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Price List

Smallest Bottle (Tester)	\$ 12.95
Vial	\$ 22.80
2cc /2ml Bottle	\$ 28.40
4cc /4ml Bottle	\$ 54.00
8 CC/8ml Bottle	\$ 102.60
Cream Perfume Small Jar	\$ 15.00
Cream Perfume 1 oz	\$ 55.00
Cream Perfume 2 oz	\$ 99.90



APPLICATION

Please Note: This blend is highly concentrated. It is not diluted by any product it is to be added to water, shampoo, massage oil, hydrosol etc. and its power is actually increased the more it is diluted. Less is more. You do not want to use too heavy a hand and be overwhelmed. When worn this blend is healing not only of yourself but all around you.

- **Bath** - A couple of drops placed in a very hot bath while the water is running and the doors closed. Soaking opens pores and allows the blend to penetrate the skin more easily while you are inhaling it in the steam. Very good to use prior to sleep.
- **Ambient**- You can add a few drops to water and mist your pillow and linens lightly before you go to sleep. Mist the clothes in your closet. Mist yourself and your environment as needed.
- **Laundry** - Place a drop on a handkerchief and put it in the dryer as you are drying your clothes.



- **Massage Oil** -2-3 drops placed in tablespoon massage oil. Rub over your heart and anywhere that is soothing on your body.
- **Perfume** -The very simplest way for a woman to use this is to use as a perfume. Since this blend is a highly concentrated blend of pure essential oils not extended by alcohol or any other product, you use only the tiniest amount - a toothpick dipped slightly into the bottle or just moisten a finger and place it on the earlobes or just under them, on the breast bone over the heart, or on the wrists where it will be quickly be absorbed. You can also run your slightly moistened fingers lightly through your hair.
- **Potpourri** -You can add a drop of the blend to a bowl of water (or a fountain) and place it near your bedside while you sleep, on your desk or in the center of the room where you will be walking around. The drop of oil will float on the water and extend across the surface increasing its evaporation rate and subtly scenting and healing the environment.



UTTATI

Beauty ,Wellness and Education

AURELIA

AN ESSENTIAL OILS BLEND TO ADDRESS
TRAUMA , GRIEF AND LOSS

AURELIA is the name given to a blend created to address serious grief, trauma and loss. It is a blend for healing compassion, restoration, is the name given to a blend created to address serious grief, trauma transformation and release. Offering a release from the bondage of pain and suffering, **AURELIA** provides a pathway and loving grace back to wards the light. The ultimate goal of this blend is to help the individual lift their mood and restore a lightness of Spirit. Honoring this sacred process, it is understood that this does not happen overnight. Rather, the blend is designed to provide initial support by creating the foundation for ultimate healing. Time is required to achieve the full effects of the blend. The **Essential Oils** included were chosen with great care to address healing at all levels ... physically, for example, with fatigue, insomnia, lack of appetite and nervous depletion... and psychologically, to reduce sadness and grief and to help the individual get beyond the numbness and shock they are feeling, leading to emotional release and eventually, The **Essential Oils** included were chosen with great care to address healing at all levels ... physically, for example, with fatigue, insomnia, lack of appetite and nervous depletion... and psychologically, to reduce sadness and grief and to help the individual get beyond the numbness and shock they are feeling, leading to emotional release and eventually, being able to “move on” and “let go.”





The following are the most essential of the **37 oils** used for this very rare and powerful healing blend:

Cedarwood- Cedarwood is particularly effective for consolation, emotional release and letting go.

Cinnamon Bark- markedly boosts the effects of both the Cedarwood and Frankincense oils in the blend.

Cistus-stabilizes the emotions, acting as an anti depressant and anti-anxiety. It also relieves sadness and trauma.

Cypress-is an oil with wide ranging effects on all levels.

Elemi- is a cornerstone of the blend promoting inner peace.

Frankincense- is the most important essential in the blend because it has the widest range of effects. It helps the person to look inward. It gradually allows the individual to accept what has happened and the change that has occurred in their life. It helps the individual come to terms with the situation. Frankincense calms the entire nervous system.

Frankincense Ancient - fights nightmares and fear of the future. It supports the person's healthy belief systems. It helps them to release all kinds of blockages (memories, experiences, and unhealthy beliefs.)

People experiencing grief and trauma always experience erratic breathing. Frankincense is very supportive to the respiratory system and regulates the breathing.

Narcissus-is for the aspects of grief and sadness that are centered on the identity of the Self. For example, at the loss of the spouse there can be incredible anger at the sense of abandonment and being left to deal with so many details in life by oneself - financial, physical and emotional-the extreme change in lifestyle, the chaos, etc. The concerns, 'How am I going to pay for...?' 'Who is going to take care of me when I am sick?' 'I am all alone. I don't know how to ...' whirl around in the head and can deeply disturb the remaining spouse.

Patchouli - increases a sense of maternal nurturing even if the individual did not have a good relationship with their mother. It can have long- term healing effects.

Rose- is one of the most effective oils for the reduction of melancholy, disappointment, sorrow, and post-partum depression.

Rosa Damascena- In addition, to the above effects for Rose, this oil ties everything together by strengthening the ego and reducing apathy. **Sandalwood** - is very soothing. It reduces anxiety levels and, at the same time, is spiritually uplifting. It is used mainly for the reduction of grief.

3 Healing Oils

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Sandalwood - is well researched and studied. It strongly addresses those disturbing chemicals that are created in the body when a person is grief stricken and counteracts them bringing greater balance to the body chemistry and a sense of calm to the person.

Spikenard - Like Frankincense, has a healing and soothing property. It gives warmth and the sense of nurturing associated with mothering. It extends the properties of frankincense and is more grounding.

Vetiver - This oil provides a very important support for the nervous system at all levels. It is the most grounding of all of the oils and yet is spiritually uplifting.



Other oils used in this formula:

Ambrette Seed and **Roman Chamomile** -These essential oils address the overwhelming anxiety and fear that can occur, especially fear of the future.

Angelica Root - and **Galbanum**- These essential oils are used for supporting the nervous system.

Bergamot- is added for emotional support.

Celery Seed-This essential oil is added to promote peaceful sleep.

Juniper - Juniper berry helps to reduce anxiety in a very powerful way. Emotionally it is one of the best oils to reduce a negative attitude.



Laurel - Greeks, Egyptians and Middle Easterners in general have found that Laurel adds self confidence and reduces the anxiety of feeling incapable and powerless. Psychologically it is a relaxant and anti depressant.

Lemon - is liquid sunshine for sadness.

***GRY Mandarin** -This is another cornerstone of the blend an essential oil created from 3 mandarins (green, red and yellow). It is spiritually uplifting, soothes and heals emotional wounds all the time balancing the whole system.

Marjoram- is particularly supportive of the nervous system. It prevents the headaches and migraines that often accompany great loss. The chemicals in it are very powerful for deep trauma. This is an oil that should be used for people with all kinds of trauma. Adding **Oregano** gives a greater sense of well being and it helps prevent mental psychopathology (when the grief itself begins to turn into a mental illness.)

Mimosa (Egyptian -Acacia Farnesiana)- This essential oil is another one that lifts the spirit.

Neroli - is consoling and comforting.

Nutmeg - is a psycho-stimulant. It helps to activate the mind. It deals with apathy.

Orange Bitter - addresses the pain of loss.

Pine (Scotch) - This essential oil is a vital component of the blend as it **prepares the individual to gradually allow him or herself to really let go.**

Rosewood- It is added to the blend for its calming effect and the ability to stabilize and balance the central nervous system.

Rose- is always an essential ingredient - both the absolute and the essential oil - the essential oil because it is lighter (in its volatility) especially if it is from a higher quality of rose.

***Rosemary** - is so important in this formula because it reduces dullness. It clears the fog of mental stagnation. It encourages communication and the ability to express thoughts and feelings to others. It actually affects the brain in the speech center.

Spruce Black- This oil has two opposite effects. One is the fact that it is very grounding and yet it is very uplifting at the same time.

Yarrow Blue - This essential oil is the foundation for **ACCEPTANCE.**

Ylang - supports the nervous system, reduces anger and psychological pain. In this particular formula it supports the circadian rhythm and reduces insomnia.

Even more essential oils are added to the above to boost their effects - for example the flower oils the very rare and costly Melissa is added for depression, **Clary Sage** for hormonal balance, and to create a state of peaceful forgetting - even for a moment the suffering and sorrow, **Jasmine Grandiflora** allows the possibility that one could experience pleasure and joy again.

