

ESSENTIAL OILS SINGLES

TRUessence offers a variety of single essential oils from frankincense to lavender, and peppermint to lemon. The list goes on, topped off with oils like tea tree and chamomile. Each single essential oil brings the message of that particular plant species. They should be enjoyed with respect, care and safety.



BALSAM FIR
Abies balsamea

First used by native Americans for wound healing, balsam fir is only found in North America. It can be very helpful to the joints and muscles through regular massage. It also has a powerful psychological influence, helping to release emotional issues behind illnesses. It can add wonderful effects when blended with other essential oils. (10 ml)



BASIL
Ocimum basilicum

Basil helps keep one focused and prevents the mind from wandering or becoming distracted. It is an excellent aromatic nerve tonic, best administered through periodic diffusion to reduce tension and stress. It is also an effective insect repellent and soothing on insect bites. (10 ml)



BAY LAUREL
Laurus nobilis

Bay laurel has been recognized since antiquity for its regenerating and antiseptic properties. It is a good infection-fighting agent, particularly for recurrent or chronic infections as part of a blend. It also has an affinity for the lymphatic system where it acts as a detoxifier. (10 ml)



BERGAMOT
Citrus bergamia

Sometimes known as “nature’s Prozac”, several studies have shown that bergamot is a powerful aid in restoring emotional balance, boosting the effectiveness of treatments for depression and anxiety-related conditions. It is calming, grounding and uplifting. (10 ml)



BLACK PEPPER
Piper nigrum

This warm and spicy essential oil helps to increase warmth of the hands and feet by stimulating circulation. It also relieves sore muscles and joints, boosts the immune and digestive systems, stimulates the kidneys and disperses bruising by increasing circulation to the skin. It is also a strong antibacterial and antiviral oil, warming and comforting for congestion, the flu, etc. Emotionally, black pepper is an aphrodisiac, and is also grounding

and stabilizing. Some authorities recommend it for improving concentration and memory. (10 ml)



BLACK SPRUCE
Picea mariana

The aroma of this oil is both calming and elevating, excellent for yoga and meditative use, or uplifting the atmosphere of any space. It is particularly suited to restoring depleted and overworked adrenal glands. Other traditional uses include: topical application for muscular aches and pains, poor circulation, rheumatism, and to improve breathing conditions of asthma, bronchitis, coughs and general weakness. (10 ml)



BIRCH
Betula lenta

Traditionally used by native Americans for its heating and warming properties, and noted for its anti-inflammatory properties, apply birch topically for easing joint and bone stress. (10 ml)



CARROT SEED
Daucus carota

Surprisingly versatile, carrot seed is powerful yet gentle. Its purifying and regenerative abilities are wonderful for the liver, kidneys and skin. It fights infection, aids cardiovascular function, and eases aches and pains. (10 ml)



CEDARWOOD

Cedrus atlantica

Cedarwood is revered for its calming and cleansing properties. It has been used in many topical remedies for its antiseptic and anti-fungal benefits. When diffused it acts as an insect repellent, cleanses the air, and can help reduce stress. (10 ml)



CHAMOMILE

Chanaemelum nobile

Reminiscent of the warm, herbal quality of chamomile tea, this oil has relaxing, soothing, and calming properties without being a sedative. It also provides benefits for the skin and digestive system. (10 ml)



CINNAMON BARK

Cinnamomum zeylanicum

Cinnamon bark is a good oil for fighting intestinal infections and supplying the body with energy after severe stress or debilitating illness. (5 ml)



CLARY SAGE

Salvia sclarea

In ancient times, clary sage oil was used for meditation and spiritual communication. Dilute before putting on skin. Use in a compress or massage to awaken the body and relieve fatigue. (10 ml)



CLOVE BUD

Caryophyllus aromaticus

Known to be effective for toothaches, clove bud oil is also a powerful analgesic for arthritic and rheumatism pain and has antibacterial effects. (10 ml)



CORIANDER

Coriandrum sativum

Coriander is an exceptionally effective oil for aiding the endocrine system as well as soothing and calming the digestive system. Use with massage to aid circulation and overcome stiffness. (10 ml)



CYPRESS

Cupressus sempervirens

Cypress oil is great for aiding circulation, mental strength and balancing oily skin. Excellent support for the endocrine system. (10 ml)



DILL

Anethum graveolens

Among the earliest medicinal herbs, dill oil is very effective for the endocrine system, the respiratory system and to ease the digestive system. (10 ml)



EUCALYPTUS CITRIODORA

Eucalyptus citriodora

This eucalyptus oil is light, lemony and refreshing. It is a strong anti-fungal, but also possesses anti-inflammatory, antiviral, antibacterial and insecticidal properties. Also works as an effective insect repellent that can be used to replace 'deet' products. It is helpful with athlete's foot and respiratory infections, but like all eucalyptus oils, it should not be taken internally. (10 ml)



EUCALYPTUS GLOBULUS

Eucalyptus globulus

Due to its heavy concentration of 1.8 cineole, this oil has a pronounced action on the respiratory tract, specifically the bottom of the tract—the bronchi and lungs—the top being more effectively treated with eucalyptus radiata. It is also anti-inflammatory and antispasmodic and consequently helpful in cases of asthma, flu and tropical diseases. It should only be used topically and never internally. (10 ml)





EUCALYPTUS RADIATA

Eucalyptus radiata

Like other eucalyptus oils, this one is primarily beneficial to the respiratory system. It is gentler than *E. globulus*, so is more easily tolerated by children. Its cooling effect can be helpful in cases of fever. It is excellent for diffusion during a respiratory infection. (10 ml)



FENNEL

Foeniculum vulgare

Fennel has been used in Europe as an aid in firming sagging tissue. Use in massage, compresses, and diffusion. (10 ml)



FRANKINCENSE

Boswellia carteri

Frankincense is a relaxing oil that improves mood and relieves stress and is exceptionally good for the respiratory, nervous, and immune systems. (10 ml)



GERANIUM

Pelargonium graveolens

Exceptional for balancing emotions and calming stress, use geranium oil in massage to aid circulation. (10 ml)



GINGER

Zingiber officinale

Ginger is one of the best remedies for nausea, especially motion and morning sickness. Ginger also acts as general tonic for fatigue. (10 ml)



GRAPEFRUIT PINK

Citrus paradisi

This oil has a sweet, refreshing citrus aroma that is the most energizing of the citrus oils, with great anti-depressive properties. A mild diuretic with toning and astringent properties, grapefruit helps with skin congestion in eliminating excess fluids, breaking down fat and reducing cellulite. It stimulates the lymphatic and digestive systems, aiding the body in removing toxins. (10 ml)



HELICHRYSUM

Helichrysum italicum

Great for the nervous system, skin, and to calm insect bites, apply helichrysum oil topically on location. (5 ml)



JASMINE 10%

Jasminum officinale

Jasmine's sensually sweet floral aroma supports the nervous system and is especially helpful for the mature woman's changing needs and dry, sensitive skin. Called the "queen of the night", this oil has been famous since the earliest days as an aphrodisiac. This essential oil is very costly because of the enormous quantity of flowers needed to produce a relatively small amount of oil. It is also used in the treatment of depression, exhaustion, and labor pains. (10 ml)



JUNIPER BERRY

Juniperus communis

An excellent purifier, this oil is particularly effective at ridding the body of toxins. It is often used to strengthen kidney function and in dealing with cystitis, hemorrhoids and menstrual issues. It is effective with skin and blood disorders due to its action as a circulatory stimulant and blood purifier. (10 ml)



LAVENDER

Lavandula officinalis mailette

Celebrated for its versatility and relaxing properties, lavender oil is great for balancing the skin, as well as the body and the mind. Lavender is one of the most studied oils. (10 ml)





LEMON

Citrus limonum

Traditionally used for its anti-fungal, anti-bacterial, and cleansing qualities, lemon oil is great for diffusing in the home to provide a clean, fresh-smelling aroma. Use with filtered water as a disinfectant. (10 ml)



LEMONGRASS

Cymbopogon citratus

Lemongrass provides cleansing properties, lymphatic system support, and tendon, cartilage, and connective tissue support. Also known for its anti-fungal and disinfectant properties. (10 ml)



MANDARIN-GREEN

Citrus reticulata

It is often used as a digestive aid for use against indigestion, hiccups, anxiety, and to assist the liver functions of the elderly. Mandarin essential oil is also commonly used in soaps, cosmetics, perfumes and men's colognes. It increases lymphatic circulation, stimulates the immune system and can be helpful in preventing scars and stretch marks. Also relieves constipation, increases urine flow and helps reduce edema. Emotionally, it can help in establishing daily routines. (10 ml)



MANDARIN-RED

Citrus nobilis

Often said to be a child's best friend, the sweet, candy-like aroma of red mandarin is pleasing to children and adults alike, bringing out the inner child. Red mandarin is safe to use with children and the elderly. When diffused, it is calming and cheerful to expectant mothers and those suffering from insomnia, nervous tension or anxiety. It is also helpful to those dealing with poor circulation, water retention, obesity and cellulite. (10 ml)



MARJORAM

Origanum marjorana

When muscles are stressed, use marjoram oil to warm up, relax and recover naturally. Diffuse to aid relaxation. (10 ml)



MYRRH

Commiphora myrrha

Add a few drops of myrrh topically during your regular beauty regimen on face, neck and hands. Cairo University studies validate benefits to the endocrine system. (10 ml)



MYRTLE

Myrtus communis

Myrtle is used traditionally for strengthening the immune system, the endocrine system and for respiratory health. Use for chest and back massage, in baths and diffusion. (10 ml)



NIAOULI

Melaleuca

quinquinervia viridiflora

Niaouli is similar in action to tea tree oil but is sometimes preferred because its aroma is milder and more pleasant. Niaouli oil is analgesic, antiseptic, bactericidal, cicatrisant, insecticidal, decongestant and vermifuge. Its aroma is stimulating and uplifting; it clears the head and may aid in concentration. It is an excellent antiseptic for treating pulmonary infections such as bronchitis and sinusitis. For respiratory problems, it blends well with eucalyptus, scotch pine, and ravensara. (10 ml)





NEROLI 10%

Citrus aurantium

Neroli oil is distilled from orange blossoms. Its intoxicating scent has anti-depressive and anti-anxiety properties and many consider it to be aphrodisiac. Its chemistry is such that it is excellent for all types of skin, supporting the skin's renewal process of shedding old skin and stimulating new cell growth. It may be used for acne and the treatment of sensitive or inflamed skin. (10 ml)



ORANGE

Citrus sinensis

Orange oil activates the creative, artistic and intuitive areas of the brain. Orange contains a high concentration of limonene, studied for supporting the immune system. Wonderful in diffusion. (10 ml)



OREGANO

Origanum vulgare

Steam-distilled from the leaves of the oregano plant, oregano oil is the world's first and most natural preservative. (10 ml)



PALMAROSA

Cymbopogon martinii

Palmarosa oil calms the mind, yet has an uplifting effect, while clearing muddled thinking. Because of its rose-like aroma it is often

substituted for rose oil in blends. Palmarosa oil is also an excellent skin tonic, balancing hydration levels, stimulating cell regeneration, and supporting production of sebum, to keep the skin supple and elastic. It can be helpful in treating acne, dermatitis, scarring. (10 ml)



PATCHOULI

Pogostemon cablin

Patchouli oil has a grounding and balancing effect on the emotions and banishes lethargy, while sharpening the wits, fighting depression and anxiety. It is effective in fighting water retention and helps prevent cellulite. It also depresses the appetite, helping in weight control. It is an effective antidote for poisonous insect bites and is a good insect repellent. Patchouli oil is an excellent tissue regenerator on the skin and is effective in healing rough, cracked and overly dehydrated skin. It is used to treat acne, eczema, sores, ulcers, and fungal infections, as well as scalp disorders. (10 ml)



PEPPERMINT

Mentha piperita

Peppermint is used to energize a sluggish body, aid in digestion, respiratory support and mental clarity. This is a universally loved oil with worldwide acceptance. Diffuse, or rub on back of the neck to help reduce stress and tension. (10 ml)



PETITGRAIN

Citrus aurantium

Three different essential oils are created from the orange tree: orange oil, from the rind; neroli oil from the flowers; and petitgrain oil from the leaves and twigs. Petitgrain is excellent to use for acne care, oily skin, and facial edema. It is also used to calm the nervous system, for respiratory infections, and anxiety and panic attacks and depression. It can help ease indigestion, constipation and emotional stomachache symptoms. Its relaxing properties help to calm rapid heartbeat and relieve insomnia. (10 ml)



RAVENSARA

Ravensara aromatica Sonn

Ravensara is very effective in cases of shingles and herpes, as it is both antiviral and a nerve tonic. Safe for small children, it is a first choice for pneumonia and upper-respiratory illness. (10 ml)



ROSE 10%

Rosa damascena

This delicate oil comforts in times of sorrow, refreshes a sad heart and dissolves psychological pain. Its fragrance is innocent yet sensual and it is mild enough to use on babies' skin. It is also helpful for balancing women's hormones and strengthens the uterus

as it relieves menstrual cramps. Rose helps to harmonize the mental, emotional and physical. It is above all a balm to the soul. (10 ml)



ROSEMARY CT CINEOLE

Rosmarinus officinalis ct cineole

Rosemary has been used throughout the centuries to strengthen the immune system, help with infections, and improve memory. Helps improve mental clarity and alertness. Helps nourish the scalp for healthy hair and skin. (10 ml)



ROSEMARY CT VERBENONE

Rosemary officinalis ct verbenone

Its supreme skin regenerative and wound healing properties make rosemary verbenone especially useful for treating chronic skin conditions, wrinkles, sun damage, dermatitis, eczema and psoriasis. Acne-prone skin may respond favorably to its renewing effects. It is ideal for dry and mature skin. Rosemary verbenone is also excellent for the treatment

of oily hair, skin, scalp conditions, and dandruff. It has the same antibacterial and antiviral ability for respiratory infections, but is gentler than the more traditional cineole-rich rosemary. (10 ml)



SAGE

Salvia officinalis

This oil is capable of inhibiting fungal infections internally and externally and gives relief from fungal infections like dysentery, thrush, athlete's foot, dermatitis, etc. Its antioxidant and anti-inflammatory properties make it useful on the skin as an anti-aging, anti-scarring and anti-spot product. It is a cholagogue, meaning it promotes the discharge of bile which can aid digestion, soothe the stomach, and reduce inflammation caused by excessive acid. Like clary sage, it activates certain hormones such as estrogen which helps bring about clear menstruations and gives relief from problems like headache, nausea, weakness, depression, etc. which happen during periods. Since sage is a nervous stimulant, those with a history of epilepsy or high blood pressure should avoid using it. Further, because it contains camphor and camphene which can be toxic in nature, it should be avoided during pregnancy. (10 ml)



SANDALWOOD

Santalum album

This essential oil is extracted from the heartwood of the tree, which is chopped and chipped for distillation. Sandalwood is believed to awaken and bring unity to the inner-self. (10 ml)



SCOTCH PINE

Pinus sylvestris

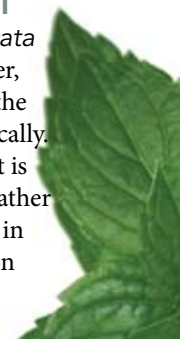
Scotch pine was used by native Americans to prevent scurvy; they also filled their sleeping mattresses with it to keep away fleas and ticks. Scotch pine essential oil is capable of warming cold hands and feet, it is considered a useful essential oil for men in supporting the production of semen. It can also be used in the treatment of asthma, arthritis, sinusitis, inflammation, intestinal pain, allergies, fatigue and lung congestion. (10 ml)



SPEARMINT

Mentha spicata

Many consider spearmint a milder, gentler form of peppermint, but the two oils are quite different chemically. Unlike peppermint oil, spearmint is calming, relaxing and uplifting, rather than stimulating. It can be useful in treating mental fatigue, depression



and tension headaches. It is a proven antibacterial and anti-fungal. Spearmint also has a relaxing effect on muscles and nerves, and is a mild diuretic. It is effective as an insecticide and keeps away mosquitoes, ants, flies, moths, etc. Because of its lower menthol content, it is safer to use on young children than peppermint. (10 ml)



SPIKENARD

Nardostachys jatamansi

Regarded as a calming, sedative, stabilizing oil, spikenard's action is one of regulating the actions of the nervous system and the heart. With its warm and earthy aroma, spikenard helps soothe the deepest forms of anxiety, and like myrrh, can instill a profound sense of peace. Spikenard may also be supportive in cases of allergic skin reactions, and can soothe, nourish, and regenerate the skin for some people. It is one of the few essential oils that helps relieve dandruff. (10 ml)



TANGERINE

Citrus reticulata

Tangerine improves circulation of blood and phlegm, boosts digestion, helps maintain oil and moisture balance in the skin and shows cicatrisant and emollient properties too. It also helps with constipation, diarrhea, flatulence, rashes, dryness and cracking of skin, hair problems, dandruff, etc. Like all citrus oils it has phototoxic properties and should not be applied before going into the sun. (10 ml)



TEA TREE

Melaleuca alternifolia

Great for helping with skin irritations and immune support, tea tree is one of the most commonly used oils throughout the world. (10 ml)



THYME CT LINALOOL

Thymus vulgaris ct linalool

Thyme ct linalool has a mild, delicate smell similar to lavender. It is very different from regular thyme essential oil both in its aroma and its action. It has excellent infection-fighting properties but is much gentler than regular thyme; therefore it can be used with children. It is particularly helpful with childhood respiratory infections, colds and flu. (10 ml)



THYME CT THYMOL

Thymus vulgaris ct thymol

Steam distilled from leaves and flowers of the thymus vulgans plant, thyme oil has been used by ancient Greeks to ward off infectious disease and for digestive and respiratory support. (10 ml)



VETIVER

Chrysopogon zizanioides

Vetiver has a grounding, earthy scent often employed as a fixative in oriental-type perfumes. It is considered to be deeply relaxing and often used in baths and massage for issues relating to nervous tension, debility, insomnia, and depression. Its skin care applications extend to acne treatment from oily skin, and accelerating the healing of cuts and wounds. (10 ml)



YLANG YLANG COMPLETE

Cananga odorata

This soft and sensuous essence is relaxing to the senses and soothing to the mind. Known for centuries as an aphrodisiac, ylang ylang oil is also a wonderful tonic for the skin and hair, as well as circulation and cardiovascular issues. (10 ml)



MESSAGE JOJOBA

Simmondsia chinensis
Carrier Oil

Unlike common vegetable oils, jojoba oil is chemically very similar to human sebum. It is often used as an ingredient in cosmetics and personal care products, especially skin care and hair care. It is relatively shelf-stable when compared with other vegetable oils. (16 oz.)



MESSAGE

Carrier Oil

Send health-enhancing deposits to the body through massage using this premium quality carrier oil, safely. Slows down the rate of absorption of essential oils into the body. A great nourishing moisturizer. Responsible cautions: do not diffuse essential oils diluted with Message Oil. (16 oz.)



TRUESSENCE ULTRA SONIC DIFFUSER

TRUessence is proud to offer its state-of-the-art ultrasonic essential oil diffuser. Aside from cold air diffusion, it has humidifying effects and multiple settings to bring the plant kingdom into your living room. A must!

