

Essential oils are believed to be the oldest medicine known to man. More precious than gold, silver and precious gems, essential oils are the lifeblood of the plant kingdom. Essential oils bring the life force and energy of the plant kingdom to the human race.

Scientifically, essential oils are known for being antibacterial, antifungal and anti-parasitic, but there are many additional preventative and pleasurable ways to use TRUessence Essential Oils. These oils are distilled in a proprietary process full of patience and respect toward nature that preserves plant's therapeutic offerings. You can use the TRUessence Essential Oils from ForeverGreen topically, as in massage and reflexology, aromatically in diffusers, as well as therapeutically in your personal hygiene and daily household needs.

The TRUessence commitment to essential oils is "true". With essential oil expert Alexandria Brighton, TRUessence Essential Oils are a line of only clean, organic and/or wildcrafted pure therapeutic-grade essential oils.



ESSENTIAL OILS SINGLES

TRUessence offers a variety of single essential oils from frankincense to lavender, and peppermint to lemon. The list goes on, topped off with oils like tea tree and chamomile. Each single essential oil brings the message of that particular plant species. They should be enjoyed with respect, care and safety.



BASIL

Ocimum basilicum

Basil has been used throughout the ages for soothing and calming the digestive, muscular and endocrine systems. (10 ml)



BAY LAUREL

Laurus nobilis

The warm spicy fragrance of bay laurel leaf is wonderful for relieving stress and anxiety. Diffuse blended with clary sage to promote deep relaxation or sleep. (10 ml)



BERGAMOT

Citrus bergamia

This emotionally-balancing oil has a fresh, sweet aroma. Great as a sleep tonic and for digestion, infections, fever, and pain relief, it is also a natural deodorant, disinfectant and purifier. (10 ml)



BIRCH

Betula lenta

Apply Birch topically for easing joint and bone stress. (10 ml)



CARROT SEED

Daucus carota

Surprisingly versatile, carrot seed is powerful yet gentle. Its purifying and regenerative abilities are wonderful for the liver, kidneys and skin. It fights infection, aids cardiovascular function, and eases aches and pains. (10 ml)



CEDARWOOD

Cedrus atlantica

Cedarwood is revered for its calming and cleansing properties. It has been used in many topical remedies for its antiseptic and anti-fungal benefits. When diffused it acts as an insect repellent, cleanses the air and can help reduce stress. (10 ml)



CHAMOMILE

Chanaemelum nobile

Reminiscent of the warm, herbal quality of chamomile tea, this oil has relaxing, soothing, and calming properties without being a sedative. It also provides benefits for the skin and digestive system. (10 ml)



CINNAMON BARK

Cinnamomum zeylanicum

Cinnamon bark is a good oil for fighting intestinal infections and supplying the body with energy after severe stress or debilitating illness. (5 ml)



CLARY SAGE

Salvia sclarea

In ancient times, clary sage oil was used for meditation and spiritual communication. Dilute before putting on skin. Use in a compress or massage to awaken the body and relieve fatigue. (10 ml)



CLOVE BUD

Caryophyllus aromaticus

Known to be effective for toothache, clove bud oil is also a powerful analgesic for arthritic and rheumatism pain and has antibacterial effects. (10 ml)



CORIANDER

Coriandrum sativum

Coriander is an exceptionally effective oil for aiding the endocrine system as well as soothing and calming the digestive system. Use with massage to aid circulation and overcome stiffness. (10 ml)



CYPRESS

Cupressus sempervirens

Cypress oil is great for aiding circulation, mental strength and balancing oily skin. Excellent support for the endocrine system. (10 ml)



DILL

Anethum graveolens

Among the earliest medicinal herbs, dill oil is very effective for the endocrine system, the respiratory system and to ease the digestive system. (10 ml)



EUCALYPTUS

Eucalyptus radiata

Eucalyptus complements the immune and respiratory systems from your head to your lungs. (10 ml)



FENNEL

Foeniculum vulgare

Fennel has been used in Europe as an aid in firming sagging tissue. Use in massage, compresses, and diffusion. (10 ml)



FRANKINCENSE

Boswellia carteri

Frankincense is a relaxing oil that improves mood and relieves stress, and is exceptionally good for the respiratory, nervous, and immune systems. (10 ml)



GERANIUM

Pelargonium graveolens

Exceptional for balancing emotions and calming stress; use Geranium oil in massage to aid circulation. (10 ml)



GINGER

Zingiber officinale

Ginger is one of the best remedies for nausea, especially motion and morning sickness. Ginger also acts as general tonic for fatigue. (10 ml)



HELICHRYSUM

Helichrysum italicum

Great for the nervous system, skin, and to calm insect bites, apply helichrysum oil topically on location. (10 ml)



LAVENDER

Lavandula officinalis mailette

Celebrated for its versatility and relaxing properties, lavender oil is great for balancing the skin, the body and the mind. (10 ml)



LEMON

Citrus limonum

Traditionally used for its anti-fungal, anti-bacterial, and cleansing qualities, lemon oil is great for diffusing in the home to provide a clean, fresh-smelling aroma. (10 ml)



LEMONGRASS

Cymbopogon citratus

Lemongrass provides cleansing properties, lymphatic system support, and tendon, cartilage, and connective tissue support. (10 ml)



MARJORAM

Origanum marjorana

When muscles are stressed, use marjoram oil to warm up, relax and recover naturally. Diffuse to aid relaxation. (10 ml)



MYRRH

Commiphora myrrha

Add a few drops of myrrh topically during your regular beauty regimen on face, neck and hands. (10 ml)



MYRTLE

Myrtus communis

Myrtle is used traditionally for strengthening the immune system, the endocrine system and for respiratory health. (10 ml)



ORANGE

Citrus sinensis

Orange oil activates the creative, artistic and intuitive areas of the brain. Wonderful in diffusion. (10 ml)



OREGANO

Origanum vulgare

Steam-distilled from the leaves of the oregano plant, Oregano oil is the world's first and most natural preservative. (10 ml)



PEPPERMINT

Mentha piperita

Peppermint is used to energize a sluggish body, aid in digestion, respiratory support and mental clarity. (10 ml)



RAVENSARA

Ravensara aromatica Sonn

Ravensara is very effective in cases of shingles and herpes, as it is both antiviral and a nerve tonic. Safe for small children, it is a first choice for pneumonia and upper-respiratory illness. (10 ml)



ROSEMARY

Rosmarinus officinalis ct cineole

Rosemary has been used throughout the centuries to strengthen the immune system, help with infections, and improve memory. (10 ml)



SANDALWOOD

Santalum album

This essential oil is extracted from the heartwood of the tree, which is chopped and chipped for distillation. Sandalwood is believed to awaken and bring unity to the inner-self. (10 ml)



TEA TREE

Melaleuca alternifolia

Great for helping with skin irritations and immune support. Tea tree is one of the most commonly used oils throughout the world. (10 ml)



THYME

Thymus vulgaris ct thymol

Steam distilled from leaves and flowers of the *Thymus vulgans* plant, thyme oil has been used by ancient Greeks to ward off infectious disease, and for digestive and respiratory support. (10 ml)



YLANG YLANG COMPLETE

Cananga odorata

This soft and sensuous essence is relaxing to the senses and soothing to the mind. Known for centuries as an aphrodisiac, ylang ylang oil is also a wonderful tonic for the skin and hair, as well as circulation and cardiovascular issues. (10 ml)

MESSAGE

Carrier Oil

Send health-enhancing deposits to the body through massage using this premium quality carrier oil, SAFELY. Slows down the rate of absorption of essential oils into the body. A great nourishing moisturizer. Responsible cautions: do NOT diffuse essential oils diluted with Message Oil. (16 oz)



BLEND S

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. (10 ml)



CHARITY

Use Charity as needed on the bottom of the feet as emotional stress warrants; also wonderful for diffusion. (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. (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. (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. (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. This special blend includes Dragon's Blood essential oil made from the

resin of the Daemonorops Draco B.L., a palm growing in the marshy regions of Southwest Asia. Dragon's Blood resin has long been used to neutralize negative energies and contributes to this blend that is formulated to neutralize the most insidious of negative energies; specifically for use in areas where there has been a divorce, bankruptcy, violence or death. (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. (10 ml)



E-MOTION

Release negative emotions and barriers to higher awareness with E-Motion. Use on the bottom of your feet or diffuse. (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. (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. (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. (10 ml)



FYSICAL THERA P

When joints are inflamed and pain is restrictive, use Fysical Thera P with a hot or cold compress. (10 ml)



GRATITUDE

Elevate the mood and support the experience and expression of feelings associated with thanksgiving and joy with Gratitude. (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. (10 ml)



HEALER'S HEART

Designed for caregivers and practitioners who serve and nurture others in physical, emotional or spiritual need. This blend 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 with their clients or loved ones. (10 ml)



HEPATOX

Hepatox is a daily habit in maintaining a healthy liver and bloodstream. (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.



KIDS' WELLNESS

This immune-boosting blend is formulated to help keep your child healthy during cold and flu season. Its variety of monoterpene alcohols are non-toxic while being antiviral and antibacterial. Not just for kids, this blend is also excellent for the elderly and infirm. It can be diffused, applied to the feet, or add 3-4 drops added to the bath. (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. (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. Use in the shower or bath, diffuse in ForeverGreen diffuser, or use on feet. (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. (10 ml)



TLC

TLC is found to be effective in supporting physical relaxation and is soothing for all. (10 ml)



QUIESCENT

A blend of calming oils to help you unwind and feel at peace, diffuse Quiescent to help you escape the neuro-chatter of a busy life. (10 ml)



SPICE OF LIFE

After extensive research on how the spice traders could survive the plagues of the 14th and 15th century, we bring their secrets to you with this immune system enhancing blend. (10 ml)

TRUESSENCE ULTRA SONIC DIFFUSER

TRUessence is proud to announce its new state-of-the-art ultrasonic essential oil diffuser. Aside from cold air diffusion, it has humidifying effects and multiple settings



to bring the plant kingdom into your living room. A must!

GENERAL RESPONSIBLE CAUTIONS FOR USING ESSENTIAL OILS:

- Keep out of reach of children and away from the eyes and mucous membranes.
- If you feel sensitivity or uncomfortable warmth, dilute with vegetable oil or Message Oil rather than water.
- Store oils tightly closed, at room temperature, and away from direct sunlight.
- Do not use oils near fire, flame, heat, or sparks.
- If you are under a doctor's care and/or are pregnant, please consult your health care professional prior to use.
- Note specific cautions on individual bottles of oil prior to use.
- Consult your health care professional prior to using on infants, small children, the ill or elderly.

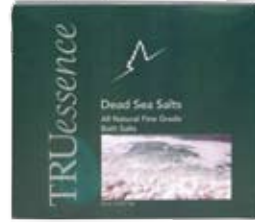
TRUESSENCE APOTHECARY PROTECT

Protect yourself and those you love with this anti-bacterial all natural pure essential oil hand sanitizer. Simply pump gel onto hands and rub in gently. Breathe in the cleansing aroma of rosemary, peppermint and lavender. Perfect for those on the go! Keep in your purse, at the office, in your car and of course at home. (2 oz)



DEAD SEA SALTS

Bring the properties of your favorite essential oils to life by blending them in your bath with Dead Sea Salts. People from around the world have sought out the salts from the Dead Sea for centuries. Whether it is for relaxation and tranquility or for revitalization of the mind and body, Dead Sea Salts are a great place to start. (32 oz)



HYGIEAN SPA – GRATITUDE

Hygiean Spa is perfect for relaxation and tranquility, this type of herbal salt bath was often used by people in ancient times for revitalization of the mind and body. Feel your stress and tension slip away as you soak in this luxurious salt bath, infused with the pure-premium grade wild-crafted and organic essential oil blend Gratitude. (32 oz)



THERMA-PEUTIC NECK WRAP

Heat up your neck wrap in the microwave for a minute and a half. Then, wrap up and let your stress melt away! Use with the Escape Stress Reliever or your favorite TRUessence oils.



ESCAPE STRESS RELIEVER

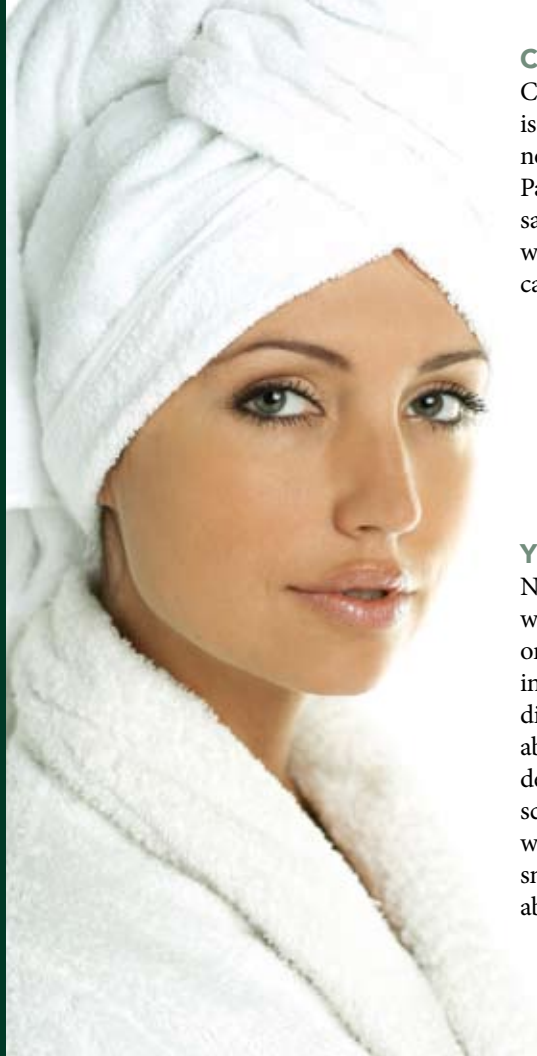
Escape the worries and stress of life with the new Escape pure essential oil stress reliever from our TRUessence Apothecary. Just roll a little Escape on your neck and rub it in while heating up your neck wrap in the microwave for a minute and a half. Then, wrap up and let your stress melt away! (10 ml)



RENEW CHOCOLATE MARSHMALLOW SCRUB

This exclusive natural body exfoliant acts as a detoxifying and re-mineralizing treatment, improving uneven skin texture, and dullness. Renew leaves the skin silky soft and lightly perfumed. You'll instantly see the difference in your skin. It will appear younger and feel much softer.





CITRUS SQUEEZE SHAMPOO

Citrus Squeeze Shampoo is a moisturizing, nourishing hair cleanser. Pamper your hair with salon-quality shampoo without any of the chemical side-effects. (16 oz.)



SILK™

Silk is an all-purpose, clean and/or organic, pH-balanced body wash for face, body, and bath. Feel the difference. Skin care never felt so good. (16 oz.)



YLANG Y' COLADA™ CONDITIONER

Naturally balanced with safe, clean and/or organic plant-based ingredients, this conditioner is biodegradable. Acting as a health deposit for your hair and scalp, Juice conditioner will leave your hair soft, smooth and manageable. (16 oz.)



QUENCH™

Quench is a multi-purpose, topical moisturizing spray formulated with the highest quality all-natural active, clean and/or organic ingredients. Use it as a body and face moisturizer, to soothe burns and bites, as an ointment for foot and body irritations, as an insect repellent, or as an aid for massage and reflexology. (2.78 oz)



SILVER AIRE™

Silver Aire™ contains distilled water, sand-free salt, chelated silver, eucalyptus oil, walnut oil, and grape seed oil. Use one or two bursts as needed to help drain, moisturize, and soothe nasal and sinus cavities. (30 ml)



HYGIEAN SPA™

Just drop a bag in your bath. The SolSalt®, herbs, and oils diffuse through the water and the air for a relaxing aromatic experience. Comes with fifteen one-time use spa pouches. (32 oz)



HOUSE KEEPER™

An all-in-one cleaner with multiple uses ranging from removing oil stains on the driveway to a safe, gentle, pet shampoo and everything inbetween. This product is 100 percent biodegradable. (16.9 oz)



BALANCE™

This mineral-fortified multipurpose gel is made from all-natural ingredients. Ideal for daily use on face, skin and hair. Use it after sun as a moisturizer, for children's sensitive skin, and more. (8 oz)



TOOTH POWDER

No synthetic chemicals, no preservatives, and no poison control or safety warnings on the label. This fast-acting oral hygiene product contains essential oils that freshen your breath while cleaning. Available in mint and clove. (4 oz)



SLIDE™

Our rich, concentrated shaving cream offers exceptional glide for greater comfort and more shaves per razor. It has a light, clean citrus fragrance that is wonderful for both men and women. (4 oz)

