



Share the Gifts

ADAM BARRALET &
VANESSA JEAN



Buddha Wood

Eremophila mitchellii

FORTITUDE  SACRED CYCLES  ATTUNEMENT

Buddha Wood is gifted from a small tree found in various drier inland areas of Australia. Sometimes nicknamed false Sandalwood or Native Desert Rosewood, it is no accident that Buddha Wood's name was inspired by the term meaning "awakened one". His essential oil gifted from the wood has a distinctive smoky, whiskylike aroma which is renowned for inducing deep meditative states.

Buddha Wood brings you back into a mountain-like stillness, so you can work once more with the inner mysteries, opening your psychic abilities, your natural healing tendencies and your potential to dance and weave magic into the world. He allows you to gain a sense of connection, centredness, and harmony with everything. Buddha Wood guides you in extending upward, outward and deep into the earth, attuning your inner harmonies with the heartbeat of the Great Mother, allowing that constant drumbeat to echo in the chambers of your heart. He allows you to spiral out from the mundane self you would inhabit, and instead, expand out into the fullness of the divine being that you are.

LIFE'S CYCLES

**BUDDHA WOOD
CLARY SAGE
SANDALWOOD
YLANG YLANG**

To connect with any sacred cycle in life, let Clary Sage and Buddha Wood bring everything back to a state of equilibrium. Ylang Ylang ensures a return to joy and Sandalwood adds divinity to this blend.

MUSIC OF SILENCE

**BUDDHA WOOD
SIBERIAN FIR
FRANKINCENSE
LEMON**

When you form a relationship with silence, you hear her music. In the stillness and silence, you may receive revelations, guidance and clarity. This blend will allow you to take a deep dive and become comfortable once more with silence.

SLEEP BABY. SLEEP

**BUDDHA WOOD
CEDARWOOD
ROMAN CHAMOMILE
WILD ORANGE**

Buddha Wood enhances this already calming blend to take your sleep to new depths. Diffuse or aromatically dress with these oils for sweet dreams and to sleep like a baby – snug under your rug!
Good night!

EXCERPTS AND BLENDS FROM "GIFTS OF THE ESSENTIAL OILS" BY ADAM BARRALET AND VANESSA JEAN

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LET'S EXPLORE BUDDHA WOOD MORE...

• CLEAR AND CALM BREATHING

Combine Buddha Wood with Easy Air or Eucalyptus for a supportive and calming blend.

In Fractionated Coconut Oil, (FCO) combine Buddha Wood and Easy Air and rub on chest and feet during the change of seasons.

Diffuse Buddha Wood, Siberian Fir and Lime for a refreshing, expansive blend.

• COMFORTING AND RELAXING

Post exercise massage muscles with Buddha Wood, Wintergreen and Peppermint in 10ml FCO.

On growing kids' legs, massage Buddha Wood and Lavender in 10ml FCO.

To unwind from a busy day, diffuse Buddha Wood, Tangerine and Spearmint.

• RESTFULNESS AND MEDITATION

Blend with Lavender Peace to promote a calm, relaxed environment.

For a deep meditation diffuser blend, combine Buddha Wood, Frankincense and Arborvitae.

Unwind from technology by aromatically dressing in a blend of Buddha Wood, Roman Chamomile and Sandalwood in 10ml FCO.

• FOOD FOR THE SKIN

To reduce the appearance of blemishes combine Buddha Wood, Tea Tree and Lavender in FCO.

For a radiant glow, add 1-2 drops of Buddha Wood and Frankincense to the Verage Moisturiser.

Nourish the skin with Buddha Wood and Blue Tansy in moisturiser, layer with Rose Touch.



Roman Chamomile

Anthemis nobilis

TENDERNESS  HUMILITY  GOOD FORTUNE

Roman Chamomile brings awareness to the power of gentleness, making her a perfect essential oil for children and adults. Guiding you to be tender with other people, she advocates that often a soft nudge can be more powerful than an aggressive shove. Roman Chamomile reminds you to be gentle with the Earth. Like the majestic deer treads softly through the forest, you are encouraged to minimise your impact on the planet as you journey through life. Roman Chamomile yearns for you to be gentle with yourself. She offers a soft cushion upon which to rest your head, quieten your thoughts, release the busyness of the day, and relieve you of any guilt, pain or torment that you carry from the belief you could have done better or executed more perfectly. Roman Chamomile blankets you with soft whispers that you did your best, that you were spectacular. Roman Chamomile sings to you a gentle lullaby to help you transcend from a state that no longer serves you. She brings a sweetness into the very heart of who you are.

LAND OF DREAMS

ROMAN CHAMOMILE
VETIVER
LAVENDER
BERGAMOT

Plunge deeply into sleep and the land of sweet dreams with the tenderness of Roman Chamomile and Lavender. Vetiver and Bergamot create a bridge between wakefulness and dreaming. Delight in this sleep potion.

DIVINE CONNECTION

ROMAN CHAMOMILE
ROSE
HAWAIIAN SANDALWOOD
FRANKINCENSE

Anoint yourself with this melody during prayer, contemplation and meditation as you align deeply with the divine and the treasures therein. The florals open your heart and the woods awaken your innate senses to hear the divine.

RENEW & REGENERATE

ROMAN CHAMOMILE
HELICHRYSUM
LAVENDER
FRANKINCENSE

Create a nourishing face and body lotion with this skin tonic. Gentle and enlivening this blend will have you feeling radiant, youthful and vibrant. Massage daily for hydration and deliciousness.

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LET'S EXPLORE ROMAN CHAMOMILE MORE...

- **SOOTHING FOR SKIN AND HAIR**
Combine 1-2 drops of Roman Chamomile to your doTERRA skincare moisturiser for a youthful glow.

Create a hair serum with Roman Chamomile, Geranium and Rosemary in Fractionated Coconut Oil (FCO). Apply for 20 minutes prior to shampooing with the doTERRA Essentials Hair Care Shampoo.
- **NUTURING LITTLE ONES**
In FCO, combine 1 drop each of Roman Chamomile and Fennel to soothe tiny tummies.

In 10ml of FCO, combine 1 drop each of Roman Chamomile and Cedarwood and massage on little ones for a full night of sleep.

Diffuse Roman Chamomile for bedtime ritual.

- **BEDTIME BLISS**
Apply 1-2 drops in a 30ml spritzer bottle of purified water to create a refreshing manchester spray.

In 1 cup of Epsom salts, add 1 drop each of Roman Chamomile and Petitgrain or Lavender. Add to your evening bath to unwind from the day.

Massage Roman Chamomile in FCO on your body before sleep.
- **MOODS AND EMOTIONS**
Diffuse Roman Chamomile and Buddha Wood to create a deeply calming environment.

Stuck in a rut? Diffuse Roman Chamomile and your favourite citrus oils for inspiration and joy.

Massage Roman Chamomile, Ylang Ylang and Hawaiian Sandalwood and get your sexy on!



Melissa

Melissa officinalis

MIRACLES  RESURRECTION  POTENCY

Melissa is an oil of pure light, bringing hope, joy and miracles. When people talk about sending you light and love, she is the epitome of this sentiment. She is non-judgmental. She walks forward with the ease and grace of a fair queen, leaving peace in her wake. She bows to the truth of humanity, to the heart of all that is, and encourages you to do the same. Thus, humility is a virtue you can deeply tap into when working with Melissa.

The 16th century physician Paracelsus called Melissa the 'Elixir of Life' believing she could revive someone completely debilitated, back to their full capacity. Melissa casts her light so that you may see the truth of all that is. She illuminates that golden staircase to the Divine guiding you towards stillness, peace, tranquility and serenity. Melissa will quiet a busy mind and is a powerful ally for meditation, prayer, journaling or introspection. She brings hope where there is none. Those who have lost faith in the world, in other people, or in themselves, can benefit from using Melissa. She is particularly powerful when allied with Frankincense to help one experiencing the 'dark night of the soul'.

SUPPORT & UPLIFT

MELISSA
VETIVER
ROMAN CHAMOMILE
TANGERINE

Bring joy, light and energy to your day with these oils. Melissa will support you to ask for help when needed. Vetiver and Roman Chamomile will hold and nurture you while Tangerine pours a dose of joy into your heart.

A SACRED SPACE

MELISSA
FRANKINCENSE
ARBORVITAE
LITSEA

Invoke an element of the sacred into your home and heart as Litsea and Melissa pour light over you like a showering of blessings. Frankincense and Arborvitae remind you that in every moment the sacred can be found.

ILLUMINATE YOUR SOUL

MELISSA
BASIL
CEDARWOOD
LIME

Summon the lightness and brightness of universal inspiration with Melissa and Lime, calling on them to stoke your inner creative fire. Allow Basil to clear your mind to receive inspiration and Cedarwood to earth you.

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LET'S EXPLORE MELISSA MORE...

• UPLIFTING FOR WELLBEING

Melissa, Black Pepper and Cinnamon Bark combined create a powerful diffuser blend to restore, uplift and regenerate.

Aromatically dress with Melissa, Rosemary and Lemon Myrtle in Fractionated Coconut Oil (FCO) to enhance overall wellbeing.

Diffuse Melissa and Wild Orange for joy.

• CALLING IN MIRACLES

Apply Melissa, Arborvitae, and Ylang Ylang in 10ml of FCO to connect with your divinity.

Open your senses to receive angelic inspiration with Melissa and Blue Tansy.

Inhale Melissa and affirm three times "I am a magnet for miracles!"

• MEDITATION

Fill your cup and fuel your soul with 1 drop each of Melissa, Arborvitae and Frankincense in a 10ml rollerbottle of FCO. Anoint your hands, Third Eye & Crown chakras for meditation.

Diffuse 1 drop of Melissa for heightened states.

Use Melissa, Siberian Fir and Tangerine for deepened meditative or yoga practices.

• EMOTIONAL HARMONY

For ultimate harmony, diffuse Melissa, Clary Sage, Patchouli, Ylang Ylang and Wild Orange.

Add 1-2 drops of Melissa, Green Mandarin and Lavender in 10ml FCO and aromatically dress daily.

Use Melissa, Black Pepper and Frankincense to dispel negativity.