



SYMPHONY
OF THE CELLS

APPLICATION
BOOK

By TruWellness



SYMPHONY
OF THE CELLS

APPLICATION BOOK

BOYD TRUMAN

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INTRODUCTION

SYMPHONY OF THE CELLS

Sy¹mpphony of the Cells™ is a collection of 18 essential oil applications created by Boyd Truman, based on approximately 26 years of practical knowledge and use of pure, therapeutic-grade essential oils.

When the original Symphony of the Cells™ booklet was created, it was only available at actual full-day events, where the different applications and purposes of using each oil were discussed in great detail. Due to ongoing interest and high demand, as well as the fact that Boyd could only hold so many trainings a year, he made the decision to sell the booklet separate from the training. The booklet was thus made available to the public.

Whether you are looking to help support a loved one with an ongoing ailment or illness, or are integrating the use of pure, therapeutic-grade essential oils into your massage or wellness practice, Symphony of the Cells™ is simple and effective. It is meant to bring harmony physically, emotionally, and spiritually within the body. Each of the 18 applications found within this book address a specific system and/or area of the body, allowing for a focused approach to the symptoms

and underlying causes of many ailments and illnesses. The lined area next to each application is intended to be a place for notes when attending the training or for journaling your experiences as you continue to use and apply Symphony of the Cells™ to benefit yourself or others. If you can not find a condition listed in this book, please reference the SOC Body Systems Chart™.

For more in-depth information regarding the Symphony of the Cells™ applications, techniques, and uses, please join us at one of the many Symphony of the Cells™ trainings held each year. The trainings consist of various hands-on demonstrations, as well as provide information on the origins of illnesses, the different body systems and how they relate, and the power of essential oils or other natural nutrients/modalities. Symphony of the Cells™ is fully endorsed by the National Certification Board for Therapeutic Massage and Bodywork. This allows attendees of each full day event to qualify for 6 Continuing Education Credits of Licensed Massage Therapy.

SOC INSTRUCTIONS

APPLICATION REFERENCE GUIDE



APPLY CARRIER OIL
TO BACK/SPINE



ALLOW INDIVIDUAL
TO SMELL OIL



APPLY OIL OVER
HEART AREA



APPLY OIL OVER
LIVER AREA



APPLY EXCESS
OIL TO FEET



APPLY OIL
TO ENTIRE BACK



APPLY OIL TO NECK &
SHOULDER AREA



APPLY OIL
TO HAND



INTENSIFY
(OPTIONAL)

Essential Oil Basics:

- Apply a carrier oil to skin before using oils with “sensitive” or “dilute” warnings.
- Let the oil drip out of the bottle. Do not press the dropper on to skin.
- Do not put oils in eyes or directly in ears.
- Do not add water to essential oils unless you want to INTENSIFY the effects. Use a carrier oil to soothe and lessen the intensity of any unwanted effects of essential oils.
- Keep bottles of oil out of direct sunlight and away from heat.
- Use oils internally only if the bottle has a “Supplement Facts” box.


Before Beginning an Application:

1. Unless otherwise indicated, begin with the individual lying face down with their back and bottoms of feet exposed.
2. Allow the individual to come to a relaxed, calm state.

SOC INSTRUCTIONS

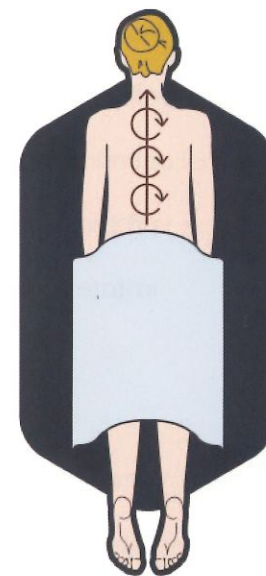
APPLICATION REFERENCE GUIDE

For Each Application:

1. Follow the step-by-step application symbols while referring to the Symbol Guide on page 3. The symbols are there to help you know where the oil should be applied. Pay special attention to these symbols, as some of the oils used throughout Symphony of the Cells™ are in roll-on bottles and they are applied differently than just drops from the oil bottle to the spine/back area. If you see the hand symbol, apply the oil to the hand first. We have provided examples for you to follow within the SOC Instructions (pg.7-10).
2. For steps with more intense oils, (Clove, Cassia, Oregano, Thyme) the “Dilute”  symbol is included as a precautionary step for more sensitive individuals.
3. Apply the oils step-by-step in a circular, clockwise motion from the lower back to base of skull.

(Continued):

4. Follow the symbols that depict the steps for each application (pg.7-10). This process could involve placing an oil-saturated hand near the person's nose, and then having them breathe in deeply, or (depending on the symbol shown) having them apply oil over their own heart, etc.
5. When indicated, excess oils on the hand are to be applied to the bottom of each foot.
6. Complete all steps in order for the specific application being performed.



SOC INSTRUCTIONS

APPLICATION REFERENCE GUIDE



Carrier Oil Application:

Apply a layer of fractionated coconut oil, or a different diluting agent (olive oil, coconut oil, sesame seed oil, almond oil, etc.), onto their entire back. This acts as a protectant against potentially stronger oils that may irritate sensitive skin.



Aromatic Application:

This step requires simply allowing the individual who is receiving the application to smell the oils that are on your hand. Let them know that your hand is there, so that they can inhale deeply.



Heart/Chest Area Application:

Have the person who is receiving the application apply the oil themselves over their heart area. They can either directly apply the oil if it is in a roller bottle, or they can apply the oil to their hand first and then massage it onto the chest area.



Liver Area Application:

Allow the person receiving the application to apply the oil either directly to the liver area themselves (right side of the lower ribcage), or they can apply oil to their hand first and then massage it onto the liver area.



Neck & Shoulders Application:

Apply the oil to the neck and shoulder area. Reference the oil list for the specific application you are performing, and begin with the oil listed in Step 1.

SOC INSTRUCTIONS

APPLICATION REFERENCE GUIDE



Entire Back Application:

Drop the oil onto their back, starting at their lower spine and working your way up to their neck and towards the base of their skull. Using your hands, move in that same direction while rubbing in a circular, clockwise motion along the entire back.



Hand Application:

This step is for ease of use. Since some of the oils required for certain applications come in a roller bottle, it is sometimes easier to apply the oil first to your hand and then apply it to the back of the person who is receiving the application.



Intensify (Optional):

You can intensify the effects of the essential oils by adding water. This helps to drive the oils, create heat, and therefore generate more movement within the body. There are several effective ways in which you can incorporate water: by hopping into the shower, taking a bath, using a hot compress, or going into the sauna. Don't worry, the oils won't wash off—in fact, their effects will be intensified. However, at this point, we do suggest adding additional carrier oil to lessen the intensity of the heat and moisture.



SOC INSTRUCTIONS

APPLICATION REFERENCE GUIDE

How to Apply to Yourself:

Symphony of the Cells™ can benefit everyone in your life; children, significant others, clients, friends, and family. However, don't forget to prioritize yourself! Although it is most beneficial to have someone else assist you in applying the application, you can absolutely perform it on yourself when necessary. Not many people can access their entire back on their own, so simply apply the applications where you can reach. Begin on your lower back working as high as you possibly can and then maneuver your hands over your shoulders, down your spine as far as you can reach, and then work back up towards the base of your skull. If you are unable to reach the lower portion of your back, simply apply to the upper portion and vice versa. Complete each step by applying the oil remaining on your hands to the bottoms of your feet as you would if you were applying the application to someone else. Finish with a hot compress if desired.

If you are unable to reach your back at all, simply perform the application to the bottoms of your feet. The goal of Symphony of the Cells™ is not to be perfect, but to get the oils on your body.

How Often & How Much:

In general, if someone has a relatively positive history of health, a proactive approach is to perform an application 2-3 times a **month**. For someone with a present condition, an application can be performed 2-3 times a **week** for 1-2 weeks, or as needed. Then, return to the proactive approach of 2-3 times a month. Per application, it's recommended to use 4-6 drops of each essential oil listed in the application. If the individual is new to Symphony of the Cells™, start with fewer drops. If the individual is a young child, is experiencing an ongoing condition or illness, or is over the age of 50, begin with only 1-2 drops of each oil, always remembering to use a carrier oil first.

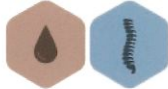
CARDIOVASCULAR

APPLICATION

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Thyme



Step 4: Massage Blend



Step 5: Turmeric/Lemongrass



Step 6: Protective Blend



Step 7: Marjoram



Step 8: Basil



Step 9: Lavender



Step 10: Peppermint



Body Systems:

1. Circ. & Cardio.
2. Immune
3. Urinary

Circ. & Cardio. = Circulatory & Cardiovascular

Poss. Condition Examples:

- Aneurysm
- Angina
- Arrhythmia
- Atherosclerosis
- Blood Pressure (high/low)
- Cardiomyopathy
- Cardiovascular Challenges
- Cholesterol Problems
- Coronary Artery Disorder
- Diabetes
- Heart Disorder
- Heart Failure
- Heart Valve Disorder
- Phlebitis
- Raynaud's Disorder
- Varicose Veins
- Vascular Disorder

For additional Condition Examples, please refer to the SOC Body Systems Chart™.

CELLULAR

APPLICATION

Step 1: Frankincense



Step 2: Neroli



Step 3: Carrier Oil



Step 4: Cellular Blend



Step 5: Black Pepper



Step 6: Cassia



Step 7: Spikenard



Step 8: Copaiba



Step 9: Wild Orange



Step 10: Petitgrain



Body Systems:

1. Endocrine
2. Immune
3. Nervous
4. Circ. & Cardio.
5. Digestive

Circ. & Cardio. = Circulatory & Cardiovascular

Poss. Condition Examples:

- Alzheimer's
- Anemia
- Angelman Syndrome
- Autoimmune Disorders
- Epstein Barr
- Leukemia
- Lupus
- Lyme Disorder
- Lymphoma
- Malaria
- Multiple Myeloma
- Multiple Sclerosis (MS)
- Nephritis
- Neurofibromatosis
- Parkinson's Disorder
- Shingles
- Sickle Cell Disorder
- Spinal Muscular Atrophy

For additional Condition Examples, please refer to the SOC Body Systems Chart™.

C 2

APPLICATION

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Clove



Step 4: Coriander



Step 5: Turmeric



Step 6: Spikenard



Step 7: Pink Pepper



Step 8: Yarrow Pom



Step 9: Tangerine



Step 10: Melissa



Body Systems:

1. Endocrine
2. Immune
3. Nervous
4. Digestive
5. Circ. & Cardio.

Circ. & Cardio. = Circulatory & Cardiovascular

Poss. Condition Examples:

- ALS
- Aplastic Anemia
- Cardiomyopathy
- Encephalopathy
- Epilepsy
- Glioblastoma
- Guillain-Barre Syndrome
- Heavy Metal Toxicity
- Hemolytic Anemia
- Hypoxia
- Meningitis
- Multiple Myeloma
- Necrosis
- Neuronal Toxicity
- Peripheral Neuropathy
- Polyneuropathy
- Proteopathy
- Pulmonary Edema

For additional Condition Examples, please refer to the SOC Body Systems Chart™.

CHI

APPLICATION

Step 1: Frankincense



Step 2: Neroli



Step 3: Carrier Oil



Step 4: Cypress



Step 5: Lemongrass



Step 6: Blue Tansy



Step 7: Siberian Fir



Step 8: Helichrysum



Step 9: Copaiba



Step 10: Birch/Wintergreen



Step 11: Peppermint



Body Systems:

1. Skel., Musc., Conn.
2. Nervous
3. Circ. & Cardio.
4. Immune
5. Respiratory

Circ. & Cardio. = Circulatory & Cardiovascular

Skel., Musc., Conn. = Skeletal, Muscular, & Connective

Poss. Condition Examples:

- Aches
- Arthritis
- Back Aches
- Bursitis
- Gout
- Herniated Disc
- Joints
- Migraine
- Muscle Weakness
- Neuropathy
- Postherpetic Neuralgia
- Restless Leg Syndrome
- Rheumatoid Arthritis
- Sciatica
- Scleroderma
- Scoliosis
- Seizures
- Tendinitis

For additional Condition Examples, please refer to the SOC Body Systems Chart™.

DIGESTIVE

APPLICATION

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Thyme



Step 4: Turmeric



Step 5: Massage Blend



Step 6: Bergamot



Step 7: Coriander



Step 8: Digestive Blend



Step 9: Geranium



Step 10: Peppermint



Body Systems:

1. Digestive
2. Circ. & Cardio.
3. Urinary
4. Immune
5. Integumentary

Circ. & Cardio. = Circulatory & Cardiovascular

Poss. Condition Examples:

- Acid Reflux
- Allergies
- Cirrhosis
- Colitis
- Constipation
- Crohn's
- Diarrhea
- Diverticulitis
- Fibroid Cysts
- Gastritis
- Giardia
- Heartburn
- Hemorrhoids
- IBS
- Kidney Infection
- Pancreatitis
- Stomach Aches
- Ulcers

For additional Condition Examples, please refer to the SOC Body Systems Chart™.

FORGIVENESS

APPLICATION // *ALLOW INDIVIDUAL TO APPLY STEPS 1-2 TO THEMSELVES

Step 1: Rose*



Step 2: Geranium*



Step 3: Frankincense



Step 4: Neroli



Step 5: Carrier Oil



Step 6: Clove



Step 7: Melissa



Step 8: Juniper Berry



Step 9: Bergamot



Step 10: Renewing Blend



Body Systems:

1. Emo. & Limbic
2. Endocrine
3. Circ. & Cardio.
4. Nervous
5. Digestive

Emo. & Limbic = Emotional & Limbic

Circ. & Cardio. = Circulatory & Cardiovascular

Poss. Condition Examples:

- Abuse
- Anorexia
- Biliary-Cholangitis
- Bipolar
- Broken Heart Syndrome
- Bulimia
- Depression
- Hate
- Liver Disorder
- Loneliness
- Mood Disorders
- Phantom Pain
- PTSD
- Sclerosing Cholangitis
- Rage
- Resentment
- Self-Doubt
- Self-Hate

For additional Condition Examples, please refer to the SOC Body Systems Chart™.

HORMONE BALANCE

APPLICATION

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Thyme



Step 4: Ginger



Step 5: Clary Sage



Step 6: Grapefruit



Step 7: Roman Chamomile



Step 8: Ylang Ylang



Step 9: Lavender



Step 10: Siberian Fir



Body Systems:

1. Endocrine
2. Emo. & Limbic
3. Circ. & Cardio.
4. Integumentary
5. Digestive

Emo. & Limbic = Emotional & Limbic

Circ. & Cardio. = Circulatory & Cardiovascular

Poss. Condition Examples:

- ADHD
- Abdominal Cramps
- Cushing's Disorder
- Depression
- Endometriosis
- Fibroid Cysts
- Graves Disorder
- Hashimoto's Disorder
- Hot Flashes
- Hyperthyroidism
- Infertility
- Insomnia
- Menopause
- Postpartum Depression
- Premenstrual Syndrome
- Rosacea
- Stress
- Thyroid Disorders

For additional Condition Examples, please refer to the SOC Body Systems Chart™.

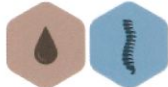
ID

APPLICATION

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Oregano



Step 4: Thyme



Step 5: Protective Blend



Step 6: Massage Blend



Step 7: Lemongrass



Step 8: Melaleuca



Step 9: Melissa/Arborvitae



Step 10: Peppermint



Body Systems:

1. Immune
2. Digestive
3. Respiratory
4. Circ. & Cardio.
5. Endocrine

Circ. & Cardio. = Circulatory & Cardiovascular























Poss. Condition Examples:

- Bacterial Infections
- Candida
- Colds
- Epstein Barr/Mono
- Fungus
- Hepatitis
- Immune Support
- Infections
- Influenza
- Lyme Disorder
- Parasites
- Shingles
- Sore Throat
- Staph Infection
- Stomach Flu
- Strep
- Viral Infections
- Yeast Infection

For additional Condition Examples, please refer to the SOC Body Systems Chart™.

INFLAMMATORY

APPLICATION

- | | | | |
|----------------------------------|---|---|---|
| Step 1: Frankincense |  |  |  |
| Step 2: Carrier Oil |  |  | |
| Step 3: Melaleuca |  |  | |
| Step 4: Wintergreen/Birch |  |  | |
| Step 5: Massage Blend |  |  | |
| Step 6: Lemongrass |  |  | |
| Step 7: Siberian Fir |  |  | |
| Step 8: Helichrysum |  |  | |
| Step 9: Soothing Blend |  |  | |
| Step 10: Peppermint |  |  |  |

Body Systems:

1. Skel., Msc., Conn.
2. Nervous
3. Immune
4. Circ. & Cardio.
5. Digestive

Skel., Msc., Conn. = Skeletal, Muscular, & Connective
Circ. & Cardio. = Circulatory & Cardiovascular

Poss. Condition Examples:

- Aches
- Arthritis
- Bursitis
- Cramps
- UTI
- Fever
- Herniated Disc
- Hypertension
- Inflammation
- Joint Pain
- Lupus
- Migraine/Headache
- Phlebitis
- Sciatica
- Scleroderma
- Spondylitis
- Tendinitis
- Varicose Veins

For additional Condition Examples, please refer to the SOC Body Systems Chart™.

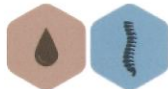
LYMPHATIC

APPLICATION

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Rosemary/Melaleuca



Step 4: Massage Blend



Step 5: Lemongrass



Step 6: Metabolic Blend



Step 7: Lemon



Step 8: Grapefruit



Step 9: Ginger



Step 10: Peppermint



Body Systems:

1. Digestive
2. Circ. & Cardio.
3. Urinary
4. Immune
5. Respiratory

Circ. & Cardio. = Circulatory & Cardiovascular

Poss. Condition Examples:

- Atopic Dermatitis
- Castleman disorder
- Cellulite
- Cystitis
- Dermatitis
- Edema
- Fluid Retention
- Hearing Challenges
- Kidney Stones
- Lymphedema
- Lymphadenitis
- Lymphadenopathy
- Lymphangitis
- Lymphoma
- Meige's Syndrome
- Obesity
- Swollen Lymph Nodes
- Tinnitus

For additional Condition Examples, please refer to the SOC Body Systems Chart™.

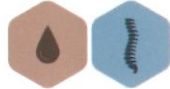
MAXIM

APPLICATION

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Rosemary/Thyme



Step 4: Clove



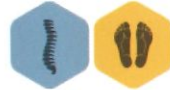
Step 5: Lemongrass



Step 6: Lemon



Step 7: Geranium



Step 8: Sandalwood



Step 9: Turmeric



Step 10: Peppermint



Body Systems:

1. Immune
2. Endocrine
3. Digestive
4. Circ. & Cardio.

Circ. & Cardio. = Circulatory & Cardiovascular

Poss. Condition Examples:

- Allergies
- Bacterial Infections
- Brain Stem Glioma
- Cancer
- Cirrhosis
- Cholangiocarcinoma
- Influenza
- Kidney Infections
- Kidney Stones
- Leukemia
- Liver Challenges
- Melanoma
- Osteosarcoma
- Pneumonia
- Shingles
- Soft Tissue Sarcoma
- Tumor Meningitis
- Uterine Sarcoma

For additional Condition Examples, please refer to the SOC Body Systems Chart™.

NEUROLOGICAL

APPLICATION

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Thyme



Step 4: Clove



Step 5: Massage Blend



Step 6: Lemongrass



Step 7: Melissa/Arborvitae



Step 8: Turmeric



Step 9: Patchouli



Step 10: Bergamot



Step 11: Peppermint



Body Systems:

1. Nervous
2. Skel., Msc., Conn.
3. Circ. & Cardio.
4. Endocrine
5. Emo. & Limbic

Skel., Msc., Conn. = Skeletal, Muscular, & Connective
Circ. & Cardio. = Circulatory & Cardiovascular
Emo. & Limbic = Emotional & Limbic

Poss. Condition Examples:

- ADHD
- Alzheimer's Disorder
- Concussion
- Dementia
- Epilepsy
- Fibromyalgia
- Glaucoma
- Guillain-Barre Syndrome
- Lou Gehrig's Disorder
- Macular Degeneration
- Memory Loss
- Multiple Sclerosis (MS)
- Neuritis
- Neuropathy
- Parkinson's Disorder
- Polyneuropathy
- Seizures
- Stroke

For additional Condition Examples, please refer to the SOC Body Systems Chart™.

OSTEO

APPLICATION

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Rosemary



Step 4: Massage Blend



Step 5: Lemongrass



Step 6: Grapefruit



Step 7: Lemon



Step 8: Helichrysum



Step 9: Siberian Fir



Step 10: Peppermint



Body Systems:

1. Skel., Msc., Conn.
2. Immune
3. Circ. & Cardio.
4. Digestive
5. Urinary

Skel., Msc., Conn. = Skeletal, Muscular, & Connective
Circ. & Cardio. = Circulatory & Cardiovascular

Poss. Condition Examples:

- Arthritis
- Achondroplasia
- Bone Cancer
- Broken Bones
- Bursitis
- Gout
- Herniated Disc
- Metabolic Bone Disorder
- Osteoarthritis
- Osteomalacia
- Osteomyelitis
- Osteopenia
- Osteoporosis
- Osteosarcoma
- Paget's Disorder
- Porotic Hyperostosis
- Scoliosis
- Spondylitis

For additional Condition Examples, please refer to the SOC Body Systems Chart™.

RESPIRATORY

APPLICATION

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Melaleuca



Step 4: Protective Blend



Step 5: Massage Blend



Step 6: Respiratory Blend



Step 7: Rosemary



Step 8: Eucalyptus



Step 9: Melissa/Arborvitae



Step 10: Peppermint



Body Systems:

1. Respiratory
2. Circ. & Cardio.
3. Immune
4. Urinary

Circ. & Cardio. = Circulatory & Cardiovascular

Poss. Condition Examples:

- ARDS
- Asthma
- Allergies
- Breathing
- Bronchitis
- COPD
- Common Colds
- Congestion
- Cough
- Croup
- Cystic Fibrosis
- Emphysema
- Pneumonia
- Pulmonary Edema
- Respiratory Issues
- Rhinitis
- Sinus Infection
- Sinusitis

For additional Condition Examples, please refer to the SOC Body Systems Chart™.

SENSORY

APPLICATION

Step 1: Grounding Blend/Frank.



Step 2: Carrier Oil



Step 3: Petitgrain



Step 4: Cilantro



Step 5: Turmeric



Step 6: Spikenard



Step 7: Patchouli



Step 8: Vetiver



Step 9: Yarrow Pom



Step 10: Copaiba



Step 11: Cedarwood



Body Systems:

1. Nervous
2. Endocrine
3. Circ. & Cardio.
4. Emo. & Limbic
5. Digestive

Circ. & Cardio. = Circulatory & Cardiovascular

Emo. & Limbic = Emotional & Limbic

Poss. Condition Examples:

- ADHD
- Angelman Syndrome
- Anxiousness
- Asperger Syndrome
- Autism (ASD)
- Developmental Delays
- Dyspraxia
- Dystonia
- Epilepsy
- Hyperesthesia
- Mood Swings
- Multiple Sclerosis (MS)
- Neurodegenerative Disorder
- OCD/Obsessive Behavior
- Olfactory Dysfunction
- Stress
- Tourette Syndrome

For additional Condition Examples, please refer to the SOC Body Systems Chart™.

SOLAR

APPLICATION

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Rosemary



Step 4: Basil



Step 5: Myrrh



Step 6: Grapefruit



Step 7: Cinnamon



Step 8: Ginger



Step 9: Geranium



Step 10: Siberian Fir



Body Systems:

1. Endocrine
2. Circ. & Cardio.
3. Urinary
4. Digestive
5. Emo. & Limbic

Circ. & Cardio. = Circulatory & Cardiovascular

Emo. & Limbic = Emotional & Limbic

Poss. Condition Examples:

- Addison's Disorder
- Adrenal Fatigue
- Adrenal Gland Cancer
- Adrenal Incidentaloma
- Adrenal Insufficiency
- Anorexia
- Congenital Adrenal Hyperplasia
- Diabetes
- Edema
- Interstitial Nephritis
- Kidney Stones
- Low Energy
- Mental Fatigue
- Renal Failure
- Urinary Tract Infection (UTI)
- Renal Cyst

For additional Condition Examples, please refer to the SOC Body Systems Chart™.

OIL SUBSTITUTION LIST

VARIOUS OPTIONS

Listed Oil:	Sub 1:	Sub 2:	Sub 3:
Arborvitae	Melissa	Siberian Fir	Birch
Basil	Massage Blend	Marjoram	Coriander
Bergamot	Grapefruit	Blend for Women	Lime
Birch	Wintergreen	Soothing Blend	Cypress
Black Pepper	Copaiba	Juniper Berry	Melissa
Blue Tansy	Roman Cham.	Soothing Blend	Yarrow Pom
Cardamom	Eucalyptus	Clary Sage	Roman Cham.
Cassia	Cinnamon	Protective Blend	Metabolic Blend
Cedarwood	Arborvitae	Patchouli	Vetiver
Cellular Blend	Frankincense	Thyme	Clove
Centering Blend	Rose	Jasmine	Geranium
Cilantro	Coriander	Cardamom	Black Pepper
Cinnamon	Cassia	Protective Blend	Metabolic Blend
Clary Sage	Women's Mnth. Bl.	Blend for Women	Coriander
Clove	Protective Blend	Cassia	Cinnamon

Listed Oil:	Sub 1:	Sub 2:	Sub 3:
Copaiba	Melissa	Ylang Ylang	Clove
Coriander	Lavender	Juniper Berry	Cardamom
Cypress	Douglas Fir	Massage Blend	Blue Tansy
Eucalyptus	Respiratory Blend	Melaleuca	Basil
Detox. Blend	Geranium	Copaiba	Rosemary
Dill	Bergamot	Lemon	Wild Orange
Douglas Fir	Siberian Fir	Cypress	Blue Tansy
Eucalyptus	Respiratory Blend	Melaleuca	Basil
Frankincense	Pink Pepper	Anti-Aging Blend	Fennel
Geranium	Copaiba	Detox. Blend	Rose
Ginger	Turmeric	Fennel	Digestive Blend
Grapefruit	Bergamot	Tangerine	Wild Orange
Green Mandarin	Melaleuca	Marjoram	Lime
Helichrysum	Soothing Blend	Anti-Aging Blend	Myrrh
Jasmine	Roman Cham.	Rose	Ylang Ylang

OIL SUBSTITUTION LIST

VARIOUS OPTIONS

Listed Oil:	Sub 1:	Sub 2:	Sub 3:
Juniper Berry	Detox. Blend	Coriander	Renewing Blend
Lavender	Petitgrain	Roman Cham.	Coriander
Lemon	Wild Orange	Lime	Grapefruit
Lemongrass	Helichrysum	Black Pepper	Dill
Magnolia	Lavender	Petitgrain	Neroli
Marjoram	Basil	Cypress	Massage Blend
Massage Blend	Basil	Cypress	Marjoram
Melaleuca	Green Mandarin	Rosemary	Eucalyptus
Melissa	Black Pepper	Lemongrass	Copaiba
Metabolic Blend	Ginger	Peppermint	Cinnamon
Myrrh	Sandalwood	Spikenard	Anti-Aging Blend
Neroli	Petitgrain	Melissa	Lavender
Oregano	Thyme	Basil	Cumin
Patchouli	Vetiver	Focus Blend	Cedarwood
Peppermint	Soothing Blend	Spearmint	Digestive Blend

Listed Oil:	Sub 1:	Sub 2:	Sub 3:
Petitgrain	Neroli	Lavender	Bergamot
Pink Pepper	Blue Tansy	Frankincense	Spearmint
Protective Blend	Cinnamon	Clove	Copaiba
Renewing Blend	Bergamot	Juniper Berry	Myrrh
Respiratory Bl.	Eucalyptus	Rosemary	Melaleuca
Roman Cham.	Blue Tansy	Lavender	Focus Blend
Rose	Geranium	Lemongrass	Ylang Ylang
Rosemary	Melaleuca	Neroli	Eucalyptus
Sandalwood	Cedarwood	Spikenard	Myrrh
Siberian Fir	Douglas Fir	White Fir	Cedarwood
Soothing Blend	Helichrysum	Peppermint	Wintergreen
Spearmint	Peppermint	Pink Pepper	Reassuring Blend
Spikenard	Myrrh	Vetiver	Patchouli
Tangerine	Wild Orange	Grapefruit	Lime
Thyme	Oregano	Copaiba	Clove

OIL SUBSTITUTION LIST

VARIOUS OPTIONS

Listed Oil:	Sub 1:	Sub 2:	Sub 3:
Turmeric	Ginger	Cinnamon Bark	Cardamom
Vetiver	Patchouli	Spikenard	Cedarwood
White Fir	Siberian Fir	Douglas Fir	Blue Tansy
Wild Orange	Tangerine	Lemon	Grapefruit
Wintergreen	Birch	Soothing Blend	Siberian Fir
Yarrow Pom	Blue Tansy	Black Pepper	Melissa
Ylang Ylang	Jasmine	Lavender	Magnolia

Notes:
