



RIPPLE® ENERGY ESSENCES



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ATTRACTION

“Attract the people and opportunities you truly need”

Patchouli ~ Attraction, limitless potential, imagination and contemplation. Patchouli helps you to reconnect to your whole self and reawakens your imagination and a sense of freedom in order to see your limitless potential.

Clary Sage ~ it can still a restless mind and relax a tense body, restoring vitality and bringing clarity of a more intuitive nature. This new awareness of self shows you that you have a natural rhythm and internal timing. When you are in balance you are more able to sense the synchronicities and relationships that you truly need in your life.

Cardamom ~ Cardamom’s warmth and vital nature brings a zest for life and confidence in your own abilities. It also represents a generosity of spirit, great for times when you feel over-burdened with the tasks ahead, helping you to open your heart in order to be gracious when dealing with others.

Sandalwood ~ For self-assurance, openness and connection to spirit. Opens the doors from the physical to the spiritual world.

Mandarin ~ ‘The oil of communication’, its gentle and comforting nature helps you to feel safe to express your inner self.

Ylang Ylang ~ Ylang Ylang’s heady aroma helps you to get in touch with your body and emotions. It helps you to go beyond inhibitions, anxiety and distrust and reminds you to enjoy sensual pleasures, tenderness and physical delight in the love that you share with your loved ones.



Did you know?



Ylang Ylang: *Cananga odorata*

A well-known aphrodisiac in South East Asia, the Ylang Ylang flowers are traditionally worn the hair or sprinkled on the bed for romantic occasions and wedding nights.

In the West, Ylang Ylang is also used as a relaxant and regulator for both mind and body, for conditions such as nervous tension, epilepsy and palpitations and hypertension.



DIVINE CONNECTION

“Let the divine in you connect to the divine in all”

Frankincense ~ Frankincense or ‘pure smoke’ acts as a bridge between the earthly and spiritual realms. Given as one of the three offerings to Jesus, frankincense represented the recognition of his pure spirit and divinity. Frankincense is a spiritual support and communicator helping you to let go of your fears and agendas and to align yourself with your higher self and divine timing.

Sandalwood ~ One of the most ancient and sacred aromatic plants. A key essential oil for meditation, Sandalwood helps you to detach from the physical world and to still the analytical mind in order to unite with the divine.

Patchouli ~ Attraction, limitless potential, imagination and contemplation. Patchouli helps you to reconnect to your whole self and reawakens your imagination and a sense of freedom in order to see your limitless potential.

Mandarin ~ ‘The oil of communication’, its gentle nature helps you to feel safe and to express your inner self.

Helichrysum ~ Also called Immortelle or Everlasting, it represents openness and connection to the immortal part of both the self and others.

Jasmine ~ The exquisite aroma of jasmine resonates to a higher vibration helping you to connect to the angelic realm. It re-awakens a sense of deep love, inner joy and peace and creates a feeling of unity, oneness and bliss.



Did you know?



Jasmine: *Jasmine grandiflorum*

Jasmine has small, white, star-shaped flowers and is sacred throughout Asia.

Worn in garlands for prayer, worship and celebration across many faiths, its beautiful aromas have become a symbol of devotion, spirituality and Divinity.



EMPOWER

"Be as great as you can be"

Rosemary ~ Rosemary's fragrance pervades the atmosphere to create protective shield to ward off unwanted energies. It strengthens resolve and helps you to remember who you truly are, bolstering your confidence and self-belief in challenging situations.

Basil ~ Basil's penetrating aroma brings clarity, enthusiasm and assertiveness, helping you to rise to life's challenges.

Pine ~ The aroma of walking in a pine forest is both invigorating and empowering and helps you to reconnect to the forces of nature. The pine tree is key for self-reliance, survival, strength and vitality. It helps you to take the reins, empowering you to accept responsibility for your actions, removing feelings of guilt, limitations, blame and reliance on others.

Cedarwood ~ A tree that resists decay; it gives you immovable strength and endurance to accomplish difficult challenges. It also teaches inner certainty when making decisions and when negative or difficult situations occur, helping you to transform these times into experiences where you derive strength and wisdom.



Did you know?



Pine (Scots): Pinus sylvestris

Pine trees have incredible vitality and are able to survive in the poorest of soils, on the highest mountain tops and low valleys. Pine bears both male and female fruit and so is self-fertile and therefore self-reliant.

Through many traditions it is associated with rebirth and as a tree of life. Pine's self-fertilising and evergreen qualities were used as symbols in mid-winter in pre-Christian times to represent rebirth. Pine trees were cut down and brought into the home to recognise and give thanks for the return of the light and life to the land. Christmas trees, traditionally pine, were a continuation of this ideal to celebrate the life of Christ and were re-introduced throughout Europe in the 19th Century.



EXPRESSION

“Your truth strengthens who you are”

Eucalyptus ~ Eucalyptus expectorates – helping you to free what is stuck inside. Great for times when you feel restricted or stuck, unable to speak up or express yourself clearly. Eucalyptus clears the way, inspiring you to take a deep breath, to open up and express what you feel inside.

Mandarin ~ ‘The oil of communication’, its gentle and comforting nature helps you to feel safe to express your inner self, it also reminds you to be as gentle and kind with yourself as you would others.

Coriander ~ The sweet herby aroma of Coriander is uplifting, fortifying and invigorating to the body and spirit. It brings motivation, enthusiasm and feelings of spontaneity and cheer.

Lavender ~ Lavender is the oil you reach for, for all life’s knocks and scrapes, calming your nerves and nursing your wounds.

Thyme ~ Thyme is powerful and immune-boosting. It brings boldness, courage and confidence, great for times of self-doubt or apathy offering you its warrior spirit.



Did you know?



Eucalyptus: *Eucalyptus radiata*

Native to Australasia, this hardy tree has been used by the Aborigines for centuries to heal wounds, relieve fevers and strengthen immunity.

It is widely known for its expectorant and anti-catarrhal properties and has a natural affinity for the lungs and respiratory tract. Used in both pharmaceutical and natural remedies for respiratory problems and blocked sinuses.



LETTING GO

“Help yourself to move on”

Cypress ~ A tree often planted at burial sites, it assists with life's transitions. It enhances the process of acceptance and letting go of old beliefs and attitudes that no longer serve you.

Myrtle ~ A sacred plant for forgiveness and truth. Myrtle helps you to forgive by letting go of ego and the need for human justice and trust in the truth of Divine justice.

Lavender ~ Lavender is the oil you reach for, for all life's knocks and scrapes, calming your nerves and nursing your wounds.

Spikenard ~ A sacred oil, it brings the faith to help you move beyond emotional wounds and spiritual uncertainty in order to surrender and accept your chosen path.

Myrrh ~ A wound healer, it helps you to let go of internal struggles, by connecting you to your higher nature. The realisation this brings helps you to heal the pain of past hurts and move forward in life.

Fennel ~ Its personality is mirrored by its physical properties as a digestive aid to relieve indigestion and flatulence; it helps us to release what is stagnating inside, such as pent-up emotions and tensions.

Yarrow ~ Helps to clot the blood and heal wounds. This healing ability is reflected in Yarrow's ability to heal emotional wounds. It helps you to free up stuck energy and unconscious emotion blocks, healing your energy field where you may be 'leaking out' vital energies. As you start to heal these wounds, you free up energy – you are more able to open up and let go of suppressed emotions. As you release the tears or the anger held up from the past, you are more able to move on.



Did you know?



Yarrow: *Achillea millefolium*

The generic name for Yarrow – Achillea – comes from the Greek warrior, Achilles. Achilles is supposed to have used the herb Yarrow to stem the bleeding and heal a comrade's wounds.

Yarrow has been valued across many cultures for its wound-healing properties. It is inky-blue in colour and contains high amounts of azulene (a natural anti-inflammatory). Regarded as a heal-all in ancient times, it was used for reducing inflammation both internally and externally and for its blood clotting properties.



LOVE

"All you need is love"

Rose ~ Rose has a very high frequency, similar to the lightness you feel when experiencing loving feelings. Rose is the key oil for celebrating the love you have in your life or for bringing more love into it. Rose also helps to heal wounds of the heart, filling you with love, helping you to mend your heart and nurture your soul.

Geranium ~ Nurturance, caring and respect; a mother's love. One of the ultimate essences of femininity and harmony, it helps you to allow in love and support as much as you are prepared to offer it.

Lemon ~ 'Liquid light' for joy, lightness and kindness. Palmarosa has long slender fragrant grass-like leaves, that sway in the breeze. Its gentle aroma and free movement shows you how to be more flexible in relationships, to accept change and to go with the flow.

Ylang Ylang ~ Its heady aroma helps you to get in touch with your body and emotions. It helps you to go beyond inhibitions, anxiety and distrust and reminds you to enjoy sensual pleasures, tenderness and physical delight in the love that you share with your loved ones.

Vetivert ~ It helps to slow an over-active mind and calms our anxieties, helping us to slow down, rest and replenish. It imbues a sense of stillness and tranquillity, allowing us to feel peaceful, secure and in balance when those around us are unsettled or in distress.



Do you know?



Rose: *Rosa damascena*

The flower of love. The offering of roses is an instant symbol of our love for another. Named the 'Queen of the Flowers' by the ancient Greek poet Sappho, rose has been revered across many cultures and faiths from East to West. Sacred to Aphrodite, the Greek goddess of love and beauty, the aroma of rose has been associated with sensuality and its aphrodisiac qualities.

Rose is also a symbol of compassion and is often seen with the Virgin Mary (the original rosaries were made using pressed rose petals).



MANIFEST

“Create your desires”

Laurel ~ Laurel inspires, uplifts and brings confidence and self-belief. This self-belief and confidence help you to focus on what it is you really want to achieve. It inspires you to go beyond the usual limitations and fears of failure in order to bring your dreams into reality.

Nutmeg ~ it uplifts, stimulates and strengthens both the mind and body. Nutmeg helps us to connect to the creative mind and our psychic abilities. This reconnection helps us to clear our thoughts bringing new vision and insight into our spiritual purpose and direction.

Cedarwood ~ A tree that resists decay; it was used to build, Solomon’s temple and coffins for the ancient Egyptians. It gives us immovable strength and endurance to accomplish difficult challenges. It also teaches inner certainty when making decisions and when negative or difficult situations occur, helping us to transform these times into experiences where we derive strength and wisdom.

Frankincense ~ Frankincense or ‘pure smoke’, acts as a bridge between the earthly and spiritual realms. Given as one of the three offerings to Jesus, Frankincense represented the recognition of his pure spirit and divinity. Frankincense is a spiritual support and communicator, helping you to let go of your fears and agendas and to align yourself with your higher self and divine timing.



Did you know?



Laurel: *Citrus bergamia*

Worn by emperors and military chiefs in Greek and Roman times, and later by scholars throughout Europe, laurel is a symbol of victory, intellect accomplishment (to win your laurel's) an artistic expertise (Poet Laureate).

Laurel is a tonic for both mind and body, improving circulation and digestion, easing stiffness, relieving colds and catarrh and improving focus and memory.



NURTURE

“Take the time to nurture yourself and others”

Lavender ~ The most popular essential oil, gentle, healing and comforting. It communicates with more humans than any other – its message is compassion. Lavender is the oil you reach for, for all life’s knocks and scrapes, calming your nerves and nursing your wounds.

Geranium ~ Nurturance, caring and respect; a mother’s love. One of the ultimate essences of femininity and harmony, it helps you to allow in love and support as much as you are prepared to offer it.

Marjoram ~ Its name means ‘joy of the mountains’ and it really is a breath of fresh air. Marjoram helps you to let go of limitations, fears and worries, to a place of tolerance and acceptance of yourself and others.

Palmerosa ~ Flexibility, non-judgement and kindness, Palmarosa has long slender fragrant grass-like leaves, that sways in the breeze. Its gentle aroma and free movement shows you how to be more flexible in relationships, to accept change and to go with the flow.

Roman Chamomile ~ Chamomile is one of the most soothing and anti-inflammatory of all essential oils. Its cooling and calming qualities help to pacify heated situations so that you can move more easily to a place of humility and acceptance.



Do you know?



Lavender: *Lavandula angustifolia*

The most popular essential oil, used for its antiseptic, anti-inflammatory, soothing and healing qualities. It is gentle and safe to use for all people, all ages.

From young babies to the elderly, it cares for all. It is used for so many things: headaches, insomnia, anxiety, colds and flu, burns, bites, stings, boils, nappy rash, cuts, etc.



PATIENCE

“Be cool, calm and collected”

German Chamomile ~ It's blue, gentle, cooling nature, helps you to be still, calm and unhurried, so that you are more able to grasp the bigger picture; the very essence of patience and empathy.

Vetivert ~ It helps to slow an over-active mind and calms our anxieties, helping us to slow down, rest and replenish. It imbues a sense of stillness and tranquillity, allowing us to feel peaceful, secure and in balance when those around us are unsettled or in distress.

Marjoram ~ Its name means 'joy of the mountains' and it really is a breath of fresh air. Marjoram helps you to let go of limitations, fears and worries, to a place of tolerance and acceptance of yourself and others.

Lavender ~ The most popular essential oil, gentle, healing and comforting, it communicates with more humans than any other – its message is compassion. Lavender is the oil you reach for, for all life's knocks and scrapes, calming your nerves and nursing your wounds.

Spikenard ~ A sacred oil, it brings the faith to help you to move beyond emotional wounds and spiritual uncertainty in order to surrender and accept your chosen path. Used by Mary Magdalen at the Last Supper to cleanse and anoint Christ's feet, it symbolised her devotion and recognition of the great hardship ahead for Jesus and her assistance in surrendering to his chosen divine path.



Did you know?



Vetivert: *Vetiveria zizanioides*

Vetivert comes from the roots of a long grass native to South East Asia. It has earthy, strengthening qualities that nourish both mind and body.

Used for dry skin, stiff joints, sleeplessness, worry and everyday stresses, vetivert has the ability to calm and cool over-heated situations.



POSITIVITY

"Seek the positive aspect of every experience"

Lemon ~ 'Liquid light' for joy, lightness and reassurance. It helps to refresh and bring clarity to a confused mind, heavy with worries or burdens and cools the intellect, bringing feelings of abundance and positivity.

Coriander ~ Its sweet herby aroma is uplifting, fortifying and invigorating to the body and spirit. It brings motivation, enthusiasm and feelings of spontaneity and cheer.

Grapefruit ~ A wonderful friend at times when we feel very critical of ourselves and others and feel the world is against us. Grapefruit helps to clear the energetic congestion of anger or blame, dispersing these heavy feelings and helping us to lighten up and move on.

Bergamot ~ Bergamot is the essence of unhibited joy. It has a very light frequency and brings feelings of joy and lightness during dark or anxious times. One of the most effective anti-depressants, it is guaranteed to bring a smile to your face.

Patchouli ~ Attraction, limitless potential, imagination and contemplation. Patchouli helps you to reconnect to your whole self and reawakens your imagination and a sense of freedom in order to see your limitless potential.



Did you know?



Bergamot: *Citrus bergamia*

Bergamot comes from a small citrus fruit, picked whilst still unripe. It has a light, refreshing aroma and is easily recognisable as the flavour used for 'Earl Grey' tea.

Bergamot is relaxing, uplifting and a natural anti-spasmodic, a wonderful aid at times when emotional stress and anxiety manifest as an upset or nervous tummy.



PROSPERITY

“Know you deserve to flourish and attract abundance”

Orange ~ Sweet, zesty orange brings optimism and vitality. It helps you to feel alive with possibilities, dispelling tension, anxieties and fear of failure. The positive attitude that orange brings helps you to achieve goals more effortlessly bringing you the successes you deserve.

Grapefruit ~ A wonderful friend at times when you feel very critical of yourself and feel the world is against you. Often at the times when you feel let down or frustrated, you may tend to seek solace by comfort-eating or drinking alcohol. Grapefruit helps to clear the energetic congestion of anger or blame, dispersing these heavy feelings and helping you to lighten up and move on.

Cardamom ~ Cardamom’s warm and vital nature brings a zest for life and confidence in your own abilities. It also represents a generosity of spirit, great for times when you feel over-burdened with the tasks ahead, helping you to open your heart in order to be gracious when working with others.

Cinnamon ~ Cinnamon radiates a sweet warmth that is both joyful and motivating, helping you to feel optimistic so you can get going and make things happen.

Geranium ~ Nurturance, caring and respect; a mother’s love. One of the ultimate essences of femininity and harmony, it helps you to allow in love and support as much as you prepared to offer it.



Did you know?



Orange: *Citrus sinensis*

Sacred to the Chinese, for centuries orange has been offered to the gods to bring prosperity and success, both at the Lunar New Year celebrations and throughout the year.

Orange bursts with vitality and is a wonderful tonic for digestive disorders, helping to remove stagnation linked with indigestion, bloatedness and constipation, etc. It is uplifting to the spirits, bringing a sunnier disposition when you feel down or frustrated.



PROTECTION

“Shield and protect your energy”

Rosemary ~ Rosemary’s fragrance pervades the atmosphere to create a protective shield to ward off unwanted energies. It strengthens resolve and helps you to remember who you truly are, bolstering your confidence and self-belief in challenging situations.

Juniper Berry ~ Juniper is for protection, purification and healing. It brings purity to your thoughts, body and energy field and offers you its protective shield to shelter you from negative or unwanted energies around you.

Laurel ~ Laurel inspires, protects and brings confidence and self-belief. This self-belief and confidence helps you to focus on what it is you really want to achieve. Its strength inspires you to go beyond your normal limitations and fears of failure in order to bring your dreams into reality.

Pine ~ The aroma of walking in a pine forest is both invigorating and empowering and helps you to reconnect to the forces of nature. The pine tree is key for self-reliance, survival, strength and vitality, removing feelings of guilt, limitations, blame and reliance on others.

Cedarwood ~ A tree that resists decay, it gives us immovable strength and endurance to accomplish difficult challenges. It also teaches inner certainty when making decisions and when negative or difficult situations occur, helping you to transform these times into experiences where you derive strength and wisdom.



Did you know?



Rosemary: *Rosmarinus officinalis*

Rosemary has been used as a symbol of protection in many traditions over the centuries, from both physical illness and to ‘ward off evil spirits’. It was carried in bundles during the Great Plague, its protective aromas inhaled whilst walking through infected areas.

Strongly antiseptic and invigorating, Rosemary strengthens both mind and body, awakening the memory, improving circulation and easing muscle aches and stiffness.