

WHOLISTIC® CHAKRA SYSTEM INGREDIENT INDEX

1 Base Chakra: BALANCE

Sandalwood: Supports all healing work and is grounding.

Patchouli: Grounding and soothing; relieves and strengthens deficiencies in the 1st chakra. Re-attaches the physical body with subtle bodies.

Ylang-Ylang: Promotes feelings of peace. Dispels anger and fear.

Geranium: Promotes harmony and happiness. Balances emotions.

Rosewood: Brings in positive energy and dissolves energy blocks.

2 Sacral Chakra: ALLURE

Sandalwood: Promotes spiritual sensuality. Increases sexual energy.

Jasmine: Promotes love and sensuality. Connects spirituality and sexuality. Promotes creativity and artistic development. Unites and harmonizes opposites to promote wholeness.

Pettigrain: Invites positive energy and promotes optimism.

Blood Orange: Brings in positive energy, moves blocked energy. Promotes joy in sexuality and creativity.

3 Solar Plexus Chakra: POWER

Rosemary: Promotes self-confidence and action. Strengthens will power. Provides protection from negative influences. Centers and strengthens.

Clary Sage: Calming and uplifting.

Roman Chamomile: Eases tensions that are associated with excessive ego: frustration and resentment. Promotes patience. Balances and calms emotions.

Mandarin: Promotes joy and happiness.

Lemon: Clears emotional confusion. Invigorates.

4 Heart Chakra: COMPASSION

Rose Oil: Promotes love, compassion, hope and patience. Calms and supports the heart center. Heals emotional wounds, grief. Brings positive energy. Gently fills auric holes and seals auric field after healing work. Promotes a sense of well-being.

Lavender: Uplifts, calms, comforts, and stabilizes emotions of the heart while also promoting compassion.

Jasmine: Warms and opens the heart.

Melissa: Relieves emotional blocks due to grief. Promotes emotional clarity, understanding and acceptance.

Bergamot: Supports self-love, opens the heart center and allows love to radiate. Eases grief.

5 Throat Chakra: EXPRESSION

Helichrysum: Dissolves energy blocks. Promotes compassion for self and others. Integrates compassion and spirituality.

German Chamomile: Supports the calm, clear speaking of our truth. Calms and balances emotions.

6 Brow Chakra: CLARITY

Frankincense: Promotes healing in our relationship with our mother. Helps us to expand our capacity to nurture others.

Sandalwood: Quiets the mind. Promotes meditative state to better receive and integrate healing energy. Deep meditation and wisdom.

Helichrysum: Activates the right side of the brain. Assists in communicating psychic impressions. Promotes understanding.

Lavender: Balances all energy centers and subtle bodies. Brings in positive energy.

Jasmine: Enhances intuition. Opens the mind to deeper truths. Inspires.

7 Crown Chakra: WISDOM

Frankincense: Focuses and strengthens spiritual consciousness and enlightenment. Connects us with the divine.

Myrrh: Assists in moving forward on our spiritual journey. Fortifies spirituality.

Neroli: Promotes direct communication with the spiritual world.

Lemongrass: Stimulates psychic awareness. Dispels negative energy.

Lavender: Promotes spiritual growth.

