

# Pure Aromatherapy Essential Oils



# VSOHA

Vancouver School of Healing Arts



## Respiratory Essential Oils



**Basil, Sweet**

- ◆ Awakens the mind
- ◆ Clarity of thought
- ◆ Steadies the nerves

**Organic**  
**10ml**  
**\$6.25**

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**Cedarwood**

- ◆ Calm and balance energy
- ◆ Promotes a spiritual attitude

**Organic**  
**10ml**  
**\$4.70**

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**Eucalyptus**

- ◆ Stimulate the mind
- ◆ Increase mental agility
- ◆ Increase focus

**Organic**  
**10ml**  
**\$6.95**

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**Peppermint**

- ◆ Clear the mind
- ◆ Focus concentration
- ◆ Cool the body

**Organic**  
**10ml**  
**\$6.20**

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**Rosemary**

- ◆ Stimulating the brain
- ◆ Improving memory
- ◆ Clear congestion

**Organic**  
**10ml**  
**\$5.75**

## Nervous System Essential Oils











**Bergamot**

- ◆ Creating relaxation
- ◆ Relief from stress
- ◆ Alleviate depression

**Organic**  
**10ml**  
**\$9.65**

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	<b>Chamomile, Roman</b>	<ul style="list-style-type: none"> <li>◆ Calming properties</li> <li>◆ Helps irritation and impatience</li> <li>◆ Treating PMS</li> </ul>	<b>Organic 10ml \$36.75</b>
	<b>Geranium</b>	<ul style="list-style-type: none"> <li>◆ Balance the mind and emotions</li> <li>◆ Stimulate the lymphatic system</li> <li>◆ Balancing the hormonal system</li> </ul>	<b>Organic 10ml \$9.95</b>
	<b>Lavender</b>	<ul style="list-style-type: none"> <li>◆ Calming, relaxing</li> <li>◆ Combats stress and crisis</li> <li>◆ Antiseptic properties</li> </ul>	<b>Organic 10ml \$9.25</b>
	<b>Orange</b>	<ul style="list-style-type: none"> <li>◆ Feeling of happiness and warmth</li> <li>◆ Eliminate toxins from the body</li> </ul>	<b>Organic 10ml \$4.25</b>
<b><u>Circulatory/Muscular/Digestive</u></b>			
	<b>Fennel</b>	<ul style="list-style-type: none"> <li>◆ Boost confidence and courage</li> <li>◆ Help with digestive problems</li> </ul>	<b>Organic 10ml \$6.75</b>
	<b>Ginger</b>	<ul style="list-style-type: none"> <li>◆ Warming and vibrant</li> <li>◆ Aid in digestion and nausea</li> <li>◆ Treating colds and flu</li> </ul>	<b>10ml \$7.25</b>
	<b>Lemon</b>	<ul style="list-style-type: none"> <li>◆ Helping decision making</li> <li>◆ Improving concentration</li> <li>◆ Tonic to the circulatory system</li> </ul>	<b>Organic 10ml \$5.65</b>
	<b>Clary Sage</b>	<ul style="list-style-type: none"> <li>◆ Awakening intuition</li> <li>◆ Feeds the soul</li> <li>◆ Gives courage</li> </ul>	<b>Organic 10ml \$15.35</b>

## Sacred Essential Oils



### **Frankincense**

- ◆ Calming effect on the mind
- ◆ Helps to create inner peace
- ◆ Soothe respiratory & urinary tract

**Organic**  
**10ml**  
**\$6.35**

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### **Vetiver**

- ◆ Dispel irritability and anger
- ◆ Balancing the hormonal system

**10ml**  
**\$19.50**

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