

abundance

pyrite : this grounding crystal enhances brain functions, a positive outlook and mental strength. a crystal of intellect and protection, pyrite is strongly suggested for people who tackle large conceptual ideas with their work. in essence, it is effective in attracting money to its owner, increasing wealth.

citrine : increases motivation and promotes physical activity, citrine harnesses creative energy. citrine enhances abundance and generosity. citrine also helps to rise a persons self esteem and also enhances feelings of happiness, love and warmth.

bergamot : uplifting and refreshing, bergamot is known to help create a sense of balance. **wintergreen** : a mind stimulant, wintergreen is a fresh and cleansing oil that invigorates. **cedarwood** : helping to calm and balance one's energy, also promoting spirituality, cedarwood is a soothing addition to this blend.

lemon grass : cleansing, activating and invigorating, lemon grass enlivens the senses bringing vitality and energy. bringing the quality of flexibility into your life, lemon grass helps to bring in the perseverance to achieve your goals. **bluebell** : opening the heart, bluebell enhances the belief in abundance including universal trust and unconditional love.

christmas bell : assisting you to manifest your desired outcome with vigor and clarity. **sunshine wattle** : igniting optimism, sunshine wattle bring acceptance of beauty and joy in the present moment. sunshine wattle allows you to be open to a bright future ahead.

sweet slumber

selenite : amplifying healing whilst you sleep, selenite acts as a bridge to altered states of consciousness, selenite is an excellent tool for visualization, meditation and working with the subconscious. **rose quartz** : instilling harmony, love and compassion with a warm comforting energy. rose quartz is the mother crystal of nurturing. **amethyst** : recommended for those with restless sleep or insomnia, amethyst instills a sense of calm, relaxation and soothing.

peach moonstone : uplifting and nurturing, peach moonstone is a gentle companion bringing balance, harmony and allowing you to flow with the rhythm of the moon. **rose** : the most profound healer of the essential oils, rose nurtures your spirit and provides comfort, balance and rejuvenation. **sweet orange** : relieving the restlessness of insomnia, orange prepares you for a sweet slumber. sweet orange also calms and soothes the nerves. **lavender** : with its sedating and soothing effects, lavender is perfect for relaxation and comfort.

jasmine : a warm and balancing oil, jasmine is alleviates nervous exhaustion and brings in relaxation and calm to ensure rejuvenation after sleep. **sydney rose** : allowing you to feel safe and at peace, sydney rose brings in heartfelt compassion and trust in the universe. **pink mulla mulla** : initiating deep spiritual healing during restful states as well as slumber. **dog rose of the wild forces** : instilling emotional balance, calm and centeredness.

zesty

red jasper : governing the base chakra, this protective stone that offers stability emotionally, the courage to speak out, assertiveness and physical energy. **selenite** : a very powerful crystal, selenite provides clear mental focus, expanding sensitivity and awareness. selenite encourages positive focus and expands mental abilities. **green obsidian** : otherwise known as the mother earth stone, this crystal holds strong earth energy. green obsidian cleanses and stimulates the heart chakra as well as invoking positivity.

cinnamon : a stimulating, energising and spicy essential oil which enlivens the senses. cinnamon promotes creativity whilst reviving the body and the emotions. **clary sage** : harmonising, uplifting, and euphoric, this essential oil is definitely a 'feel great' fragrance. clary sage enhances creativity and assists to clear the mind. **peppermint** : this stimulating and invigorating essential oil promotes clear thinking, engaging thought and activates brain function. peppermint allows you to feel refreshed, focused and revived.

bush gardenia : renewing passion and improving communication. **christmas bell** : assisting you to manifest your desired outcome with vigor and clarity. **crowea** : balancing and centering you, this flower essence will assist with the clarity of one's feelings. **dog rose** : allowing you to embrace life more fully, dog rose can assist with confidence, courage and a belief in yourself. **freshwater mangrove** : essential for allowing you to be open to new experiences and people.