




BLUE LOTUS

WELLNESS FROM WITHIN


Products


Items listed below with  in front of the name are items that are regularly in stock. All other items we can take an order for and ship to you.

Roll-ons

Roll-Ons - Each of our roll-on products has been specially formulated for maximum effectiveness. All are packaged in a .33 ounce glass bottle and use only the finest essential oils available. The base oils is our Feather Light Oil which is a blend of Canola Oil, Grapeseed Oil, Apricot Kernel Oil, Borage Oil, Octyl Palmitate (from Coconut Oil), Olive Oil, and Vitamin E..

All roll-ons are 15.00 unless listed otherwise.

 **Anti-Inflammatory** - A new theory on auto immune diseases states that they are caused by an imbalance between the anti-inflammatory and pro inflammatory systems. When the pro inflammatory gets too strong the body's own antibodies begins to attack itself. This roll on contains four strong anti-inflammatory essential oils to help get the body back into balance. Essential Oils: Roman Chamomile, Geranium, Ravensara, Lavender and Myrrh. 20.00

 **Arthritis X-strength** - Natural relief for arthritis pain and stiffness. Roll onto the affected joints and massage in relief.
Essential Oils: Roman Chamomile, Rosemary, Clove, Lavender, Wintergreen, & Ginger. 20.00

Bug Off - An all-natural insect repellent will repel mosquitoes, flies, deer flies, black flies and "no see'ems" to allow you to enjoy the outdoors without chemicals. Essential Oils: Sweet Basil, Citronella, and Lavender

Carpal Tunnel - Apply to the wrist area and along the collarbone pressure points to dramatically help with the discomfort of Carpel Tunnel pain. Massage along the collar bone about 4 inches at a time starting in the "notch" in the throat area. Work your way to the cap of the shoulder. Follow the pain down the arm to the elbow. Turn your arm over and work on the soft part of the forearm to the wrist. By now, the wrist will feel better, but work the wrist as well.
Essential Oils: Lavender, Wintergreen, Marjoram, Rosemary, Ginger and Clove Bud.

Chai - An incredible calming, soothing and calming blend that smells just like chai tea. It provides an immediate tranquil, comforting feeling. Put it on the insides of the wrist and inhale for an immediate feeling of "it's going to be OK" Chai is also very helpful with anxiety attacks. Apply to pulse points and inhale. Contains 7 essential oils in a base of fractionated Coconut Oil.

Depression Relief Blend - This is an incredibly uplifting blend to give your mood a boost. Roll it onto wrist and carotid pulse points. for an immediate boost to your mood. Essential Oils: Bergamot, Lemon, Peppermint, Geranium, Roman Chamomile, and Cedarwood.

Fibromyalgia Relief Blend - This is an incredibly effective formula for those who suffer from Fibromyalgia. This combination has a lot of analgesic (pain relieving) properties. But more importantly, many people with Fibromyalgia do not get REM sleep. This is the deep dream state when the body shuts down for repairs. Marjoram, Lavender and Roman Chamomile have all been used historically to help provide a deeper sleep which then allows the REM stage(s) to occur naturally. Roll this blend on the upper chest from under the breasts to the clavicle and out to the shoulders, and on the back between the tops of the shoulder blades plus anywhere else you have pain. Essential Oils: Marjoram, Roman Chamomile, Eucalyptus, and Lemon



Flu Away - Blend contains Essential Oils that are anti-bacterial, anti-viral, and immune stimulants. Roll onto the soles of the feet & pulse points to help kill or prevent flu or cold. Essential Oils: Thyme, Tea Tree, Oregano, & Lemon

Focus, Concentrate, Meditate - Focus, Concentrate is designed for people who do meditation, yoga, martial arts, etc. You can roll this blend onto pulse points to increase your level of focus and concentration. Good for those that do yoga. Essential Oils: Frankincense, Myrrh, Sandalwood, Basil, Chamomile, Cedarwood, and Rosemary

Freeze Plus - If you like BioFreeze for muscle pain, you'll love Freeze Plus! Essential Oils: Menthol, Camphor, Peppermint Essential Oil and Green Tea Extract



Headache Relief - Relief for headaches and helps migraines. Roll onto the temples & the top and back of your neck. Massage gently in a circular motion. Essential Oils: Peppermint, Lavender, Lemon, Grapefruit & Wintergreen



Hot Flash - Relief for hot flashes. Use the blend 3-4 times per day to reduce the frequency and severity of the hot flashes. Roll on pulse points and abdomen. Essential Oils: Clary Sage, Geranium, & Grapefruit



Lavender - This essential oil is the "Swiss Army" knife of all the oils. It is used for all types of burns, as in insect repellent, mosquito repellent, for sleep, calming, and after bite. A must to have in your health kit!!



PTSD - Helps with anxiety, fear, depression, anger, mood swings, & mental fatigue. Roll onto wrist pulse points and back of the neck. Essential Oils: Sweet Basil, Ylang Ylang, Bergamot, Orange, Thyme, & Lavender.

Restless Leg, Night Cramp/Spasm (RSD) - Helps relieve night cramps, muscle spasms, lower back pain, and even neuropathy. Restless Leg Syndrome Relief Cream is effective at reducing symptoms of Restless Leg Syndrome. Most customers state that symptoms are relieved in TWO MINUTES or less! It is also very effective with muscle cramps including night cramps. NO SIDE EFFECTS. Essential Oils: Ravensara, Ginger, Rosemary, Lavender, Roman Chamomile, Clove Bud, and Marjoram.

RSD Neuropathy - RSD was originally formulated for someone with Reflexive Sympathetic Dystrophy (or RSD). In the third stage of this issue, people often get cramps accompanied by burning hot spots making it too painful to touch, much less massage. The cream relieves the burning sensation and relieves the cramping. This action makes it an effective tool for Peripheral Neuropathy as well. Roll onto the soles of feet and legs.



Sinus Relief - Relieves sinus congestion and pain. Roll onto your forehead, down the sides of the nose, & under the cheekbones. Massage deeply. Essential Oils: Roman Chamomile, Ravensara, Peppermint, Eucalyptus Radiate, & Tea Tree



Moon Cycle - Relief for PMS and Menopausal symptoms. Roll onto the abdominal area for cramps & lower back pain. Also roll on pulse points. Essential Oils: Sandalwood, Jasmine, Roman Chamomile, Ylang Ylang, Geranium, Spikenard, & Clary Sage..

Mental Clarity - Clears the mind and assists focus. Will lift your thoughts and creativity to a higher level helping you to "see" things more clearly. Essential Oils: Frankincense, Clary Sage, and Peppermint

Study Assist - Assists memory, focus, concentration, and study during class and when you are studying. Then use it again when you are taking a test. You get the help listed above, plus we associate scents with events. Since you only use Study Assist when you are studying, you associate the scent with the material studied. It's one more trigger to help you remember! Roll on to the pulse points and temples. Essential Oils: Cedar, Rosemary, Basil, Roman Chamomile, Myrrh, and Clary Sage.

Sleep Easy – Improve your sleep, even if you've only been getting 2-3 hours per night! Fifteen minutes to an hour before bed, roll on the sole of the feet and pulse points. Essential Oils: Sandalwood, Marjoram, Roman Chamomile, Lavender, and Vetiver

Creams

Most of our creams are available in both our regular base carrier cream and an organic formula creams. Organic formula creams are special order as we do not keep them in stock. Our regular creams come in 2oz, 4oz and 8oz sized. The organic creams only come in an 8oz size.

Prices:

2oz creams 5.00

4oz creams 10.00

8oz creams 16.00 unless otherwise marked. Some of the xtra strength blends contain additional oils that increase the price.

Organic Creams are as natural as they can be made them and still have them be safe! Ingredients include: Purified Water, Aloe Barbadenis, Sunflower Oil, Shea Butter, Olive Oil, Flax Seed Oil, Hemp Seed Oil, Jojoba Oil, Octyl Palmitate (ester of Palm Oil). They even have the newest safest generation of preservatives.

Regular carrier creams - The base of all regular creams is Natural Options Aloe Based Carrier Cream (ABC cream). This cream contains 10% Aloe Vera Gel and Allantoin (from the Comfrey plant). This super thick, rich cream is perfect to moisturize.

Also, if you want something special let me know. I make custom blends for people all the time.



Anti-Inflammation Cream - 33% Stronger with Brazilian Copaiba. A new theory on auto immune diseases states that they are caused by an imbalance between the anti-inflammatory and pro-inflammatory systems. When the pro-inflammatory gets too strong the body's own antibodies begins to attack itself. This cream contains four strong anti-inflammatory essential oils to help get the body back into balance. Massage into the sole of the foot (soft part of arch) and pulse points 3-4 times a day. Can also be used on "hot spots". Essential Oils: Roman Chamomile, Geranium, Ravensara, Lavender and Myrrh. 20.00



Arthritis X-strength - All natural relief for arthritis pain, stiffness and inflammation. This is also effective for tendonitis. Contains an extra dose of Clove Bud essential oil (the same oil dentists use for bone pain). Massage into problem area. Use 3-4 times a day. Not for internal use. Keep away from children. Essential Oils: Roman Chamomile, Rosemary, Clove, Lavender, Wintergreen, and Ginger. 20.00



Chai - An incredible calming, soothing and calming blend that smells just like chai tea. It provides an immediate tranquil, comforting feeling. Put it on the insides of the wrist and inhale for an immediate feeling of "it's going to be OK" Chai is also very helpful with anxiety attacks. Available in Organic for 19.00.



Fibromyalgia - This is a very effective formula for those who suffer from Fibromyalgia. This combination has a lot of analgesic (pain relieving) properties. But more importantly, many people with Fibromyalgia do not get REM sleep. This is the deep dream state when the body shuts down for repairs. Marjoram, Lavender and Roman Chamomile have all been used historically to help provide a deeper sleep which then allows the REM stage(s) to occur naturally. Essential Oils: Marjoram, Roman Chamomile, Eucalyptus, and Lemon. Available in Organic for 19.00.

Freeze Plus - If you like BioFreeze for muscle pain, you'll love Freeze Plus! Essential Oils: Menthol, Camphor, Peppermint Essential Oil and Green Tea Extract

Lavender Cream - Great for sunburn and stress Relief. Use at night for wonderful, restful sleep. Moisturize and relieve tension. This great item contains a full 5% Lavender Essential Oil. Available in Organic for 19.00.

Parkinson's Relief Cream - Parkinson's Relief Cream is designed to assist with many Parkinson's Disease symptoms including tremors, nightmares, rigidity, cramps, anxiety, depression, sleeplessness and insomnia. Most Parkinson's sufferers have reported a reduction in most of the symptoms **with daily use of Parkinson's Relief Cream.**

PTSD - Helps anxiety, fear, depression, anger, mood swings, and mental fatigue. This formula was developed in conjunction with a veteran who counsels vets with PTSD. Roll on wrist pulses points and back of the neck, and/or behind the ear. Essential Oils: Sweet Basil, Ylang Ylang, Bergamot, Orange, Thyme, and Lavender.



Relaxation Blend - Calming and relaxing for both the mind and body. Essential Oils: Lavender, Ylang Ylang, Bergamot, Grapefruit and Roman Chamomile



Restless Leg Night Cramp- Helps relieve night cramps, muscle spasms, lower back pain, and even neuropathy. Restless Leg Syndrome Relief Cream is effective at reducing symptoms of Restless Leg Syndrome. Most customers state that symptoms are relieved in TWO MINUTES or less! It is also very effective with muscle cramps including night cramps. NO SIDE EFFECTS. Essential Oils: Ravensara, Ginger, Rosemary, Lavender, Roman Chamomile, Clove Bud, and Marjoram. Available in Organic for 19.00.



RSD Neuropathy - RSD was originally formulated for someone with Reflexive Sympathetic Dystrophy (or RSD). In the third stage of this issue, people often get cramps accompanied by burning hot spots making it too painful to touch, much less massage. The cream relieves the burning sensation and relieves the cramping. This action makes it an effective tool for Peripheral Neuropathy as well. Available in Organic for 19.00.

Sleep Easy - You will be amazed at how well you sleep, even if you've only been getting 2-3 hours per night! Fifteen minutes to an hour before bed, put a little Sleep Easy on. Essential Oils: Sandalwood, Marjoram, Roman Chamomile, Lavender, and Vetiver. Available in Organic for 19.00.



Stress Relief - A stress relieving experience when life is overwhelming. Blue Lotus uses it to relax neck and shoulder muscles to relieve the tension and stiffness when we massage and now you can too!!!! Essential Oils: Lavender, Sandalwood, Vetiver, Ylang Ylang, Grapefruit, Clary Sage, and Roman Chamomile

Moon Cycle - These oils help balance hormones to assist with PMS and Menopausal issues. Massage the cream on the abdominal area for cramps and lower back pain and apply to pulse points on wrist and ankles for PMS and Menopausal symptoms. Essential Oils: Sandalwood, Jasmine, Roman Chamomile, Ylang Ylang, Geranium, Spikenard, and Clary Sage



Runner's Dream - The formula contains essential oils that are vasodilators, meaning they help to open blood vessels to allow better blood flow. This fast-acting blend offers relief for aching joints, back and neck pain, leg and foot pain, strains, sprains, post-exercise stiffness, and overexertion. Rub into sore muscles and joints for a gentle cooling relief. Essential Oils: Rosemary, Ginger, Copaiba, Black Pepper, Marjoram, Clove Bud, White Camphor, & Wintergreen.



Blue Magic - Targeted blend of 17 essential oils that provide coverage for combinations of pain. When pain is a mixture of muscle, joint and nerve: Essential Oils: rose geranium, roman chamomile, heliochrysm, lemongrass, benzoin, blue chamomile, eucalyptus, sandalwood, wintergreen, ylang ylang, clove, cinnamon, peppermint, rosemary, lavender, sandalwood, nutmeg. 2oz 12.00, 4oz 24.00, 8oz 48.00

Bath Salts

Our bath salts are made with pure, natural sea salts, ultra fine 999 grade meaning it's 99.999 % pure and pure salt from the dead sea. Add 2-5 tablespoons to your bath to relax, pull out surface toxins, let the essential oils do their magic.

We sell our Bath salts in two sizes. There is an 8oz size which will give you about 5 baths if you use 3 tablespoons of bath salt per bath.

Or there is the 2oz bath shot size. 2oz is 4 tablespoons, so if you don't want to measure you can dump the bath shot into your bath and relax in the soothing waters. Save the container from the bath shot and bring it back to Blue Lotus for a refill. On the 5th refill of a bath shot you get 1.00 off the cost. Our way to encouraging reuse and recycling.

Also, if you want something special let me know. I make custom blends for people all the time.

8oz Bath Salts are 16.00

2oz Bath Shots are 5.00 (1.00 off on your fifth refill if you recycle)



Lavender Soak and Soothe - Calming soothing oils blended with muscle relaxing oils to create a balm to quiet the mind and body. Put 2-5 tablespoons in running water, Get in, Close your eyes, Take a deep breath and relax.

Caution: do not use if you are pregnant

Essential Oils: Lavender, Roman Chamomile, Sandalwood, Ylang Ylang, Marjoram, Frankincense, Bergamot, and Cinnamon. Dead Sea Salt.



Lavender and Lemongrass Soak and Soothe - Calming soothing oils blended with muscle relaxing oils to create a balm to quiet the mind and body. Put 2-5 tablespoons in running water, Get in, Close your eyes, Take a deep breath and relax.

Essential Oils: Lavender, Roman Chamomile, Sandalwood, Ylang Ylang, Lemongrass, Frankincense, Bergamot, and Ginger. Dead Sea Salt



Arthritis Blend - Dead sea salt and essential oils are a perfect mix to reduce the inflammation and pain of arthritis. Put 2-5 tablespoons in running water, Get in, Close your eyes, Take a deep breath, Relax, and Soak in the tub. Caution: do not get in your eyes.

Essential Oils: Roman Chamomile, Rosemary, Ginger, Clove bud, Lavender, Ravensara, and Wintergreen. Sea Salt.



Stuffy Nose and Aches - A balance of oils that will open the airways and soothe the muscles without the smell being overpowering. Put 2-5 tablespoons in running water, Get in, Close your eyes, Breathe deeply, Inhale the fumes, and Feel better. Caution: do not get in your eyes.

Essential Oils: Eucalyptus Globulus, Eucalyptus Radiate, Roman Chamomile, Rosemary, Ginger, Ravensara, Fragonia, Frankincense, Lavender, and Wintergreen. Sea Salt.

Chai - An incredible calming, soothing and calming blend that smells just like chai tea. It provides an immediate tranquil, comforting feeling. Put 2-5 tablespoons in running water, Get in, Close your eyes, breathe deeply and relax. Chai can also soothe anxiety attacks.

Inhalers



Breathe

Helps open bronchial passages. You can inhale deeply and hold your breath and actually feel your lungs opening more! Features essential oils of Eucalyptus Globulus, Fragonia, and Lavender

Price 5.00



Peppermint

Peppermint Inhaler can be used for nausea, car sickness, sea sickness, and can be carried on a plane to reduce the nausea just by inhaling.

Price 5.00

Smoke No More

Smoke no More Inhaler contains Black Pepper Essential Oil. While it won't give you the desire to stop smoking, if you have the desire, it will help reduce the cravings to give you a better chance to quit.

Price 5.00

Room Sprays



Lemon Lavender Room Spray (8oz)

To irradiate unwanted odors, try the Anti-Bacterial, Anti-Viral spray with Lemon and Lavender essential oils

Price: 16.00

Orange Lavender Room Spray (8oz)

Anti Bacterial, Anti- Viral spray with essential oils of Orange and Lavender will clear the air and help keep you healthy!

Price: 16.00



Citrus Blast Room Spray (8oz)


Anti Bacterial, Anti- Viral spray with essential oils of Orange and other citrus essential oils will clear the air and help keep you healthy!

Price: 16.00

Mists

The mists can be used as an after shower freshener, before bed soother, or anytime. You can also use them as a room spray. The base of the mist is a perfume grade alcohol (SDA 39C). All mist sprays are 2oz bottles for 9.00

Bug Off - An all natural insect repellent will repel mosquitoes, flies, deer flies, black flies and "no see'ems" to allow you to enjoy the outdoors without chemicals. Essential Oils: Sweet Basil, Citronella, and Lavender

 **Chai** - An incredible calming, soothing and calming blend that smells just like chai tea. It provides an immediate tranquil, comforting feeling. Put it on the insides of the wrist and inhale for an immediate feeling of "it's going to be OK" Chai is also very helpful with anxiety attacks.

Focus, Concentrate, Meditate - Focus, Concentrate is designed for people who do meditation, yoga, martial arts, etc. You can roll this blend onto pulse points to increase your level of focus and concentration. Essential Oils: Frankincense, Myrrh, Sandalwood, Basil, Chamomile, Cedarwood, and Rosemary.

Hot Flash - Relief for hot flashes. In an initial study, we've had 36 women who have tried it, filled out a form, and 32 of those have found it to be "Very effective at cooling" their hot flashes!!! Essential Oils: Clary Sage, Geranium, and Grapefruit.

Sunshine - Get rid or chase the blues, to assist with Seasonal Affective Disorder (SAD) or just need to lighten up. Essential Oils: Grapefruit, Lemon and Bergamot

Mental Clarity - Clears the mind and assists focus. Will lift your thoughts and creativity to a higher level helping you to "see" things more clearly. Essential Oils: Frankincense, Clary Sage, and Peppermint

Traveler's Friend - Bed Bugs have you worried about traveling? According to three different books, Lavender, Tea Tree and Lemongrass all kill bed bugs! Spray bedding, carpets, chairs, etc. 2oz

Wake Up - An instant wake up when you need an energy boost. Ideal for truck drivers, 3rd shift workers, long drives. Spray the back of the neck and the wrist pulse points. Essential Oils: Peppermint, Rosemary, Lemon, and Thyme

Chakra Kit all 7 chakra mists for 50.00

Root Chakra Mist - This is your root or grounding chakra. Helps your to stay focused and stand your ground. Contains Clove Bud, Sandalwood, Sweet Basil, Patchouli, Ylang Ylang, Geranium & Orange essential oils.

Sacral Chakra Mist - Also helps to keep you balanced, emotionally and physically. Contains Sandalwood, Bergamot, Ylang Ylang, & Grapefruit.

Solar Plexus Chakra Mist - Your "gut" chakra where emotions are often held. This blend will help to soothe those knots in your stomach...your "gut feelings". Contains Lavender, Clary Sage, Ylang Ylang, & Cedar essential oils.

Heart Chakra Mist - Ah, the heart chakra! So many emotions are also held here. Rose and Jasmine Absolute, Cinnamon, Lavender, Clary Sage & Orange essential oils.

Throat Chakra Mist - Watch out for this one! Helps to open up the throat so as to be able to verbalize thoughts and feelings. Lavender, Peppermint, Basil & Ginger essential oils.

Third Eye Chakra Mist - Helps you to see things more clearly with your intuition, to trust in yourself. Contains Frankincense, Myrrh, Nutmeg, Cinnamon & Lemongrass essential oils.

Crown Chakra Mist - Helps allow you to let your Higher Power guide you. Contains Grapefruit, Sweet Basil, Ylang Ylang & Palmarose essential oils.

Clearing Mist - A wonderful blend to clear the air of negative energies.

Creams and Miscellaneous

Dragon's Blood

Dragon's Blood is the resin from the Sangre de Dragon Tree from Ecuador. It is marvelous for eczema and psoriasis. 10.00

Argan Oil

Pure Virgin Argan Oil from Morocco. Argan is rich (70-80%) in fatty acids like Vitamin F and Omega-6. It is the hottest new trend for both hair and skin. For hair, the cortex, to replenish lipids for intense softness and repair split ends. As a daily moisturizer or skin treatment for damaged skin and cuticles it easily absorbs into the skin. In one clinical study, participants saw a visible reduction in coarse wrinkles and fine lines in the eye area in just 4 weeks! 83% of women showed significantly improved skin hydration. 1oz

Dragon's Blood Healing Heel Cream

The combination of Myrrh essential oil, Dragon's Blood in our Organic Formula makes this a wonderful, quick healing must for dry, cracked heels, elbows and hands. Dr. Oz says the Dragon's Blood is the best thing to use for cracked heels.

Rosacia Cream

This cream cools.
Price 9.00

Satin Skin Cream

Essential oils of Lemongrass, Clary Sage, Rose Geranium, and Palmarosa in our Organic Cream to make a luxurious face and body cream that truly leaves your skin satiny soft and smooth.

Diffuser Blends

Put 6-10 drops of the diffuser blend into your diffuser and enjoy.

Each of these are 5ml for 19.00

Asthma Ease Blend - Helps open up the bronchial tubes to facilitate easier breathing. Essential Oils: Tea Tree, Marjoram, Lemon, Eucalyptus Radiate, Fragonia and Lavender.

Breathe Easy Blend - This blend helps you get the most out of your life. Why suffer with nasal congestion and other things bogging down your respiration when this blend opens you up so you can enjoy life.

Breathe Easy Nighttime Blend - This is the same blend as the Breathe Easy but without the Peppermint so as to allow you to have a good night's sleep as well.

Bug Off - An all natural insect repellent will repel mosquitoes, flies, deer flies, black flies and "no see'ems" to allow you to enjoy the outdoors without chemicals. Essential Oils: Sweet Basil, Citronella, and Lavender.

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Depression Relief Blend - This is an incredibly uplifting blend to give your mood a boost. Essential Oils: Bergamot, Lemon, Peppermint, Geranium, Roman Chamomile, and Cedarwood.

Lavender Grapefruit Blend - 100% pure Lavender with grapefruit oil. A wonderfully relaxing blend

Reiki Opening and Balancing Blend - Designed to open the recipient and help the Reiki Master focus more deeply to create a more intense session. Essential Oils: Cypress, Frankincense, Lavender, Clary Sage, Cedar & Orange

Sunshine Blend - Get rid or chase the blues, to assist with Seasonal Affective Disorder (SAD) or just need to lighten up. Essential Oils: Grapefruit, Lemon and Bergamot.

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Wake Up - An instant wake up when you need an energy boost. Ideal for truck drivers, 3rd shift workers, long drives. Essential Oils: Peppermint, Rosemary, Lemon, and Thyme