



Chapter 6

Making Your Own Blends

When I complete a processing protocol with essential oils I will have the client affirm if they need to have a supporting personal blend to be used over the ensuing week or so. Most companies that sell essential oils have pre-made blends that are very nice and effective; however, there are times when you need to make a personal blend. The process for finding the oils for your blend is very simple with body testing. You can create a blend for any condition, whether mental, emotional, or physical. I have made personal blends for my grandchildren when they were having nightmares. They weren't affirming for any of the single oils or the pre-made blends. The personal blend I made for them did the trick.

Below is a description of the essential oil classifications and how they complement one another. Each classification of oils are in 3 columns, which allows you to quickly "test" which oil is needed. To process each category, your statement will be, "The oil in this category is in Column 1, 2, or 3." When you identify the column, you will then process the oils in that column to determine the oil for that classification. Do that for each of the classifications.

When creating a therapeutic essential oil blend, put 1 ½ teaspoon of carrier oil in a 5ml roller bottle. To this bottle you will add the number of drops for the 4 classifications, topping off with another 1 ½ teaspoon of your carrier oil. I prefer fractionated coconut oil for my carrier oil as it is clean, light in smell, absorbs quickly and isn't greasy. If you have another carrier oil that you like or have on hand, you can use that. I have used olive oil with success, though it is heavier. I prefer roller bottles to put my blends in. However, you can mix them in any container that has a lid. Store your creations in dark-colored glass bottles. The preference for a dark glass bottle is to keep the light from breaking down the oils over time. It is important to use your oil blend often if acute symptoms are being expressed. My rule of thumb is to apply three times a day or according to how often you have mental, emotional or physical symptoms surfacing. The discomfort would be an indication that the body has metabolized the oils and is in need of another application. You will never use too much, but you can use too little. The key is to stay attuned to your body, and affirm, if and how much you need when you feel your symptoms expressing.

Example of Personal Blends

Make a blend following these statements:

1. “The # 1 **Personifier** for this blend is in column 1, 2, or 3
(**column 2**)

“The oil is _____.” (Affirm the number, #5 **Roman Chamomile**)

Personifier: 2 drops of Roman Chamomile ~ emotions:
purposeless, disheartened, drudgery, frustration

2. “The # 1 **Enhancer** for this blend is in column 1, 2, or 3
(**column 3**)

“The oil is _____. (Affirm the number, #3 **Melissa**)

Enhancer: 18 drops of Melissa ~ emotions: depression, darkness, suicidal, overwhelmed

3. “The #1 **Equalizer** for this blend is in column 1, 2, or 3
(**column 1**)

“The oil is _____.” (Affirm the number, #9 **Frankincense**)

Equalizer: 3 drops of Frankincense ~ emotions: spiritually disconnected, distant from father, unprotected, spiritual darkness

4. “The #1 **Modifier** for this oil is in column 1, 2, or 3 (**column 3**)

“The oil is _____.” (Affirm the number, #3 **Tangerine**)

Modifier: 2 drops of Tangerine ~ overburdened by responsibilities, downtrodden, heavyhearted, lack of joy



Chapter 7

Essential Oil Classifications

#1. Personifier (1-5% of the blend; 1.4-2.24 drops)

Oils have very sharp, strong, and long-lasting fragrances. They also have dominant properties with strong therapeutic action.

- | | | |
|---------------|--------------------|----------------|
| 1. Birch | 1. Ginger | 1. Rose |
| 2. Cardamom | 2. H. Sandalwood | 2. Spearmint |
| 3. Cassia | 3. Helichrysum | 3. Tangerine |
| 4. Cinnamon | 4. Patchouli | 4. Wild Orange |
| 5. Clary Sage | 5. Peppermint | 5. Wintergreen |
| 6. Clove | 6. Petitgrain | 6. Ylang Ylang |
| 7. Coriander | 7. Roman Chamomile | |

#2. The Enhancer (50-80% of the blend; 14-22.4 drops)

Oil should be the predominant oil of the blend as it serves to enhance the properties of the other oils.. Its fragrance is not as sharp as that of the personifier oils and is usually of a shorter duration.

1. Arbovitae	1. Frankincense	1. Melissa
2. Basil	2. Geranium	2. Oregano
3. Bergamot	3. Grapefruit	3. Patchouli
4. Birch	4. Jasmine	4. Petitgrain
5. Cassia	5. Lavender	5. Roman Chamomile
6. Cedarwood	6. Lemon	6. Rose
7. Cilantro	7. Lemongrass	7. Rosemary
8. Cumin	8. Lime	8. Thyme
9. Dill	9. Marjoram	9. Wild Orange
10. Eucalyptus	10. Melaleuca	10. Wintergreen

#3. Equalizer (10-15-% of the blend; 2.8-4.2 drops)

Oils create balance and synergy among the oils contained in the blend. Their fragrance is also not as sharp as that of the personifier oils and is of a shorter duration.

1. Arbovitae	1. Ginger	1. Myrrh
2. Basil	2. Jasmine	2. Oregano
3. Birch	3. Juniper Berry	3. Red Mandarin
4. Bergamot	4. Kumquat	4. Roman Chamomile
5. Cedarwood	5. Lavender	5. Rose
6. Cypress	6. Lemongrass	6. Sandalwood
7. Douglas Fir	7. Lime	7. Spikenard
8. Fennel	8. Marjoram	8. Thyme
9. Frankincense	9. Melaleuca	9. Vetiver
10. Geranium	10. Melissa	

#4. Modifier (5-8% of the blend; 1.4-2.24 drops)

Oils have a mild and short-lived fragrance. These oils add harmony to the blend.

- | | | |
|---------------|------------------------|----------------|
| 1. Bergamot | 1. Hawaiian Sandalwood | 1. Petitgrain |
| 2. Cardamom | 2. Jasmine | 2. Rose |
| 3. Coriander | 3. Lavender | 3. Sandalwood |
| 4. Eucalyptus | 4. Lemon | 4. Tangerine |
| 5. Fennel | 5. Melissa | 5. Ylang Ylang |
| 6. Grapefruit | 6. Myrrh | |



Chapter 8

Single Oils

The affirmations are written in first person so that they can be inserted into the Renewal Script. When you are reading the Renewal Script, remember you are calling on the different aspects of self to reprogram the subconscious from a negative to a positive.

Arbovitae

Assists my emotional balance and improves my spiritual awareness and meditation.

Emotions being addressed:

1. Ungratefulness
2. Insignificance
3. Pessimism
4. Self-consciousness

Companion Oils:

1. Birch
2. Cedarwood
3. Cassia
4. Eucalyptus

Blend Classification:

Enhancer & Equalizer

Blends with:

1. Birch
2. Cedarwood
3. Cassia
4. Eucalyptus



Basil

Helps me have an open mind and increases clarity of thought. It helps to bring natural renewal to my body.

Emotions Addressed:

1. Overwhelmed
2. Tired
3. Drained
4. Exhausted

Companion Oils:

1. Peppermint
2. Lavender

Blend Classification:

Enhancer & Equalizer

Blends With:

- | | |
|----------------|----------------|
| 1. Bergamot | 1. Cypress |
| 2. White fir | 2. Geranium |
| 3. Helichrysum | 3. Wintergreen |
| 4. Lemongrass | 4. Marjoram |