



Custom Essential Oil Blends

Information Brochure

“Essential oils are the soul of the plant—their purpose is to protect, nourish, and heal. And they can do the same for us.”

- Unknown



About Aromatherapy and Custom Essential Oil Blends - - - - x

Understanding Custom Aromatherapy Blends: More Than Just a Beautiful Scent

Aromatherapy is a holistic healing practice that uses natural plant extracts—essential oils—to promote well-being on all levels: physical, emotional, and spiritual. While most people are first drawn to essential oils because of their beautiful scents, each oil holds so much more than meets the nose. There's a powerful synergy between the aroma, the emotional response it triggers, and the therapeutic action it offers to the body.

When I create a custom blend, it's never one-size-fits-all. Each person's body, mind, and emotions are different—and so is each oil. For example, sweet orange isn't just a bright, uplifting fragrance; it's also known to support digestion and reduce anxiety. Frankincense offers emotional grounding and spiritual connection, while physically supporting the respiratory and immune systems. These layers of benefits are why custom blends are so powerful and personal.

For example:

Lavender - is well-known for its calming scent, but it also supports restful sleep, eases tension headaches, and calms irritated skin.

Clary Sage - is deeply grounding and emotionally balancing, especially helpful during hormonal transitions like PMS or menopause.

Sweet Orange - uplifts the spirit and reduces feelings of anxiety, while also supporting digestion and circulation.

Frankincense - promotes a sense of inner peace and spiritual clarity while helping reduce inflammation and boost immunity.

Geranium - helps stabilize mood swings and relieve emotional tension while offering skin-nourishing and hormone-balancing properties.

Copaiba - supports the nervous system, eases physical discomfort, and has a gentle, soothing aroma.

How they work - - - x

Essential oils work through both inhalation and topical application. When inhaled, the molecules travel through the olfactory system to the brain, directly influencing the limbic system—the part that governs emotions, memory, and stress response. This is why certain oils can instantly calm, energize, or uplift you. When applied to the skin (in a safe, diluted form), they enter the bloodstream and begin to interact with the body's systems—nervous, endocrine, muscular, and more.

So, when I craft a blend just for you, I'm not only choosing oils based on their scent or popularity—I'm selecting them based on their therapeutic properties and emotional resonance with your current needs. Whether you're dealing with hormonal shifts, grief, anxiety, fatigue, or simply seeking deeper clarity and peace, your blend becomes a personalized tool for healing and balance.

A custom aromatherapy blend is your companion—intuitively created to support you with intention, care, and natural plant wisdom. God wants you to be healed and whole, so you can live out the purposes He created you for!

Click here <https://forms.gle/TQVQ6nGezDVFypzD7> to get started on your unique custom blend!

“For I will restore you to health And I will heal you of your wounds,’ declares the LORD.” - Jeremiah 30:17

Disclaimer:

Aromatherapy is a supportive wellness practice and is not intended to diagnose, treat, cure, or prevent any disease. The information shared and products provided are for educational purposes and general wellness support. Please consult with a qualified healthcare provider for any medical concerns or before making changes to your health regimen. Custom blends are formulated for personal use and should be used as directed.

*“Let the earth’s gifts support you. Essential oils are more than
fragrance—they are medicine for the soul”*

- Unknown