Essential Oils For Doshas

Bhakti Rose Font by YOGITOWN

BHAKTI ROSE
Collective

Vata Oil Blend

Essential oil blend to balance air. These oils in combination balance overwhelm and anxiety, they are focusing and grounding. Dilute in a base oil for application.

Vetiver: grounding, like the smell of the earth after heavy rain has fallen

Geranium: calming, soothing, feminine

Magnolia: connection to ancestors and forgiveness, letting go

Ginger: warming, nourishing and healing, like a warm cup of milky chai

Pitta Oil Blend

Lemon: awakening brilliance

Sandalwood: gently releases ties with material realm fixation and attachment

Cardamom: cooling, like summer rain

Ylang Ylang: heart opening and dreamy

Kapha Oil Blend

Essential oil blend to balance earth and water. These oils in combination reduce the tendency in the body for getting sluggish and stuck, they are uplifting and bright. Dilute in a base oil for application.

Bergamot: prosperity and self-worth

Wild Orange: friendship and abundance

Rosemary: concentration and focus

Peppermint: inspiring action, creating legacy and care for the future

Skin Alchemy Oil Blend

Yarrow Pom, Frankincense & Geranium

This oil is truly a miracle and it evolved from my own acne prone skin challenges! It's a blend of magical alchemy which will support even the most problem skin. Recommended for all skin issues from acne to aging from psoriasis to eczema. The base is a light fractionated coconut oil of organic grade which is easily absorbed and functions as the perfect carrier for the medicinal qualities of the blend. The combination of yarrow and pomegranate oils has a slightly blueish / indigo colour which vibrates at the frequency of the third eye chakra. This energy centre in the body is the centre of our intuition and sometimes described as the 'seat of the soul'. The vibes of this elixir are high! It's a game changer both vibrationally and in terms of the plant-power it imparts. Frankincense is beautiful for scar tissue, skin pigment changes and elasticity. Geranium is a skin tonic and purifier. Some people are unsure about putting an oil-based product on already oily skin. It's seems counterintuitive right? Actually, the way this blend works is as an adaptogen, meaning it will intensify moisture where needed and support stability where the sebaceous glands are overactive. Seeing is believing – give it a try and I dare you to come back and tell me it wasn't incredible.