

## Lisa's Herbs and Oils

### BLEND Price List

#### 100% Organic & Wild Crafted Therapeutic Essential Oils:

Wholesale prices are in RED

##### **ALLERGY RELIEF:** LAVENDER-PEPPERMINT-LEMON-ROMAN CHAMOMILE

This blend neutralizes respiratory allergies and is very helpful for digestive allergies, as well. Diffuse, or breathe out of bottle, or place 1-2 drops on temples and brain stem for respiratory. 1 drop on tummy for digestive. Can breathe from bottle or diffuse.

10ml: \$18 **\$13**      30ml: \$45 **\$36**      100ml: \$140 **\$118**

##### **ANTI-CELLULITE:** GRAPEFRUIT-ROSEMARY-GERANIUM-ORANGE-CEDARWOOD

Use 2 drops. Apply to wash cloth with Epsom salts and liquid botanical soap and scrub area. Also, does great exfoliation! Can also put in bath water. Or can apply with carrier oil (fractionated coconut).

10ml: \$18 **\$13**      30ml: \$45 **\$36**      100ml: \$140 **\$118**

##### **ANTI-MOLD #1:** CINNAMON, CLOVE, SPEARMINT, LEMON MYRTLE, OREGANO

##### **ANTI-MOLD #2:** EUCALYPTUS, LEMONGRASS, TEA TREE, ROSEMARY, MYRTLE

These 2 blends are excellent to kill mold in your home. Can drop drops on your A/C filter, diffuse in office or home, or blend 20 drops in 2oz filtered water and spray. Not only is it effective for mold, but for: killing odors, anaerobic bacteria, mildew. Repels insects, neutralizes poisons from insect bites, spiders, and bees. Effective for candida albicans (fungus in body or yeast infection). Apply 2 drops to body as often as every hour (use carrier oil if sensitive skin), or diffuse.

10ml: \$18 **\$13**      30ml: \$45 **\$36**      100ml: \$140 **\$118**

##### **ANTI-WRINKLE:** FRANKINCENSE-MYRRH-PATCHOULI-ROSE-LAVENDER- ROSEWOOD-CARROT SEED

Add 1 drop to your botanical moisturizer or coconut oil for face and chest. Great for diminishing scarring, anti-inflammatory, sunspots, and sunburns. Many of these oils block UV rays. 1-2 drops per usage on face, chest, and back of hands.

10ml: \$24 **\$19**      30ml: \$64 **\$53**      100ml: \$198 **\$172**

##### **APPETITE CONTROL:** GRAPEFRUIT-LEMON-PATCHOULI-TANGERINE-FENNEL

Breathe multiple times per day and/or apply 1-2 drops neat or with a carrier to body. Temples, wrists pulse points, back of neck. Carry with you wherever you go and breathe to lessen your appetite! Can diffuse.

10ml: \$18 **\$13**      30ml: \$45 **\$36**      100ml: \$140 **\$118**

##### **ARTHRITIS RELIEF:** FRANKINCENSE-MARJORAM-CYPRESS-BALSAM FIR-CLOVE -WINTERGREEN-ROSEMARY

Clears uric acid deposits, reduce inflammation, swelling and stiffness. Oxygenates and regenerates damaged tissue. Use 1-2 drops on location every hour if needed. Use carrier oil if needed (to spread over area or if skin is sensitive).

10ml: \$18 **\$13**      30ml: \$45 **\$36**      100ml: \$140 **\$118**

##### **BLOOD PRESSURE RELIEF:** YLANG YLANG-EUCALYPTUS-MARJORAM-CYPRESS

These oils all lower blood pressure. Ylang Ylang seems to be strongest. Apply to heart, left ring finger, left ring toe and on neck. If you do not like smell, apply to ankles or feet only. Use 1-2 drops every hour until relief, or diffuse. Check your blood pressure.

10ml: \$18 **\$13**      30ml: \$45 **\$36**      100ml: \$140 **\$118**

##### **CALM & PEACEFUL:** TANGERINE -YLANG YLANG-PATCHOULI-BLUE TANSY-ORANGE

Created by a naturopathic doctor. For depression, anxiety, stress, hyperactive children. Helps to get off anti-depressants or children off ADD meds. Breathe, diffuse, or apply to skin. Can diffuse. Can be used on bottom of feet, temples, back of neck, or worn as a scent. 1-2 drops as often as every hour.

10ml: \$18 **\$13**      30ml: \$45 **\$36**      100ml: \$140 **\$118**

##### **CHIROPRACTOR IN A BOTTLE:** SPRUCE -ROSEWOOD-FRANKINCENSE-BLUE TANSY

Aligns spine, opens meridians for chi flow, gives security and confidence. Anti-scoliosis relieves pain. Breathe; and/or apply to shoulders and feet.

10ml: \$18 **\$13**      30ml: \$45 **\$36**      100ml: \$140 **\$118**

**DEEP DARK BARK:** YLANG YLANG- PATCHOULI-SPRUCE-SANDALWOOD-SAGE-FRANKINCENSE-MYRRH-CEDARWOOD-VETIVER. This blend is for deep vision and deep healing physically, spiritually, and emotionally. For within self and connection with Source. Very balancing, removes chaotic cellular memory. 1-2 drops on body. Breathe from bottle or diffuse.

**10ml: \$24    \$19                      30ml: \$64                      \$53                      100ml: \$198                      \$172**

**EXOTICA:** YLANG YLANG-BERGAMOT-JASMINE-NEROLI-SANDALWOOD

Aphrodisiac, high vibration, ecstasy, rich. Can be worn as a scent! Can use in massage oil for romance. Can be put into spray bottle with distilled water or diffused for a beautiful air scent. Can breathe from bottle or diffuse. Can apply 1-2 drops on skin.

**10ml: \$28    \$23                      30ml: \$74                      \$65                      100ml: \$217                      \$214**

**FLEA REPEL:** CEDARWOOD-LEMONGRASS-LAVENDER

Repels ticks, too! Cats 1 drop on back of neck (onto skin so blood & lymph can carry it through the body) Back of neck prevents licking it. Dogs 1-3 drops (depending on size of doggie) on back of neck or mixed with a bit of coconut oil & put on pads of feet or inside ear flap. Can make a spray with distilled or filtered water (on fur) for when walking.

**10ml: \$18    \$13                      30ml: \$45                      \$36                      100ml: \$140                      \$118**

**FOCUS & MEMORY:** ROSEMARY-LAVENDER-PEPPERMINT-LEMON

Apply to temples, back of neck as often as every hour. Use 1-2 drops at a time. Can use every hour. Use several times a day. Breathe often. Can diffuse. Stimulate the brain to function better! GREAT for allergies!

**10ml: \$18    \$13                      30ml: \$45                      \$36                      100ml: \$140                      \$118**

**HEADACHE FIX:** PEPPERMINT-LAVENDER-BASIL-EUCALYPTUS

Apply to temples, back of neck as often as every hour. Use 2 drops at a time. Can diffuse or breathe out of bottle. Works wonderfully!

**10ml: \$18    \$13                      30ml: \$45                      \$36                      100ml: \$140                      \$118**

**IMMUNE SHIELD:** CINNAMON BARK- EUCALYPTUS (*radiata*)- ROSEMARY-LEMON-CLOVE

Strengthens immune system, destroys and repels virus and bacteria. Put one drop in mouth and or on outside of throat with a carrier oil such as coconut oil. Breathe. Can diffuse. Recipe from Archives of London Library. Ancient story and recipe.

**10ml: \$18    \$13                      30ml: \$45                      \$36                      100ml: \$140                      \$118**

**INDIGESTION RELIEF:** FENNEL-GINGER-PEPPERMINT

Apply 1 drop on top the tummy. Relieves stomach pain, stops tummy rumble, and upset stomach. Can put a drop in mouth. Reapply if needed. Works fast!

**10ml: \$18    \$13                      30ml: \$45                      \$36                      100ml: \$140                      \$118**

**INNER CHILD:** ROSEWOOD-GERANIUM-PALMAROSA-LAVENDER-ROMAN CHAMOMILE-YLANG YLANG- LEMON- JASMINE-BERGAMOT- ROSE

Created by a naturopathic doctor to help during pregnancy, birthing, bonding with baby & baby health. Calming for Mommy and baby! Great for stretch marks, skin beauty and smells AMAZING! Apply to body, in lotions or diffuse. Also, very helpful when doing inner child psychological work.

**10ml: \$34    \$29                      30ml: \$92                      \$82                      100ml: \$266                      \$266**

**INSOMNIA:** LAVENDER- MANDARIN ORANGE- VALERIAN-MARJORAM-VETIVER-NEROLI.

Valerian has a reputation of being "stinky", but it is SO effective for sleep. Other insomniac oils were added that would bring the fragrance to a sweeter level. Re-apply when you wake up in the night! Apply to temples, back of neck, under nose or to bottoms of feet if smell is not liked. Breathe it. Can diffuse. It works!!

**10ml: \$18    \$13                      30ml: \$45                      \$36                      100ml: \$140                      \$118**

**INSOMNIA: (VALERIAN FREE)** LAVENDER- MANDARIN ORANGE- MARJORAM-VETIVER-NEROLI

Insomniac oils were added that would bring the fragrance to a sweeter level. Re-apply when you wake up in the night! Apply to temples, back of neck, under nose or to bottoms of feet if smell is not liked. Breathe it. Can diffuse. It works!!

**10ml: \$18    \$13                      30ml: \$45                      \$36                      100ml: \$140                      \$118**

**JOINT & MUSCLE RELIEF:** WINTERGREEN (bones, cortisone like action, anti-inflammatory) - BASIL (muscles)- LEMONGRASS (ligaments, tendons, clears lymph)-CLOVE (analgesic/pain).

Apply neat or with carrier oil to joints, lower back and neck several times per day. For pain relief and arthritis. 1-2 drops. Can add carrier oil to spread. Clears uric acid out of joints that creates inflammation.

**10ml: \$18    \$13                      30ml: \$45                      \$36                      100ml: \$140                      \$118**

**LAW OF ATTRACTION:** ORANGE-FRANKINCENSE-PATCHOULI-CLOVE-MYRRH-GINGER-CINNAMON BARK-SPRUCE

Wear as a perfume. It attracts abundance in all ways. Anti-viral. Aphrodisiac. Use on computer, purse, as well! Smells beautiful. 1-2 drops.

**10ml: \$24    \$19                      30ml: \$64                      \$53                      100ml: \$198                      \$172**

**MOON CYCLE:** CLARY SAGE-FENNEL-LAVENDER-MARJORAM-YARROW-JASMINE-THYME (clears petro chemicals off cell walls). For women ages: teens-40. For cramping, PMS, hormonal balance, Pre or peri menopause. Use 1 drop on each ankle/heel (inside and outside). Also helps prostate. For PMS, apply to temples. Can diffuse for PMS.

**10ml: \$24    \$19                      30ml: \$64                      \$53                      100ml: \$198                      \$172**

**MOSQUITO REPEL #1:** LAVENDER-CEDARWOOD-BASIL-CLOVE

**MOSQUITO REPEL #2:** CITRONELLA-LEMON EUCALYPTUS-LEMONGRASS-PATCHOULI

Each oil in the blends is anti-mosquito oil. Both of these blends can be applied all over exposed parts of body mixed with a bit of coconut oil (for complete coverage). Or add 20-30 drops to distilled water in a 2oz. spray bottle. Can also diffuse in living area. *(Use 1-2 drops as often as every hour. Use carrier oil if skin is sensitive).*

**10ml: \$18    \$13                      30ml: \$45                      \$36                      100ml: \$140                      \$118**

**NEUROPATHY:** PEPPERMINT-GERANIUM-JUNIPER-CYPRESS

These essential oils regenerate nerve tissue. Helps those with diabetes, scarring, MS, lack of feeling in the limbs. Apply 2 drops as often as every hour.

**10ml: \$18    \$13                      30ml: \$45                      \$36                      100ml: \$140                      \$118**

**NO MORE BUGS:** PEPPERMINT-CITRONELLA-TEA TREE-LEMONGRASS-EUCALYPTUS

Repels ants, roaches, spiders, mice. Saturate cotton balls and place around corners, baseboards, garbage cans, entrance areas. Can add 20-30 drops to distilled or filtered water and make a 2oz. spray.

**10ml: \$18    \$13                      30ml: \$45                      \$36                      100ml: \$140                      \$118**

**NO STRESS:** COPAIBA-LIME-CEDARWOOD-VANILLA 3%-OCOTEA-LAVENDER-COCONUT OIL

For chronic stress, strengthens immune system, anti aging, Deeper Sleep. Naturopathic Dr. created.

**10ml: \$24    \$19                      30ml: \$64                      \$53                      100ml: \$198                      \$172**

**SACRED WOODS:** SPRUCE-YLANG YLANG-BALSAM FIR-CEDARWOOD

This blend is very spiritual. Allows the crown chakra to open for prayer and meditation. Grounding. Gives protection. Allows one to honor the sacredness of Source and oneself. Anti-bacterial, good for respiratory, and great for yoga! 1-2 drops applied to temples. Can breathe from bottle or diffuse.

**10ml: \$18    \$13                      30ml: \$45                      \$36                      100ml: \$140                      \$118**

**SPICE IT UP:** CINNAMON-CLOVE-ORANGE-TANGERINE

This blend destroys virus and bacteria. Spice it Up is a very calming & happy blend. Very popular during holiday time.

**10ml: \$18    \$13                      30ml: \$45                      \$36                      100ml: \$140                      \$118**

**VARICOSE BLEND:** CYPRESS-LEMONGRASS-HELICHRYSUM

Cypress strengthens capillary and vessel walls, allows blood to flow freely. Cypress is being used in Europe as a proactive approach to preventing strokes. Use 1-2 drops on each leg for varicosity. Use 1-2 drops on back of neck as preventative for strokes. Can use every hour.

**10ml: \$24    \$19                      30ml: \$64                      \$53                      100ml: \$198                      \$172**

**VIRAL DEFENSE:** HYSSOP-FRANKINCENSE-CLOVE-RAVENSARA (highest anti-viral oil)

Put this in a spray bottle with distilled water to clear the air of germs. Can also spray pillows and bedroom before retiring. Apply to outside of throat with carrier oil (such as coconut oil). This is an alternative to Immune Shield Blend. Virus is flu, colds, shingles, herpes, cold sores, etc. Can diffuse.

**10ml: \$18    \$13                      30ml: \$45                      \$36                      100ml: \$140                      \$118**

## **WOOD LANDS: BALSIM FIR-SPRUCE-PINE-CEDARWOOD**

For the rich smell of fresh cut pine tree in your home or office! Diffuse for grounding and centering, helps with meditation. Very popular during holiday season.

**10ml: \$18    \$13    30ml: \$45    \$36    100ml: \$140    \$118**

## **3 EUCALYPTUS LUNG: EUCALYPTUS (*globulus, citriodora, radiata*), MYRTLE-PINE-MARJORAM-LAVENDER-CYPRESS-SPRUCE-PEPPERMINT**

Created by naturopathic doctor to strengthen lungs, allergies, bronchitis, flu, cold sores, sinusitis, sore throat, bone spurs. Can diffuse, or breathe from bottle and/or apply to chest and temples. 1-2 drops as often as every hour.

**10ml: \$18    \$13    30ml: \$45    \$36    100ml: \$140    \$118**

## **CHAKRA BLENDS 100% ESSENTIAL OILS. NO CARRIER OIL OR WATER ADDED**

**#1 ROOT CHAKRA** - Represents our foundation and feeling of being grounded.

**COLOR & LOCATION** – RED -Base of spine in tailbone area.

**EMOTIONS**- Survival issues such as financial independence, money, shelter & food.

**OIL BLEND:** Cedarwood, Clove, Vetiver

**#2 SACRAL CHAKRA** - Our connection and ability to accept others and new experiences.

**COLOR & LOCATION** – ORANGE -Lower abdomen, about 2 inches below the navel.

**EMOTIONS**- Sense of abundance, well- being, pleasure, sexuality.

**OIL BLEND:** Ylang Ylang, Clary Sage, Sandalwood

**#3 SOLAR PLEXUS CHAKRA** - Our ability to be confident and in-control of our lives.

**COLOR & LOCATION**- YELLOW - Upper abdomen in the stomach area.

**EMOTIONS**- Self-worth, self-confidence, self-esteem.

**OIL BLEND:** Bergamot, Lavender, Rosemary

**#4 HEART CHAKRA** - Our ability to love and receive love.

**COLOR & LOCATION**- GREEN - Center of chest just above heart.

**EMOTIONS**- Love, joy, inner peace.

**OIL BLEND:** Tangerine, Marjoram, Rose

**#5 THROAT CHAKRA** - Our ability to communicate. Speak our truth.

**COLOR & LOCATION**- BLUE – Throat.

**EMOTIONS**- Communication, self-expression of feelings, the truth.

**OIL BLEND:** Eucalyptus, Frankincense, Sage

**#6 THIRD EYE CHAKRA** - Our ability to focus on and see the big picture. Intuition.

**COLOR & LOCATION**- INDIGO – Forehead between the eyes.

**EMOTIONS**- Intuition, imagination, wisdom, ability to think and make decisions.

**OIL BLEND:** Spruce, Rosemary, Neroli

**#7 CROWN CHAKRA** - The highest Chakra represents our ability to be fully connected spiritually.

**COLOR & LOCATION**- VIOLET – The very top of the head.

**EMOTIONS**- Inner and outer beauty, our connection to spirituality & pure bliss.

**OIL BLEND:** Myrrh, Frankincense, Jasmine

2ml set \$50, or \$12 each **(\$8/ea wholesale)**

5ml set \$70, or \$14 each **(\$11/ea wholesale)**

10ml set \$90, or \$18 each **(\$15/ea wholesale)**

**WHOLESALE SETS COST SAME AS RETAIL (no discount). Individual bottle wholesale costs posted above.**

To keep prices as low as possible, wholesale clients now pay by cash, check (made out to Lisa Ruff) or Venmo.

If you choose to pay by credit or debit card, an automatic 3% service fee must be added to your order.

Wholesale clients pay for shipping.

You may have your own labels put onto your orders by us.

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