

Meditation (Ylang-ylang, Patchouli, Frankincense, Clary Sage, Orange Sweet, Thyme) – helps bring about a meditative state..

Mental Clarity (Bergamot, Basil, Lemon, Grapefruit) - enhances mental focus; for tasks requiring clear, decisive mental thought.

Menopause (Peppermint, Lavender, Fennel, Sage, Myrtle Blue Tansy) – use to balance hormones for women in Menopause.

Man-opause (Peppermint, Lavender, Lemon, Clary Sage, Fennel) – use to balance hormones for MEN in Andropause (40-60 yrs).

Migraine Blend (Lavender, Rosemary, Grapefruit, Neroli, Marjoram, Rosewood, Eucalyptus in Apricot oil) – rub into the base of the skull, shoulders, affected area and areas of tension in the body.

Motivation (Copaiba, Orange, Spruce, Basil, Roman Chamomile, Lavender) –Use as a perfume, in bracelet, on pillow or diffuse.

Muscle Recovery for sore muscles & joints (Wintergreen, Camphor and Pine) dilute and rub into sore body parts

Muscle Relax (Fir, Basil, Marjoram, Spruce & Wintergreen) – rub on affected muscles and use in Raindrop Treatment.

Nausea (Peppermint, Spearmint, Lavender, Juniper, Fennel, Clove and Nutmeg) Rub behind the ears, over stomach and on feet. Rub into the hands and breathe. Can also diffuse.

Open My Heart (Lemongrass, Lavender, Marjoram, Juniper, Tangerine, Mandarin, Ylang Ylang, Neroli, Melissa, German Chamomile, Jasmine, Orange, Rose, Peppermint, Fir, Cinnamon, Clary Sage, Sandalwood, Myrrh with almond oil & Jojoba)

Pain Away (Wintergreen, Peppermint, Clove, Helichrysum) – best for bone pain/arthritis, ligaments, tendons and stiff joints.

PMS blend (Grapefruit, Lavender, Juniper Berry, Marjoram, Neroli, Birch, Geranium & Rose) rub a few drops daily into the bottoms of feet for relief of PMS symptoms. Use daily, not just during cycle.

Power (Peppermint, Lavender, Eucalyptus, Spruce, Myrtle, Marjoram, Pine, Cypress) - amplifies power, place on hands

Present (Neroli, Grapefruit, Spruce, Ylang-ylang) – the secret to happiness: living in the present not looking ahead or back. also helps heal grief.

Relaxation (Lavender, Marjoram, Patchouli, Mandarin, Geranium, Chamomile) –to achieve a peaceful, relaxed state.

Release (Ylang ylang, Lavender, Geranium, Sandalwood, Blue Tansy in Olive oil) – helps release toxins & debris from the past.

Sacred Forest (Cedarwood, Pine and Oakmoss absolute) Diffuse into the room and breathe. Poignant for sacred ceremonies.

Sensuality (Ylang ylang, Patchouli, Sweet Orange, Sandalwood & Jasmine (3% blends)) – Wear as a perfume or use in a diffuser..

Sinus Relief (Cajeput, Peppermint, Vetiver, Chamomile) - relieves sinus pain/pressure, unclogs blocked sinuses for comfortable breathing, eases pressure headaches.

Sinus Relief (for allergies) (Peppermint, Eucalyptus, Cajeput, Wintergreen, Juniper, Clove bud, Veviter, Chamomile) – relieves allergy sinus symptoms - use on pillow & diffuse in the air.

Spiritual Protection (Bergamot, Ylang Ylang, Rosewood, Sandalwood, Geranium, Myrrh, Rose, Melissa in almond oil) rub into palms, breathe & sweep aura with a prayer for protection.

Stress Relief (Bergamot, Patchouli, Blood Orange, Ylang-ylang, Grapefruit) - reduces stress and its side effects.

S.A.D. (weather blues) (Grapefruit, Orange, Bergamot Ginger, Neroli) –brightens bleak days; remindful of spring/positive change.

Strength & Courage (Frankincense, Spruce, Rosewood, Blue Tansy in Apricot oil – 50% blend) empowering, works with physical and spiritual body to increase feelings of strength, courage and self-esteem. Enhances internal resources and energy alignment.

Thyroid Balance (Peppermint, Rosemary, Sage, Myrtle, Clove, Roman Chamomile, Geranium, Myrrh and Sesame oil) This works for both hypo and hyper active thyroids. Rub into the thyroid and adrenals.

Tranquility (Camphor, Limonene, Lemongrass, Bergamot, Cinnamon, Geranium)

Trauma Release (Frankincense, Lavender, Orange, Cedarwood, Rose, Wormwood & Ylang Ylang with Apricot oil)

Vitality (Lavender, Lemongrass, Mandarin, Patchouli, Egyptian Geranium, Ylang Ylang and Juniper Berry)

Weight Loss (Pink Grapefruit, Cinnamon, Ginger and Organic Lemon) Add 5 drops to 4 litres of water and drink before each meal

Wart Oil (Lemon, Tea Tree, Bergamot, Thyme) – even works on Plantar warts – apply 2-3 times per day and cover with band-aid.

Seasonal Blends:
'Tis the season
Winter Solstice

**Spring Equinox
Summer Solstice
Autumn Equinox**

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Essential Oil Chart

Always healthy – Never Ill (Clove, Cinnamon bark, Lemon, Rosemary,

Eucalyptus) – rub onto the bottoms of the feet daily.

Abundance (10% blend) (Orange, Clove, Cinnamon, Frankincense, Ginger, Spruce, Patchouli, Myrrh in apricot oil) – Attracts abundance and relieves feelings of scarcity. Wear or put 5ml in a gallon of paint.

Anxiety (Lavender, Clary Sage, Mandarin, Rose, Veviter) – eases anxiety. Rub on the bottoms of the feet daily.

Aphrodisiac (Ylang-ylang, Patchouli, Orange Sweet, Lavender, Sandalwood, Jasmine) - promotes sexuality.

Archangel Michael (Frankincense, Ylang Ylang, Roman Chamomile in jojoba, Palo Santo, Fennel, Cloves)

Auto Immune Suppress (Copaiba, Lemongrass, Oregano, Rosemary, Neroli, Fir, Spruce, Hyssop, Blue Tansy, Myrrh, Spikenard, Angelica) rub onto feet 2x/ day; alt. w/ Always Healthy

Awaken and Evolve (Lavender, Lemon, Bergamot, Ylang Ylang, Palma Rosa, Rose, Roman Chamomile, Melissa, Geranium, Rosewood, Sandalwood, Angelica, Jasmine, Mandarin, Neroli, Grapefruit, Spruce, Clary Sage, Frankincense, Cinnamon, Myrrh & Sesame oil)

Bereavement (Petitgrain, Sweet Orange, Ylang ylang, Rose, Clary sage in grapeseed and wheat germ oils – massage onto skin

Breathe (Ravensara, Eucalyptus, Lemon, Laurel leaf, Peppermint and Cardamom)

Chakra Balance (Lavender, Peppermint, Bergamot, Rosemary, Neroli, Palma Rosa, Rose, Fennel, Juniper, Jasmine, Cedarwood, Blue Tansy, Vetiver in a jojoba oil base) – use to balance chakras.

Children's Anxiety (Bergamot, Lavender, Chamomile, Rosewood and Ylang ylang in grapeseed, wheatgerm oil) –massage into skin.

Children's Dreamtime – certified organic (Ylang ylang, Chamomile and Lavender in Sunflower, Soya, Perilla seed oil) –drop onto pillow.

Cold Sore oil –(Peppermint, Lavender, Lemon, Bergamot, Melissa, Geranium, R. Chamomile% in organic hemp oil) – rub onto cold sore

Confidence (Orange, Neroli, Clary Sage, Cedarwood, Sandalwood, Jasmine, Patchouli, Melissa, Helichrysm, Angelica)

Deep Tissue Relief helpful for conditions like Sciatica, Fibromyalgia, Back pain and Chronic Pain (Copaiba, Peppermint, Wintergreen, Basil, Tarragon, Spruce) -.Place on affected areas 2-3X per day.

Depression (Bergamot, Lemon, Clary Sage, Frankincense, Sandalwood) -.restores energy and sense of purpose; releases stagnation; helps us find direction.

Dig-ease – (Wintergreen, Peppermint, Juniper, Ginger, Fennel, Lemongrass, Patchouli) – Aids digestion, helps liver eliminate toxins; dilute 4-6 drops in a carrier oil then rub on abdomen or over liver.

Ear Oil – (Peppermint, Rosemary, Tea Tree, Wintergreen, Lavender, Clove) put 2-3 drops on a cotton ball and place in the ear overnight. Ear infections and swimmer's ear usually clear up in under a week.

Energy (Peppermint, Rosemary, Lemon, Eucalyptus) - absolutely uplifting and revitalizing. Keep handy to breathe in as needed.

Energy Balance (Spruce, Frankincense, Blue Tansy, Rosewood, Fir) – use to balance energy and in the Raindrop Treatment.

Faith/Belief (Balsam Fir, Rosewood, Frankincense in Almond oil) – balances emotions, uplifting, helps you reach your unlimited potential.

Fear (Grapefruit, Bergamot, Orange, Clary Sage, Frankincense, Jasmine %, Roman Chamomile, Veviter, Sandalwood) – Helps release and move past fear of any kind; gets us moving again.

Fertility blend for both men and women (Peppermint, Bergamot, Fennel, Geranium, Sage, Melissa in Organic Hempseed oil) Women, rub into the lower back, lower abdomen and near pubic bone; Men rub into ankles, Achilles tendon and pubic bone. Detox and eat an alkaline diet as well for best results.

Find your Purpose (Sandalwood, Rosewood, Sage, Nutmeg, Patchouli, Cinnamon & Ginger with Grapeseed oil)

Flea oil (Eucalyptus, Lemongrass, Citronella, Pine, Blue Tansy) – add 2-3 drops to shampoo and ½ tsp in 3 oz water and spray floors.

Focus & Clarity (organic) (Peppermint, Rosemary, Lemongrass, Cajeput) - awakens the mind, illuminates thoughts and heightens senses, improves mental clarity and concentration. Diffuse or wear.

Forgiveness – release the past (Lavender, Lemon, Bergamot, Ylang Ylang, Palma Rosa, Rose, Roman Chamomile, Melissa, Geranium, Rosewood, Sandalwood, Angelica and Jasmine in Sesame) – wear over the heart or diffuse in a room. Place on pillow at night.

Grounding (Cedarwood, Ylang-ylang, Juniper, Spruce, Fir, Angelica) – helps to ground; great after meditation & for energy workers & artists

Happiness (Grapefruit, Orange, Lemon, Rose, Neroli)- brings happiness to the forefront of your emotions. Diffuse or wear.

Harmony (Lavender, Clary Sage, Clary Sage, Sandalwood, Frankincense, Geranium, Ylang Ylang, Cinnamon, Rose & Myrrh)

Headache blend (Peppermint, Rosemary, Lavender in Grapeseed oil) rub into the base of the skull and affected area, do not use near eyes. Can also diffuse into the room.

Heart Health (Lavender, Lemon, Frankincense, Ylang Ylang Clary Sage, Basil and Helichrysm) lowers blood pressure and supports heart health. **Please use in consultation with your doctor** if taking medication. Rub into the bottoms of feet daily.

Immune Boost (Frankincense, Tea Tree, Rosemary, Lemon, Eucalyptus, Orange Sweet)–strengthens immune system.

Inner Child (Orange, Tangerine, Lemongrass, Melissa, Fir, Spruce, Jasmine and Ylang ylang) Wear or diffuse to connect with your inner child for healing or to reconnect with simple joy.

Inner Peace (Lavender, Tangerine, Lime, Ylang Ylang, Juniper, Marjoram, Cedarwood, Fennel, Eucalyptus, Clary Sage, German Chamomile, Roman Chamomile, Blue Tansy, Pink Lotus) Wear or diffuse to connect with your inner peace.

Insomnia (10% blend of Roman Chamomile, Clary Sage & Bergamot in almond oil) – rub into base of skull and drop on pillow then SLEEP!

Inspiration – brings hope and inspiration (Orange, Lemon, Melissa, Myrrh, Juniper, Spruce, Cypress, Ylang Ylang, Cedarwood, Blue Tansy, Fir in Almond oil) –wear as a perfume, diffuse into a room.

Integration (Palo Santo, Ocatea, Copaiba, Frankincense, Lemon, Orange, Peppermint, Lavender, Clary Sage, Spruce, Fir, Cajeput, Rosewood, Sandalwood, Pink Lotus, Jasmine, Germin Chamomile, Blue Tansy, Myrrh)

Intuition (Peppermint, Spearmint, Frankincense, Jasmine, Hyssop, Pink Lotus in Organic Hempseed) rub into 3rd eye (pineal gland) daily)

Invigorating (Sandalwood, Black pepper, Lemon) – for vigor and mental strength.

Joy (Lemon, Bergamot, R Chamomile%, Rose%, Jasmine%, Mandarin, Geranium, Rosewood, Ylang-ylang, Palma Rosa) - creates magnetic energy, brings joy to the heart; inspires romance; uplifting.

Liquid Sunshine (Orange, Grapefruit, Lemon, Mandarin, Tangerine, Wintergreen) – immune boosting antioxidant, well being, creativity, brings joy, purifies air.

Liquid Chiropractor (Strength & Courage, Thyme, Oregano, Cypress, Basil, Wintergreen, Peppermint, Rosemary, Marjoram, Muscle Relax, Energy Balance) – all of the oils of a Raindrop Treatment layered in one bottle. Place 5-6 drops on feet and 20-30 drops on the back and neck, rub in, cover both with a hot wet towel. Enjoy increased vibration, stronger immune system, release pain.

Live in Love (Lemongrass, Lavender, Marjoram, Juniper, Tangerine, Mandarin, Ylang Ylang, Neroli, Melissa, German Chamomile & Jasmine in Jojoba) rub on heart to attract and experience more love.

Liver Detox (Fennel, Geranium, Rosemary, Roman Chamomile in Jojoba, Blue Tansy & Helichrysm in Sesame seed oil) – rub over liver or if skin is sensitive, on the bottoms of the feet

Mama & Baby (Rose, Rosewood, Geranium, Palma Rosa, Jasmine, Lavender, Lemon, Bergamot, Cedar in jojoba)

Mary Magdalene (Pure Spikenard in Olive oil) –Mary Magdalene used this oil to anoint Jesus' feet & hair prior to his crucifixion. Used in sacred spiritual ceremonies leading to transformation.