

This handy reference chart will guide you in understanding the best choices when choosing from the TRUessence line of **100% pure, premium-grade organic and/or wildcrafted** essential oils from **ForeverGreen**. Whatever purpose or challenge arises, you can take comfort in knowing that you're choosing the right essential oil or blend ... and that *"there's an oil for that!"*

FYEO Oil or Blend	TRUessence Single Oils & Blends
<p>Cairo Care <i>(Blue Tansy, Fir Needles, Frankincense, Juniper Berry, Rosewood, Spruce)</i></p>	<p>Cairo Care Body alignment blend which supports muscular system; targets myofascia that connects muscles to spine and joints, aiding deep relaxation and tension release. <i>(Balsam Fir, Black Spruce, Frankincense, Jojoba, Rosewood, Tanacetum annum)</i></p>
<p>Charity <i>(Blue Tansy, Geranium, Lemon, Lime, Orange, Ylang Ylang)</i></p>	<p>Charity Formulated to support the fourth (heart) chakra; aids the release of trauma and the burden of negative emotions, encouraging emotional strength and unconditional love <i>(Monoi, Patchouli, Rosa damascena, Rose Geranium, Sandalwood, Ylang Ylang complete, Jojoba)</i></p>
<p>Dill Seed <i>(Distilled from seed only, producing essential oil which is too strong for children)</i></p>	<p>Dill Weed (<i>Anethum graveolens</i>) One of the gentlest essential oils; can be used with young children as well as adults for digestive, respiratory and renal concerns of any kind. Relieves nausea, vomiting, stomach cramps, flatulence, colic, and hiccups; effective against parasites; has decongesting and draining abilities. Balancing to hormones; helpful with juvenile acne and promoting milk flow in nursing mothers. Soothing to autonomic nervous system; calming to fidgety children. <i>100% pure premium-grade Dill Weed essential oil steam-distilled from the whole plant)</i></p>
<p>Defense <i>(Clove, Eucalyptus, Nutmeg, Peppermint, Pine, Ravensara, Rosalina, Rosemary, Thyme)</i></p>	<p>Defense Powerful antibacterial and antiviral blend; number one choice at the first indications of cold or flu; also excellent for recurring or chronic infections. <i>For children under age 10, the elderly or infirm, or those with compromised liver, use Kids' Wellness or Ravensara.</i> <i>(Cinnamon Bark, Clove Bud, Eucalyptus radiata, Oregano, Palmarosa, Peppermint, Ravensara, Tea Tree, Thyme ct. linalool)</i></p>
<p>Ease <i>(Coriander, Dill, Fennel, Lemon, Nutmeg, Peppermint, Spearmint)</i></p>	<p>Ease Designed for digestive support and blended with essential oils which are antiseptic and/or antispasmodic. Relieves indigestion, nausea, motion sickness, effects of food poisoning, and other digestive complaints. <i>(Cinnamon Bark, Cypress, Ginger, Peppermint, Rosemary ct. 1,8 cineole, Tea Tree, Thyme ct. linalool)</i></p>



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<p>E-Motion <i>(Angelica Seed, Clary Sage, Frankincense, Geranium, Lavender, Mandarin Orange, Sandalwood, Spruce, Vanilla)</i></p>	<p>E-Motion Supports the third chakra (solar plexus), the foundation of personal power. Aids in strengthening personal boundaries and self-esteem; empowers emotional balance and the ability to move forward in spite of negative challenges, circumstances, or people. Assists in transforming negative experiences into powerful life lessons. <i>(Bay Laurel, Jojoba, Juniper Berry, Lemongrass, Roman Chamomile, Tea Tree, Thyme ct. thymol)</i></p>
<p>Exchange <i>(Cypress, Eucalyptus, Lavender, Marjoram, Peppermint, Pine, Spearmint, Tsuga)</i></p>	<p>Exchange Blended to support the respiratory system in every way, with powerful decongestive action and ability to loosen and release thick mucus. Highly antiviral and antiseptic, effective against acute respiratory viruses such as pneumonia and flu; strengthening to the immune system. <i>(Bay Laurel, Cypress, Eucalyptus citriodora, Eucalyptus globulus, Eucalyptus radiata, Lemon, Peppermint, Ravensara, Rosemary ct. 1,8 cineole, Scotch Pine, Sweet Marjoram)</i></p>
<p>Fysical Thera P <i>(Basil, Birch, Clove, Cypress, Helichrysum, Juniper Berry, Lemongrass, Marjoram, Myrrh, Nutmeg, Peppermint)</i></p>	<p>Fysical Thera P A synergistic blend designed to revive, stabilize, support, and comfort the body. Targets pain and inflammation from overworked or weary muscles and bones, arthritis, back pain, or similar complaints. Excellent for tissue trauma, contusions, and as a preventative measure against hematomas. <i>(Birch, Clove Bud, Helichrysum, Rosemary 1,8 cineole, Sweet Marjoram)</i></p>
<p>German Chamomile</p>	<p>Roman Chamomile (<i>Chanaemelum nobile</i>; aka <i>Anthemis nobilis</i>) Roman Chamomile has a sweeter, more subtle aroma than its German counterpart. It is better at relaxing, calming, and soothing, and is of great benefit with digestive complaints including dyspepsia, nausea, cramps, and spasms. It may also be helpful in relieving shock. <i>(100% pure premium-grade Roman Chamomile essential oil steam-distilled from leaves and flowers)</i></p>
<p>Gratitude <i>(Blue Tansy, Cedarwood, Geranium, Juniper, Lavender, Orange, Rose, Spruce, Ylang Ylang)</i></p>	<p>Gratitude The highest-frequency TRUessence blend, designed to support the seventh (crown) chakra. Elevates mood and promotes feelings of thanksgiving and joy; especially helpful when feeling spiritually numb. Encourages compassion and forgiveness for self and others. <i>(Jojoba, Pink Grapefruit, Rosa damascena, Rose Geranium, Sandalwood, Ylang Ylang complete)</i></p>
<p>Guardian <i>(Black Cumin, Chamomile, Cinnamon, Clary Sage, Dill, Eucalyptus, Frankincense, Geranium, Oregano, Ravensara, Rosemary, Thyme)</i></p>	<p>Guardian A potent disinfectant, antiseptic and fungicide. Excellent for use in a misting spray to disinfect surfaces or eliminate mold and fungus throughout your home and work environment. Add to dishwasher and washing machine to prevent the spread of germs, or mix a few drops into hand soap and lotion dispensers. Create your own antibacterial hand sanitizer by adding Guardian to oils, lotions or gels (Balance Gel is great for this). <i>(Black Spruce, Cypress, Eucalyptus citriodora, Eucalyptus globulus, Frankincense, Jojoba, Juniper Berry, Lemon, Lemongrass, Ocean Pine, Sage, Tea Tree, Thyme ct. linalool)</i></p>

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<p>I-Vision <i>(Canadian Balsam Fir, Grand Fir, Pine, Ponderosa Pine, Spruce)</i></p>	<p>Dream Weaver Blended for the sixth chakra, or “third eye,” to help open the imagination and intuitive center of the body. Supports inner wisdom, foresight, and ability to create a vision for the future. Encourages creativity, inspiration, and strengthening of inner power. <i>(Bergamot, Black Spruce, Cistus, Clary Sage, Elemi, Inula, Jasmine, Jojoba, Neroli, Orange, Palmarosa, Rosewood, Tanacetum annum)</i></p> <p>One Vision High-energy blend formulated with pine oils. Mentally and physically uplifting, inspires personal empowerment and identity, invites forgiveness, opens the mind to possibilities. An excellent respiratory blend, helpful as a decongestant and in opening up airways. <i>(Balsam Fir, Black Spruce, Cedarwood, Cypress, Jojoba, Ocean Pine, Scotch Pine, Siberian Fir)</i></p>
<p>Mistletoe <i>(Anise, Black Cumin, Clove, Coriander, Eucalyptus globulus, Fennel, Oregano)</i></p>	<p>Ginger Root (<i>Zingiber officinale</i>) A potent antiparasitic; the first choice against intestinal parasites. Historically used in Japan and eastern Africa to kill intestinal parasites; scientific research confirms its effectiveness. Also an effective digestive aid, beneficial to digestive upset, constipation, flatulence, loss of appetite, diarrhea, and nausea. Use alone or with Clove Bud in capsules with Message Oil for parasite elimination. <i>(100% pure premium-grade Ginger Root essential oil from rhizome)</i></p> <p>Clove Bud (<i>Caryophyllus aromaticus</i>) A strong antiparasitic and digestive oil of great benefit in eliminating intestinal parasites. Helpful with food poisoning, vomiting, diarrhea, flatulence, and intestinal spasms. Use alone or with Ginger Root in capsules with Message Oil for powerful parasite cleansing. <i>(100% pure premium-grade Clove Bud essential oil from whole cloves)</i></p>
<p>Mood Magic for Men <i>(Cedarwood, Coriander, Rosewood, Sandalwood, Spruce)</i></p>	<p>Sun Formulated to assist hormone balancing and support the natural masculine energy in both men and women. Encourages physical, spiritual, and emotional intimacy in men; helps regulate testosterone. Aids women by providing extra strength and discipline, particularly when needing to advocate for self or children. Excellent for adolescents undergoing hormonal changes, providing balance with less emotional upset. <i>(Cedarwood, Coriander, Cypress, Elemi, Frankincense, Ginger, Jojoba, Sandalwood, Spikenard)</i></p>
<p>Mood Magic for Women <i>(Bergamot, Clary Sage, Coriander, Fennel, Geranium, Ylang Ylang)</i></p>	<p>Moon Blended to support hormone balancing and enhance the natural feminine energy in both women and men. Invites physical and emotional intimacy, allowing for openness and communication and enhancing innate sensuality. Assists in drawing upon nurturing energy, intuition, and unconditional love. Profound benefit with women’s issues such as mood swings, menstrual cramps, hot flashes, night sweats, water retention, cellulite, and headaches. Great for bringing balance to adolescents experiencing hormonal overload. <i>(Blood Orange, Green Mandarin, Jasmine grandifolia, Lavender, Pink Grapefruit, Rose Geranium)</i></p>
<p>Quiescent <i>(Basil, Patchouli, Lavender, Sandalwood, Spruce, Vetiver)</i></p>	<p>Quiescent Specifically designed to support the first (root) chakra in calming and quieting the mind, body and spirit, assisting in sleeping more deeply. Blended with highly-grounding oils to provide feelings of peace and security. Strengthens those with weak boundaries and soothes anxieties arising from the fast pace and concerns of daily life. May also have a calming influence with some seizure disorders. Excellent for skin, as well. <i>(Basil, Black Spruce, Lavender, Neroli, Patchouli, Vetiver)</i></p>

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<p>Spice of Life (Black Cumin Seed, Cinnamon Bark, Clove, Eucalyptus radiata, Lemon, Lime, Mandarin Orange, Nutmeg, Oregano, Ravensara, Thyme ct. thymol)</p>	<p>NOTE: The “lick trick” is not recommended with any of these blends. Their power-packed nature suggests that they either be rubbed on the soles of the feet or taken internally in capsules.</p> <p>Spice of Life Based on an ancient formula used by spice traders in times of plague; contains oils known to have the most potent antibacterial and antiviral properties. Use when an infection has become chronic, acute, or has not responded to Defense or other interventions. <i>For children under age 10, the elderly or infirm, or those with compromised liver, use Kids’ Wellness or Ravensara.</i> (Cinnamon Bark, Clove Bud, Thyme ct. thymol)</p> <p>Defense Powerful antibacterial and antiviral blend; number one choice at the first indications of cold or flu; also excellent for recurring or chronic infections. <i>For children under age 10, the elderly or infirm, or those with compromised liver, use Kids’ Wellness or Ravensara.</i> (Cinnamon Bark, Clove Bud, Eucalyptus radiata, Oregano, Palmarosa, Peppermint, Ravensara, Tea Tree, Thyme ct. linalool)</p> <p>Kids’ Wellness Gentle yet highly effective antiviral and antibacterial blend for use with colds, flu, and infections in children, the elderly, the infirm, or those with compromised liver conditions. <i>For infants under 6 months of age, use Ravensara.</i> (Eucalyptus radiata, Lemon, Ravensara, Tea Tree, Thyme ct. linalool)</p>
<p>Thyme</p>	<p>Thyme ct. linalool (Thymus vulgaris ct. linalool) The choice for children, the elderly, and infirm due to its low phenol content; possesses valuable infection-fighting properties which work more gently than Thyme ct. thymol. Its antiviral, antimicrobial, antiseptic, bactericidal, and immunostimulant actions make this a fundamental oil for childhood respiratory illnesses; very useful with whooping cough and coughing spasms. Excellent general and nerve tonic, antidepressive, mental and intellectual stimulant, appetite regulator, antiparasitic, and kidney tonic to aid detoxification. Used extensively in France for respiratory illness, urinary infections, vaginal candida, digestive upset, colitis, fatigue, psoriasis, dermatitis, sciatica, tuberculosis, anthrax. (100% pure premium-grade Thyme ct. linalool essential oil steam-distilled from leaves and flowering tops)</p> <p>Thyme ct. thymol (Thymus vulgaris ct. thymol) High phenol content; potent antiviral, antiseptic, antibacterial, immunostimulant. Excellent for acute viral, respiratory, and fungal infections; also digestive complaints, cystitis, athlete’s foot, STD’s, and pain from gout, arthritis, rheumatism, and sciatica. Due to high phenol content, should not be used undiluted on skin, nor should it be used in large quantities over an extended period of time due to potential for liver overload. Not advised for children under twelve, nor the elderly, infirm, or those with liver conditions or high blood pressure. (100% pure premium-grade Thyme ct. thymol essential oil steam-distilled from leaves and flowering tops)</p>
<p>TLC (Bergamot, Clary Sage, Geranium, Jasmine, Lavender, Lemon, Roman Chamomile, Rose, Rosewood, Sandalwood, Ylang Ylang)</p>	<p>TLC A physically relaxing blend created to calm and provide emotional support to infants and adults. Particularly helpful for those overstimulated and unable to sleep, including overworked adults and active children. Excellent when diffused to aid in calming ADHD; has a direct and nearly immediate action on the brain. Also helpful for adults in breaking addictions, soothing the nerves and providing emotional strength. (Sweet Orange, Pink Grapefruit, Rosa damascena, Rosewood, Tanacetum annum, Tangerine, Ylang Ylang)</p>

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