



BLUE LOTUS

WELLNESS FROM WITHIN

*Essential Oils provided by Natural Options Aromatherapy*

## Essential Oils

Blue Lotus purchases all it's essential oils and carriers from Natural Options Aromatherapy. This is the company that trained me in essential oils. They provide the finest, strongest pure essential oils they can find. The oils come from around the world. Every oil they sell is assessed with each new crop to assure that you can not find a better essential oil anywhere.

We package primarily in 1 dram bottles (1/8 ounce, approximately 225 drops) to keep our prices low and not force anyone to purchase a larger quantity than they can use in a reasonable time period. All prices below are based upon 1 dram.

Blue Lotus can provide larger sizes (5ml, 2 dram, 1/2 oz and 1 oz). Just ask.

Essential Oil and Price	Quantity	Total
<b>Amber</b> If you like the smell of baby powder, this oil is for you! Provides peace and relaxation, reduces inflammation and pain. <b>Price: \$9.00</b>		
<b>Benzoin</b> Anti-Bacterial, Great for skin (acne, eczema, psoriasis) Respiratory, colds. <b>Price: \$9.00</b>		
<b>Basil (sweet)</b> Repels mosquitoes and flies. Improves muscle aches and pains. <b>Price: \$9.00</b>		
<b>Bergamot</b> Anti-bacterial, anxiety, stress, and depression. Acne and oily skin. <b>Price: \$9.00</b>		
<b>Black Pepper</b> Muscle and joint pain, used in Ayurveda Treatments for fever and reduces smoking withdrawal cravings. <b>Price: \$9.00</b>		
<b>Black Spruce</b> Analgesic, anti-inflammatory, expectorant, decongestant, anti-bacterial and anti-fungal. Great for muscle aches, sprains, pains, respiratory issues and calming. <b>Price: \$9.00</b>		
<b>Blue Chamomile (German)</b> Analgesic, anti-bacterial/anti-fungal, anti-inflammatory and anti-viral. <b>Price: \$80.00</b>		
<b>Blue Yarrow</b> Analgesic, anti-inflammatory, anti-spasmodic, anti-viral and digestive aid. <b>Price: \$19.00</b>		
<b>Caraway Seed</b> Russia - Anti-inflammatory, Anti-Microbial and Antioxidant. <b>Price: \$9.00</b>		

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<p><b>Cardamon</b> Sri Lanka - Helps Digestion, Respiratory, Nausea, Stimulates appetite. <b>Price:</b> \$39.00</p>		
<p><b>Cassia</b> China (Chinese Cinnamon) Anti-Diarrheal, Anti-Depressant, Analgesic, Arthritis, Rheumatism and Anti-Viral. <b>Price:</b> \$8.00</p>		
<p><b>Chamomile Roman</b> Stress, insomnia, fever, arthritis, natural sedative, helps with ADD&amp;ADHD in adolescence, nervous tension, and inflammation. <b>Price:</b> \$17.00</p>		
<p><b>Cinnamon</b> Cinnamon is an antispasmodic and has strong warming qualities making it an excellent oil to use for poor circulation, muscle aches, and joint pain. <b>Price:</b> \$9.00</p>		
<p><b>Citronella</b> Antiseptic, repels insects, anti-bacterial <b>Price:</b> \$8.00</p>		
<p><b>Clary Sage</b> Euphoric, grounding, balancing. Creativity, depression, aphrodisiac, and wrinkles. <b>Price:</b> \$9.00</p>		
<p><b>Clove Bud</b> Helps relieve pain, arthritis, rheumatism, and is an antiseptic. <b>Price:</b> \$10.00</p>		
<p><b>Copaiba</b> Anti-bacterial, disinfectant, stimulant. Used for cystitis and bronchitis. Good for poison ivy. <b>Price:</b> \$17.00</p>		
<p><b>Cypress</b> Anti-spasmodic, good to reduce stress, tension, and anxiety. Raises blood pressure. Good for PMS and menopausal issues. <b>Price:</b> \$8.00</p>		
<p><b>Eucalyptus Globulus</b> Colds and flu, muscle aches, sprains, asthma, bronchitis. 1/8oz <b>Price:</b> \$7.00</p>		
<p><b>Eucalyptus Citradora</b> South Africa - Anti-Inflammatory, Analgesic, Anti-Fungal, and Insect repellent. <b>Price:</b> \$9.00</p>		
<p><b>Eucalyptus Radiate</b> Effective in helping respiratory and bronchial issues. <b>Price:</b> \$8.00</p>		
<p><b>Fennel (Sweet)</b> Anti-Spasmodic, digestive stimulant, lymphatic cleaner, insect repellent, hormone balancer, anti-inflammatory, anti-microbial. <b>Price:</b> \$8.00</p>		
<p><b>Fragonia</b> Sore throat, try a little Fragonia on the outside of your throat. In just a few seconds it is sore no longer!!! Also helps most breathing/respiratory issues. <b>Price:</b> \$18.00</p>		

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<p><b>Frankincense</b> Helps depression. asthma, bronchitis, colds, and coughs. Calming and inspirational. Excellent for meditation. <b>Price:</b> \$21.00</p>		
<p><b>Geranium</b> Traditionally considered an aphrodisiac, anti-inflammatory. Helps with mood swings, menstrual cramps, mature skin. Varicose veins, nervous tension, and stress. <b>Price:</b> \$9.00</p>		
<p><b>Ginger</b> Increases circulation. Helps with constipation and nausea. <b>Price:</b> \$9.00</p>		
<p><b>Grapefruit</b> Depression and seasonal disorder. Acne and oily skin, edema, headaches, and stress. Helps soothe razor burn. <b>Price:</b> \$9.00</p>		
<p><b>Helichrysum</b> Anti-free radical, bruising, scarring, pain relieving. <b>Price:</b> \$79.00</p>		
<p><b>Holy Basil</b> India- Reduces fever, Expectorant, Anti-spasmodic and hormone regulating. <b>Price:</b> \$9.00</p>		
<p><b>Hyssop</b> Hungary – Anti – Inflammatory, Pulmonary Inflammation, Immune Stimulant and Anti – Parasitic. <b>Price:</b> \$17.00</p>		
<p><b>Jasmine</b> Anti-depressant. Combats frigidity. Relieves stress. Helps to relieve cramps and other menstrual issues. <b>Price:</b> \$40.00</p>		
<p><b>Juniper</b> Covers urine smells. Good for colds and flu. Helps hair loss. Helps to relieve stress and tension. Can be used to help relieve water retention and to detoxify. <b>Price:</b> \$10.00</p>		
<p><b>Lavender</b> Everything. Burns, cuts, mild insomnia, mosquito repellent, and pain relief. <b>Price:</b> \$9.00</p>		
<p><b>Lemon</b> Antiseptic. Colds and flu, varicose veins, planter's warts, acne, and headaches. <b>Price:</b> \$8.00</p>		
<p><b>Lemongrass</b> Insect repellent, kills bed bugs, tightens skin, great for massage after sports. <b>Price:</b> \$8.00</p>		
<p><b>Mandarin</b> Insomnia, acne, hiccoughs, circulation <b>Price:</b> \$9.00</p>		

Essential Oil and Price	Quantity	Total
<b>Marjoram</b> Virtually any muscle issue! Snoring, decubitus ulcers. <b>Price: \$9.00</b>		
<b>May Chong</b> Acne and dermatitis <b>Price: \$8.00</b>		
<b>Melissa (true)</b> Anti-depressant, anti-bacterial, sedative, <b>Price: \$79.00</b>		
<b>Myrrh</b> Helps to relieve fear, stress, and nervous disorders. Helps to increase state of consciousness. Helps athlete's foot. <b>Price: \$15.00</b>		
<b>Neroli</b> Anti-depressant, anti-bacterial, sedative <b>Price: \$89.00</b>		
<b>Nutmeg</b> Arthritis, gout, muscle aches and pains, rheumatism <b>Price: \$8.00</b>		
<b>Orange (sweet)</b> Natural deodorizer. Nervous tension and fear. Stress, air cleansing, helps other oils work better. <b>Price: \$8.00</b>		
<b>Oregano</b> Anti-bacterial, anti-viral, anti-parasitic & immune boosting. <b>Price: \$10.00</b>		
<b>Palmarosa</b> Is excellent for skincare, anti-bacterial for intestinal infection like E. Coli. <b>Price: \$10.00</b>		
<b>Patchouli</b> Anti-depressant, grounding, cell rejuvenator, frigidity, reduce stress, and anxiety. <b>Price: \$9.00</b>		
<b>Peppermint</b> Instant energy. Good for headaches, nausea, motion sickness, asthma, bronchitis, sinusitis, vertigo, fever, muscular pain. <b>Price: \$9.00</b>		
<b>Peru Balsam</b> France-Skin Issues (eczema, dry skin) Asthma, Anti-viral, COPD, and any Respiratory issues. <b>Price: \$9.00</b>		
<b>Pettigrain</b> Acne, insomnia <b>Price: \$9.00</b>		
<b>Ravensara</b> Anti-bacterial, anti-viral, anti-inflammatory, expectorant. <b>Price: \$1000</b>		

Essential Oil and Price	Quantity	Total
<p><b>Rose Oil</b> This is a Rose De Mai absolute from Egypt. Rose is very much a feminine oil helping with a variety of PMS and menopausal issues. It has been used to increase a woman's confidence in her sexuality. It is also extremely good in skin care &amp; pain relieving. <b>Price:</b> \$56.00</p>		
<p><b>Rosemary</b> Increases circulation. Mental and physical energy booster. Colds and flu, muscular pain, coughs and general respiratory, asthma, mental recall, and stimulates scalp. <b>Price:</b> \$9.00</p>		
<p><b>Rosewood</b> Brazil - Anti - Infectious, Anti - Bacterial, Anti - Fungal, Depression, Calming and Immune Stimulant. <b>Price:</b> \$9.00</p>		
<p><b>Sandalwood</b> Helps with nerve pain, combats frigidity and creates a warm, relaxing atmosphere. Helps to stimulate the imagination. Used to create a meditative state. Relieves dry skin. <b>Price:</b> \$39.00</p>		
<p><b>Silver Fir Needle</b> Bosnia-Sinus, Congestion, Allergies, Colds and Flu, Calming to most people. <b>Price:</b> \$9.00</p>		
<p><b>Spanish Sage</b> Analgesic, anti-anxiety, anti-bacterial, anti-inflammatory and hormone regulating. <b>Price:</b> \$8.00</p>		
<p><b>Spearmint</b> Anti-asthmatic, anti-inflammatory, anti-septic, astringent, cooling, digestive stimulant, expectorant, anti-nausea. <b>Price:</b> \$8.00</p>		
<p><b>Spikenard</b> Very calming in hospice situations. Rejuvenates mature skin. <b>Price:</b> \$17.00</p>		
<p><b>Tagetes</b> Madagascar - Anti - Microbial, Anti - Parasitic, Anti - Septic, Anti - Spasmodic, Sedative, Anti - Fungal, Respiratory Colds and Flu and Great oil for Bunions and Calluses. <b>Price:</b> \$9.00</p>		
<p><b>Tea Tree (Kunzea Ericoides)</b> Acne, cold sores, athletes' foot, colds and flu, cuts, nail fungus. Anti-bacterial, anti-viral, anti-fungal, immune stimulant. <b>Price:</b> \$9.00</p>		
<p><b>Tea Tree (Melaleuca Alternifolia)</b> Australia - Immune Stimulant, Anti-Infectious, Anti-Bacterial, Anti-Viral, Anti-Parasitic, Acne, Cold Sores, Kills Lice and Bed Bugs Has a more Pungent Aroma. <b>Price:</b> \$9.00</p>		

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<p><b>Thyme</b> Anti-bacterial, anti-viral, immune stimulant. <b>Price:</b> \$9.00</p>		
<p><b>Vetiver</b> Relieves stress, helps alleviate depression and anxiety. Helps sore muscles and sprains. <b>Price:</b> \$10.00</p>		
<p><b>Virginia Cedarwood</b> USA - Dandruff, Arthritis, Respiratory, Decongestant, Bronchitis, Colds, Flu and Stress Relieving <b>Price:</b> \$8.00</p>		
<p><b>Ylang Ylang</b> Very calming, reduces blood pressure. <b>Price:</b> \$11.00</p>		

## Carrier Creams and Oils

Simply add 20-25 drops to 1 oz of unscented cream or cold pressed vegetable oil or add the same amount of drops to 2 Tablespoons of sea salt.

Carrier Creams and Oils	8oz	1 gallon	Quantity
<p><b>Aloe Based Carrier Cream (ABC)</b></p> <p>This is a base for your oil blending. The cream has a base of Aloe so that no matter what oils you blend in it will be nourishing and moisturizing to the skin. This is the same base of all our creams. This super thick, rich cream is perfect to moisturize.</p> <p>This is also available in 1 gallon size</p>	11.00	39.00	
<p><b>Organic ABC Cream</b></p> <p>Our Organic Creams are as natural as we can make them and still have them be safe! Ingredients include: Purified Water, Aloe Barbadenis, Sunflower Oil, Shea Butter, Olive Oil, Flax See Oil, Hemp Seed Oil, Jojoba Oil, Octyl Palmitate (ester of Palm Oil). They even have the newest, safest generation of preservatives.</p> <p>This is also available in 1 gallon size</p>	16.00	55.00	
<p><b>Feather Light Oil</b></p> <p>Feather Light Oil is a blend of grapeseed, apricot kernel, coconut, borage and olive oils and vitamin E. It leaves a soft, satiny feel to the skin, not greasy. Massage Therapists love it because it doesn't stain!</p>	10.00	29.00	
<p><b>Jojoba Oil</b> pure jojoba</p>	22.00		
<p><b>Fractionated Organic Coconut Oil</b></p>	14.00		
<p><b>Sea Salt 1 pound</b></p> <p>Pure, natural sea salts, ultra fine 999 grade meaning it's 99.999 % pure. Add two tablespoons to your bath to pull surface toxins. You can also add 20-25 drops of essential oils to 2 tablespoons of salt for a great aromatherapy bath.</p>	3.00 for 1 pound		