types	Opens throat, crown and base chakras; used during meditation for peace and spirituality	Anti-inflammatory; astringent; antiseptic	
Geranium	Balancing; regulating	Regulates hormonal system; detoxifies the lymph system; tonic for all types of skin	Opens crown chakra; promotes peace	Astringent; anti-fungal; anti-coagulant antiseptic	Avoid during pregnancy
Ginger	Warming; grounding; stimulating	Appetite stimulant; benefits digestion; reduces high cholesterol; aide in poor circulation	Opens oneself to love; boosts energy; used in healing ceremonies	Analgesic, anti-inflammatory; antispasmodic; antiseptic	
Grapefruit	Balancing; cleansing; energizing	Very good detoxifier and diuretic; detoxification; benefits cellulite, lymphatic drainage, obesity, and water retention	Used in purification ceremonies to boost spirituality; peace, joy, and happiness	Antiseptic; astringent; antidepressant	
Jasmine	Confidence building; aphrodisiac; sexy	Improves dry skin and stretch marks; used for mature aging skin	Opens the sacral and heart chakra; increase spirituality, optimism and attraction	Antidepressant; antispasmodic	Avoid during pregnancy
Juniper	Clearing; restoring	Diuretic; aids the kidneys and liver; used for cellulite and obesity; promotes sweating	Used in purification and protection ceremonies for patience	Analgesic, antiseptic	Avoid during pregnancy
Lavender	Balancing; calming; cooling; dispels anger, tension and stress	Promotes new cell growth; lowers high blood pressure; reduces cholesterol	Balances the chakras; used to stimulate the conscious and bring happiness and inspiration	Anti-inflammatory; antibiotic, antiseptic; antispasmodic	Avoid during first 3 months of pregnancy
Lemon	Clarifying; cleansing; cooling	Immunity, lymphatic and circulatory system stimulant; detoxifies the blood, kidneys and liver; effective in lowering high blood pressure	Opens the throat chakra; boost physical energy and vitality	Antiseptic; anti-acid; antibacterial; anti-fungal; astringent	

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Marjoram	Calms anxiety; rejuvenating; warming	Circulatory stimulant; increases blood flow	Opens the throat chakra; stimulates memories	Anti-infectious; analgesic	Avoid during pregnancy
Myrrh	Lifts feelings of apathy; clearing; grounding; rejuvenating	Revitalizing for aging skin and wrinkles	Opens the base chakra; improves self-esteem; purification and devotion	Antiseptic; astringent; anti-inflammatory	Avoid during pregnancy
Neroli	Relieves anger; fear and anxiety; uplifting and relaxing; inspires confidence; aphrodisiac; sexy	Improves elasticity of dry; mature skin; regenerates skin cells and tones	Opens the heart chakra; used for attraction and purification	Anti-depressant; antibiotic	
Orange	Inspiring; brings a positive outlook; brings joy and cheer	Used in the treatment of obesity; sweating action that is good for congested skin; assists in lowering cholesterol	Balances chakras; opens solar plexus chakra; centering; inspires dreams	Astringent; antibacterial; antiseptic; antidepressant	
Patchouli	Aphrodisiac; sexy	Cell regenerative for aged, wrinkled, or mature skin; used on cellulite and water retention	Opens the base chakra; grounding and increases physical energy	Antidepressant; astringent	Avoid if history of high blood pressure
Rose	Comforting; cheery; cleansing; dispels anger; Uplifting; balancing; calming; aphrodisiac; sexy	Cell regenerative for aged, wrinkled, or mature skin	Opens the heart and crown chakras; used in meditation; radiates peace and love; stimulates creativity	Astringent; antidepressant; antiseptic	Avoid during first 3 months of pregnancy
Rosemary	Good for concentration and confidence	Circulatory stimulant; helps eliminate toxins	Opens third eye and heart chakra; expands the conscious and instills loyalty and wisdom	Antiseptic; analgesic; antidepressant	Avoid during pregnancy
Sandalwood	Calming; comforting; brings inner peace; aphrodisiac; sexy	Emollient for dry; aged; mature skin; encourages new cell growth; increases circulation; increases water retention of collagen	Opens the sacral and brow chakra; manifests joy; forgiveness, luck, tranquility, and peace	Antiseptic; anti-inflammatory; antidepressant	
Thyme	Cleansing; energizing; inspiring; helps increase awareness	Immune and circulatory stimulant	Opens the third eye chakra; stimulates conscious and concentration	Antiseptic; antiviral; anti-toxic; antibiotic	Avoid during pregnancy; not for those with high blood pressure