

A foreword on love...

THIS IS A GUIDE ABOUT LOVE + USING ESSENTIAL OILS AS A TOOL TO ENHANCE, ATTRACT, STIMULATE, NURTURE, HEAL AND GROW IN LOVE. LOVE BETWEEN TWO PEOPLE CAN BE MAGICAL, BEAUTIFUL AND WONDERFUL AND THE LOVE OF ONE'S OWN SELF IS THE STARTING POINT, THE FOUNDATION.



IF WE ARE LACKING SELF LOVE, HOW CAN WE CLAIM TRUE HAPPINESS IN LIFE? HOW CAN WE HOPE TO BE LOVED BY ANOTHER, IF WE DON'T SHOW BY EXAMPLE WHAT WE EXPECT?

SO WITH THAT IN MIND, PLEASE DIVE INTO THE FOLLOWING INFORMATION WITH THE VIEW TO BEGINNING ON THE PATH OF DISCOVERY, TO AWAKEN AND OPEN THE HEART, TO CALL LOVE INTO YOUR LIFE IN WHATEVER FORM YOU ARE DRAWN TO...

Love : Romance : Aphrodisiac : Libido : Sex

Essential oils have been used for thousands of years to increase sensuality and passion... As far back as Cleopatra of Egypt who was believed to have used rose oil in order to attract both Julius Caesar and Mark Antony.

According to Dr Loren Pickart PhD, "the chemistry of attraction may be cupid's arrow dipped in scented pheromones". His website Calypsos-oil.com states that plants such as jasmine, sandalwood and ylang-ylang give off plant pheromones that stimulate erotic sensations in men and women.

These plant pheromones have similarities to human sexual pheromones. In a study conducted, test subjects reported that other people were more friendly, talkative and affectionate when they were wearing plant oils, than when they were wearing synthetic perfume.

Romance and Intimacy

Essential oils can stimulate your mood, helping you feel better about yourself and in turn will help you to respond more positively to your partner. If you are both engaged in a deep-seated love and respect for one another, the essential oils can truly work wonders.

Aphrodisiacs

The natural chemical composition that make up an essential oil work quickly on the circulatory, endocrine and reproductive systems when applied (diluted) to the skin.

They affect our moods, thoughts and feelings through our sense of smell. Once inhaled, the odour molecules register a response in the limbic portion of the brain, which is also responsible for sexual behaviour and memory.



Libido

Sexual desire is the product of many factors. If you are struggling with low libido, the first thing to understand is that you are not alone. There are two main contributors to low libido...

Stress

Simply being stressed out and overtired can put you off sex. Everyday relationship challenges like raising kids, money, and house concerns, can lead to lack of intimacy and lower libido.

Essential Oils can aid massively in reducing stress. The calming effect and the impact they have on our emotions is one of the most documented and studied areas of their uses and benefits

Hormones

Connected to causes like stress, aging, disease, menstrual, pregnancy and menopause related issues.

The Brain

The Most Important Part of Sexuality

Intimacy and especially climax, causes the release of oxytocin, an important hormone in the brain known to promote emotional bonding. This fact, combined with the way essential oils affect the limbic system of the brain, the area that controls emotions and stores memories.

The brain often associates scents with memories, so be ready to have flashbacks of the exotic evening you had with your beloved every time you smell sandalwood... and try not to blush in public!



It's all about the journey of discovery, so have fun!

Top Ten Oils for love

Ginger

Encourages circulation and increase blood flow, particularly to the sexual organs, benefiting those who experience erectile dysfunction. Some say it also helps open the root and sacral chakras, thereby releasing any suppressed sexual energy. Simple apply a few drops to your pulse points shortly before lovemaking.

Rose

The queen of romance. It helps open the heart center to receive love and strength, helping a person to love oneself and reduce feelings of fear and unworthiness. Rose stirs desire, enhances self-esteem and confidence, lifts depressive states, remedies grief, detoxes and purifies the blood, improves digestion, improves circulation, increases semen production, improves uterine function and combats stress & nervous tension.

Sandalwood

One of the oldest known perfume materials. It's been used for at least 4,000 years. It is a potent tension reliever. Known to promotes sexual intimacy, it's woody scent calms without sedating. This is a definite must have when creating a blend for intimacy.

Ylang Ylang

A well known aphrodisiac and for it's erotic effect. It's said to increase arousal, fascination and attachment to others. It's calming effect can help to make your sexual experience feel deeper and more profound. Soothes the emotions of anxiety, anger, worry and fear – and gets you in the mood.

Clary Sage

Deeply relaxing, promotes euphoria, feelings of well being and acts as a powerful aphrodisiac. If you're looking for some creativity in the bedroom clary sage can help. It's known to boost creativity by supporting focus in the mind, putting things into perspective and creating inspirational thoughts. Clary sage is also a valuable hormone balancing oil that helps to relieve symptoms of PMS, eases menstrual cramps and alleviates menopausal symptoms.



LOVE GUIDE WITH ESSENTIAL OILS

Pi in the Sky
with Elizabeth Matthews



Cedarwood

Has a warming and gentle action on the mind and body. It's a great option for massage as it alleviates stress and muscular tension.

Patchouli

Is a mood lifter. It brings relief to stress related tensions, eases anxiety and promotes an overall sense of well being.

It affects the nervous system and brings rest to frigidity, nervous tension and stress related complaints. Its sensual smell can help you feel attuned to your senses and even mildly euphoric. It is also said to attract sexual love and balance the libido.

Lavender

You probably already know this is a fantastic all around healer and calming oil. It soothes and sets the mood for both calm and passion.

A great way to introduce lavender oil into the bedroom? Mix 2 drops with 1/2 teaspoon of carrier oil and massage over the heart area. Lavender has a strong calming effect on both men and women, and can be used in your love potions to relax yourself and people around you.

Geranium

Known to have a balancing effect on hormones and increases circulation by enlarging capillaries. Tip: to clear the room of negative energies and bring balance to your space diffuse 5 drops

Cinnamon

Is sure to bring some warmth and spice into the relationship. Use cinnamon if you're looking to add a stimulating quality to your sexual life. It's great for the skin, circulation and nervous system as well.

Some studies claim there is a special way to wear your oils...

Wear it on your torso so that the scent is carried by the heat that surrounds your body. When you wear clothes, your body heats the air around your body, causing the air to escape from the highest opening in your clothes.

On it's way up, it picks up your pheromones from your skin. This air that now smells of your own pheromones plus carefully selected erotic plant pheromones escapes from your collar and around your face. This causes people to look at you and notice your face.

Blends for diffusing

Aphrodisiac blend

1 drop of each white fir, cinnamon, patchouli, rosemary, sandalwood, ylang ylang

Intimacy blend

Ylang Ylang - 3 drops, Patchouli - 2 drops, Lavender - 3 drops

Love heart

Ylang Ylang - 2 drops, Geranium - 2 drops, Lemon - 3 drops

Tenderness blend

Geranium - 2 drops, Cedarwood - 2 drops, Ylang ylang - 3 drops, Lavender - 3 drops

Romance blend

Patchouli - 2 drops, Sandalwood - 3 drops, Ylang Ylang - 3 drops

Magic blend

2 drops each of Frankincense, Sandalwood, Cinnamon Bark, Patchouli, Grapefruit

Love Birds blend

2 drops each of Coriander, Wild Orange, Ylang Ylang, Sandalwood

Sweetheart blend

Citrus Bliss- 2 drops, Serenity - 2 drops, Wild Orange - 1 drop

You are Love

2 drops each of Sandalwood, White Fir, Ginger



In the bedroom

Think ahead by preparing and planning for your evening...

Start by cleaning your bedroom. Get rid of clutter. Vacuum, dust, wash sheets and linens, and make sure the room feels fresh and clean.

Now prepare your sheets and linens by scenting them with something exotic. Remember to consider all five senses (sight, sound, taste, touch, and smell).

Turn off electronic lighting, computers, phones, etc. Play your favourite music to set the mood.

Decide which massage oils you're going to use and place them within reach. You may also want to have on hand glasses for drinks, dark chocolate, fresh berries etc.

Just before beginning your evening, you may want to start with a warm, lightly scented bath. Add the same oils you used for your pillow spray to some Epsom salts before adding to bath water.

Pillow Spray

I suggest the following blend...

25 drops essential oils of choice, 1 oz. vodka or Witch Hazel, 1 oz. purified water, 2 oz. glass spray bottle. I suggest making using sandalwood, patchouli, ylang ylang.

Sensual Sheets

10 drops sandalwood, 10 drops bergamot, 3 drops ginger, 3 drops lime, 2 drops ylang ylang. Add to a spray bottle + with water and witch hazel, spray sheets. Please see pillow spray above.

Ecstasy Bubble Bath 1.5 cups liquid castile soap, 2 Tablespoons vegetable glycerin, ½ Tablespoon white sugar, 30 drops cedarwood, 20 drops clary sage, 10 drops ylang ylang, 6 drops patchouli

Stir together ingredients in a large glass bowl until sugar has dissolved. Pour into a bottle, shake and let sit for 24 hours before using. To use, pour about ¼ cup of bubble bath under hot running water.



Massage

So many of us are on the hamster wheel of life. We run ourselves around, putting our personal well being aside as we care for our jobs, our families, our friends. The world we live in today doesn't put enough importance on relaxation.

Our culture's emphasis on fast paced, stressful lifestyles often carries over into the bedroom, too. One of the best ways to improve sex and intimacy is to learn to relax. I don't necessarily mean take it slow... you can have relaxed passion that's breathtakingly intense. But focusing on slow and sensuous in the beginning stages of arousal can greatly enhance the peaks that you'll encounter later.

Make sure the room is warm. A regular caring massage to help your partner unwind and rest can work wonders in the trust building department. Massage itself is calming to the nervous system, which makes it great for bonding and as a prerequisite to sex.

Relaxing, intimate massage oil recommendations...

Aphrodisiac

clary sage, jasmine, patchouli, rose, sandalwood, vetiver, ylang ylang

Anxiety

bergamot, roman chamomile, clary sage, cypress, wild orange, frankincense, geranium, juniper, lavender, wild orange, marjoram, melissa, petitgrain, rose, ylang ylang

Nervous exhaustion

basil, clary sage, clove, geranium, grapefruit, lavender, rosemary, tea tree, thyme, ylang ylang

Restlessness

bergamot, roman chamomile, wild orange, marjoram, vetiver, ylang ylang

Sexual insecurity

clary sage, jasmine, rose, ylang ylang

Love Making

Touch plays a major role in lovemaking. Stimulating the body's sexual hormones so that the energetic charge and sensory fulfilment is far greater.

You can create a powerful association with using your favourite blend while becoming aroused by touch. This can create a reaction where every time you smell that particular oil, it makes you long for that connection again. The power of scent and its recognition in the brain will create memory triggers to specific aromas.



Making massage oil

You will need a fragrance free moisturizing body oil. I recommend fractionated coconut oil, which feels greaseless, is odourless and absorbs beautifully into the skin. You can also use sweet almond, peach kernel and macadamia nut oils.

You will need approximately 20mls. (4 teaspoons) for a full body massage to which you will add 10 drops in total of your favourite essential oil blend. Never compromise on the quality of your essential oils or massage base oils as ultimately they will circulate and affect your underlying tissue and organs once they absorb into the skin.

At the very least...

If you don't already have coconut oil in your bedroom and bathroom – DO IT! It works amazingly as a personal lubricant, massage oil, moisturizer.



I'm in the mood for love

Sandalwood, ylang ylang, lavender and orange. Add 2 drops of Cedarwood, particularly if you're tired or stressed or feel a little nervous.

AromaTouch Blend

Created by doTerra for massage, this feels great to relax muscles + tension. It has Cypress, Peppermint, Marjoram Leaf, Basil, Grapefruit, Lavender

Black Pepper and Peppermint

Why this duo? Black Pepper gives a little heat and Peppermint cools things off. (3 drops of Black Pepper and 3 drops of Peppermint with 24 drops of a carrier oil for massage) will definitely heat things up in the bedroom.

Scent-sual Massage

30 drops Cedarwood, 20 drops Clary Sage, 10 drops Ylang Ylang, 6 drops Patchouli, 1 drop Myrrh or Frankincense, 4 oz. sweet almond oil

Aphrodisiac massage blend

2 drops rose or geranium, 3 drops sandalwood, 2 drops ylang ylang, 3 drops clary sage

**** Please check dilution suggestions to ensure you have a safe dilution ratio with carrier oil. When in doubt, dilute heavily to start and add essential oils slowly and test to make sure you get the desired reaction... Ask me for more information on dilution ratios.**

Erotic Massage Blend

20 drops fract coco oil, 2 drops geranium, 1 drop cinnamon, 1 drop ginger, 1 drop lemongrass, 1 drop peppermint.

Steamy After Bath Rub

30 drops bergamot, 10 drops sandalwood, 5 drops juniper berry, 4 drops ginger, 4 drops ylang ylang, 2 drops jasmine or lavender, 4 ounces coco oil or sweet almond oil

Exotic Cinnamon Love Balm

2.5 tablespoons coco oil, 1 TBS cocoa butter, 1.5 teaspoons veg glycerin, 1 teaspoon beeswax, 6 drops cinnamon

Warm all ingredients except the EO over low heat until the cocoa butter + beeswax are melted. Remove from heat and add the cinnamon EO. Beat the mixture for a few minutes until it begins to thicken and becomes opaque. Pour or spoon into a container. Cool for 15 min before placing the cap on. Let it sit for 4 hours before use as a kissing or massage balm.

Affectionate touch blend

20 drops sandalwood, 30 drops cedarwood, 15 drops clary sage, 10 drops Lavender, 10mL glass bottle combine your essential oils, Shake to blend, top up with Fractionated Coconut oil.

THANK YOU.

It brings me so much happiness spreading these helpful ideas, knowing that you will be starting on this path to a healthier you and a healthier planet.

If you would like to begin your oil journey with me, get in touch and I can guide you. Otherwise, you can do it yourself by going to the following link.

<http://bit.ly/2ehyfbB>

Follow the prompts and make sure you see my My doTerra id# 2076336 when asked about your enroller + sponsor :)

When you enroll with me + my tribe you will receive...

- A Welcome call with me to help you get started and to guide you personally.
- Free community ebooks + resources.
- How to use your oils guides + ongoing support.
- Education Toolkits: Information on using the oils with all types of people - mamas, babies, athletes, pets, etc as well as info on safety, emotions and more!
- Facebook Group: I'd love to add you to our private Oil Community Facebook Group. Add me as a friend & I'll add you!

Thank you for joining my beautiful community and please feel free to contact me with any questions.

Ellie xo

