

BLEND

Blending essential oils has been a timeless expertise since the beginning of natural medicine. It is an art; even a science. For these reasons, TRUessence set out to work with the best. Alexandria Brighton, a master formulator, author and educator, has aligned with TRUessence to bring her knowledge, education and passion for essential oils to our TRUessence family. Each TRUessence blend is carefully synergized with specific ratios in a variety of ways for a variety of reasons.



CAIRO CARE

Cairo Care is great as a foundation oil to be used before other essential oils due to its ability to relax and prepare the body to assimilate oils more effectively. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of black spruce, rosewood, tanacetum annum, frankincense, balsam fir and jojoba.* (10 ml)



CHARITY

Use Charity as needed on the bottom of the feet as emotional stress warrants; also wonderful for diffusion. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of rose, sandalwood, monoi, patchouli, ylang ylang, geranium and jojoba.* (10 ml)



CHERISHED SPACE

When you distinguish your environments as cherished spaces, you honor yourself. Cherished Space supports and nurtures the energy of your environment and your personal energy field, creating positive energy following space clearing. The extremely high frequency oils in this blend impart that same frequency into your environment. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of juniper berry, pink grapefruit, cedarwood, rosewood, palmarosa, sweet fennel, myrrh, neroli, clove bud, rose damascena, jasmine grandiflorum, sweet birch and jojoba.* (10 ml)



COMPASSION

Through compassion for ourselves and others we learn to give the same unconditional love we long to receive. By not judging ourselves, we can in turn not judge others. To be kind and forgiving of ourselves we can learn to be kind and forgiving to others. Its kind and loving vibration will flow through your being, unlocking any resistance to giving and receiving love. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of lavender, sandalwood, ylang ylang, clary sage, patchouli, marjoram, pink grapefruit and jojoba.* (10 ml)



DEFENSE

Defense contains powerful, therapeutic-grade essential oils that are invigorating when applied, especially to the chest and throat area. A wonderful blend to diffuse during winter. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of tea tree, thyme ct. linalool, peppermint, ravensara, eucalyptus radiata, palmarosa, oregano, cinnamon bark and clove bud.* (10 ml)



DELIGHT

Symbolic of our inner child, this uplifting, playful blend encourages us to not take ourselves too seriously, encouraging us to find the fun and joy in daily life. Useful for adults and children alike, Delight can be diffused or used in the bath when one is down and needing a lift. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of pink grapefruit, red mandarin, rose, rosewood, spearmint, orange, tangerine and jojoba.* (10 ml)



DRAGON'S FIRE

This blend contains carefully selected, high frequency essential oils blended specifically to support the emotions and effects of life's greatest traumas and trials including Dragon's Blood.

Dragon's Blood resin has long been used to neutralize negative energies and contributes to this blend that is formulated to neutralize negative energies; specifically for use in areas where there has been a divorce, bankruptcy, violence or death. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of sage, juniper berry, cypress, ocean pine, dragon's blood, spikenard, patchouli, thyme ct. linalool, frankincense and cedarwood.* (10 ml)



DREAM WEAVER

The blend of inner wisdom, foresight and the ability to conceive of a future that does not yet exist, it is our Dream Weaver that is responsible for intuitive thinking. It gives us the ability to perceive abstractly, allowing us to think in symbols. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of inula, rosewood, neroli, sweet orange, elemi, clary sage, bergamot, tanacetum annuum, cistus, palmarosa, black spruce, jasmine grand and jojoba.* (10 ml)



E-MOTION

Release negative emotions and barriers to higher awareness with E-Motion. Use on the bottom of your feet or diffuse. *Ingredients: 100% pure,*

premium-grade, organic and wild-crafted essential oils of thyme, tea tree, juniper berry, roman chamomile, bay laurel, lemongrass and jojoba. (10 ml)



EASE

This wonderful blend calms and soothes the digestive system and related organs. Use Ease in massage over lower abdomen areas and back. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of ginger, peppermint, rosemary, tea tree, cinnamon bark, cypress and thyme.* (10 ml)



EXCHANGE

Exchange is a blend of the most remarkable oils for the respiratory system. Diffuse, use for massage, or use in a compress over respiratory area. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of eucalyptus globulus, eucalyptus radiata, eucalyptus citriodora, marjoram, pine, cypress, peppermint, rosemary, lemon, bay laurel and ravensara.* (10 ml)



FINISHING OIL

For thousands of years, the essential oils in this blend have been used to create places of peace and happiness where positive energy can dwell.

After cleansing an area with Cherished Space, this oil is used to seal doors, windows, and other entrances, holding inside the positive energy you have created while confirming the intention to keep out the negative.

Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of spikenard, frankincense, cedarwood, elemi, cypress, sandalwood and jojoba. (10 ml)



FOCUS

This blend is wonderfully supportive for times when increased mental alertness is required such as driving, studying, or taking tests. It is of great benefit when mental performance is required and extra concentration is needed. Focus helps to stimulate the logical left-brain thought processes, while preventing mental fatigue. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of basil, geranium, lemon, peppermint, rose and rosemary.* (10 ml)



FYSICAL THERA P

When joints are inflamed and pain is restrictive, use Fysical Thera P with a hot or cold compress. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of birch, marjoram, clove bud, helichrysum, rosemary and jojoba.* (10 ml)



GRATITUDE

Elevate the mood and support the experience and expression of feelings associated with thanksgiving and joy with Gratitude. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of rose, geranium, sandalwood, ylang ylang, pink grapefruit and jojoba.* (10 ml)



GRIEF RELIEF

When we are unable to process grief, it stays raw; even years later it can feel as though it happened yesterday. Grief Relief helps keep the heart center open and processing. The bergamot essential oil in this blend resonates with the heart and acts as a soothing balm, allowing healing to take place. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of bergamot, cedarwood, clary sage, cypress, rose, spikenard and jojoba.* (10 ml)



GUARDIAN

A strong antiseptic and powerful cleanser, great to diffuse or use in a mist for clearing the environment. Formulated to target accumulated stagnant or negative energy, it is also effective against mold, fungus, and bacteria, and makes a great antibacterial cleanser in the washer, dishwasher, and when traveling.

Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of sage, lemon, ocean pine, eucalyptus citriodora, eucalyptus globulus, lemongrass, juniper berry, black spruce, cypress, tea tree, frankincense, thyme ct. linalool and jojoba. (10 ml)



HEALER'S HEART

Designed for caregivers and practitioners who nurture others in physical, emotional or spiritual needs. Supports the deepening of the caregiver's own intuition, enhancing their abilities. Most often used neat; Healer's Heart can be applied to the crown chakra and hands of the practitioner when preparing for hands-on work. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of spikenard, frankincense, cedarwood, elemi, cypress, sandalwood and jojoba.* (10 ml)



HEPATOX

Hepatox is a daily habit in maintaining a healthy liver and bloodstream. *Ingredients: premium-grade, organic and wild-crafted essential oils of carrot seed, lemon, peppermint and rosehip seed.* (10 ml)



HOPE

Use Hope to stimulate remembrance of the hopeful future you once envisioned for yourself and let it clear the

obstacles to realizing that goal. When we instill hope into our darkest times it shines a light that helps us find our way and allows miracles to happen. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of myrrh, frankincense, spikenard, sandalwood, rose, lavender, hyssop, jojoba.* (10 ml)



JOY & ABUNDANCE

Use Joy & Abundance to energize your surroundings with the radiant and magnetic energy of prosperity. This blend has spices that in ancient times were considered more valuable than gold. This blend represents prosperity and abundance in all its forms – increased opportunity, financial gain, abundant friends, increased health and wellbeing. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of patchouli, black spruce, sweet orange, ginger, nutmeg, cinnamon bark and jojoba.* (10 ml)



KIDS' WELLNESS

This immune-boosting blend is formulated to help keep your child healthy during cold and flu season with a variety of monoterpene alcohols that are non-toxic while being antiviral and antibacterial. It can be diffused, applied to the feet, or add 3-4 drops to the bath.

Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of thyme ct. linalool, ravensara, eucalyptus radiata, tea tree and lemon. (10 ml)



MOON (HERS)

Blended from the most delightful feminine oils, Moon stimulates the limbic areas of the brain responsible for balancing female emotions and moods. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of geranium, blood orange, pink grapefruit, lavender, green mandarin and jasmine. (10 ml)*



ONE VISION

Our signature blend, One Vision represents the ForeverGreen way of being. The evergreen trees represented in this signature blend come from all parts of the world, and join together to mirror and support our mission. One Vision is mentally and physically uplifting, inspiring a sense of empowerment and identity, and providing a spiritual connection to see beyond that which is to that which could be. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of cedarwood, cypress, balsam fir, siberian fir, scotch pine, ocean pine and black spruce. (10 ml)*



PASSION

This blend strengthens the heart-mind, the source of sensitive awareness and the root of joy and love. Passion can be a potent aphrodisiac, particularly for the habitually self-restrained or emotionally inhibited. It helps one to express warmth freely, feel less vulnerable, and more self-confident. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of jasmine, neroli, patchouli, rose, rosewood, sandalwood and jojoba. (10 ml)*



QUIESCENT

A blend of calming oils to help you unwind and feel at peace, diffuse to help you escape the neuro-chatter of a busy life. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of lavender, sandalwood, neroli, vetiver, patchouli, basil and spruce. (10 ml)*



SPICE OF LIFE

After extensive research on how spice traders could survive the plagues of the 14th and 15th century, we bring their secrets to you with this immune system enhancing blend. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of cinnamon bark, clove bud and thyme ct. thymol. (10 ml)*



SUN (HIS)

Designed as a natural, masculine blend, Sun stimulates the limbic areas of the brain responsible for emotions and moods, and helps soften aggressive tendencies. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of spikenard, frankincense, cedarwood, elemi, cypress, sandalwood, coriander and ginger. (10 ml)*



TLC

TLC is found to be effective in supporting physical relaxation and is soothing for all. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of tangerine, sweet orange, pink grapefruit, ylang ylang, tanacetum annuum, rose damascena and rosewood. (10 ml)*



TRANSFORMATION

Transformation moves us to evolve and grow. It is a catalyst to empower you to take action, even when afraid. This blend focuses the mind on moving forward in a meaningful and joyous way. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of Dolphin Spirit, Compassion, balsam fir, black spruce, elmi, clary sage, inula, cistus landiferous, Gratitude, pachouli, spikenard, lavender and jojoba. (10 ml)*