

LIVING WATERS OUTREACH



LIVING + WELL

together

A NATURAL WELLNESS COMMUNITY

A wooden cross stands on a grassy mountain peak. The background features a vast mountain range under a dramatic sunset sky with orange and red clouds. The text "HEALING OILS OF THE BIBLE" is overlaid in white, serif font across the middle of the image.

HEALING OILS OF THE BIBLE

Disclaimer

I am not a doctor.

NOTHING I SAY IS INTENDED
TO DIAGNOSE, TREAT, OR CURE
ANY ILLNESS OR CONDITION.

Other Essential Oils...

THE RECOMMENDATIONS I MAKE
ARE FOR YOUNG LIVING PRODUCTS ONLY.
I BELIEVE THESE ARE THE MOST PURE OILS ON
THE MARKET TODAY AND MY EXPERIENCES
ARE FROM THIS BRAND ONLY. I CANNOT
SPEAK ON BEHALF OF ANY OTHER
BRAND AT THIS TIME.



GOOD GIFTS FROM A GOOD GIVER

- » **God was the first aromatherapist**
- » Plants (and therefore essential oils) are one of the many good gifts from God.
- » From the beginning God placed Adam and Eve in the garden to care for the plants. We were meant to dwell in nature and breathe the essence of plants (Genesis 2:8-12)

- **(Genesis 2:8-12)** Now the Lord God had planted a garden in the east, in Eden; and there he put the man he had formed. The Lord God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. In the middle of the garden were the tree of life and the tree of the knowledge of good and evil. A river watering the garden flowed from Eden; from there it was separated into four headwaters. The name of the first is the Pishon; it winds through the entire land of Havilah, where there is gold. (The gold of that land is good; aromatic resin and onyx are also there.)
- **(Ezekiel 47:12, NIV)** Fruit trees of all kinds will grow on both banks of the river. Their leaves will not wither, nor will their fruit fail. Every month they will bear fruit, because the water from the sanctuary flows to them. Their fruit will serve for food and their leaves for healing.

ALL HEALING GIFTS ARE
FROM GOD.

WHAT IS AN ESSENTIAL OIL?

- » They carry vital nutrition to the plant and protect it from disease.
- » Essential oils do for plants what our blood does for us.
- » Oils are distilled from shrubs, flowers, trees, roots, bushes, fruit, rinds, resins and herbs.
- » They consist of over 100 different natural organic compounds, called constituents.
- » Oils can support every system of your body, from your muscle and circulatory system to your hormones, respiratory and immune systems.
- » Because the molecules that comprise essential oils are so small, they can cross the blood brain barrier and positively affect your brain and your emotions.
- » Your first line of defense!

THE POWER OF PRAYER*

- » Frequencies of oils are affected by thoughts.
- » Negative thoughts lowered frequencies by 12mhz while positive thoughts raised them by 10mhz
- » Prayer made an even greater difference, raising the frequency levels by 15mhz
- » Biblical application of essential oils was always with prayer
- » The intent and righteousness of the person applying the oil, as well as the faith of the receiver, has a great deal to do with the prognosis for success in healing.
- » **Deuteronomy 7:13** - Moses comments that god will bless the oil of the righteous person

*RESEARCH BY BRUCE TAINIO, TAINIO TECHNOLOGY, CHENY WASHINGTON



THE BIBLE & ANOINTING

- » Depending on the criteria used, there are more than 1,000 references to essential oils in the bible representing at least 33 species.
- » In biblical times it was widely known how to use essential oils, therefore explanations were not included in the bible because they would be redundant.
- » In modern day “anoint” has become a religious term but historically that was not the case. **Anoint = to rub or massage with oil.** (both pure or fatty oils). Historically speaking the word embodied life and wholeness. This is very important because living an abundant life is a significant theme throughout the bible.
- » **Hebrew word for anoint is “masach.”** This is also the root of the term “Messiah.”
- » New testament Greek “Kristos” or Christ literally means “the anointed one.”

» In biblical times people used essential oils to support their body's natural healing response and promote wellness. They were prized possessions used to anoint to promote physical, emotional and spiritual health.

» Essential oils are referenced as Aloes, Balm, Cassia, Frankincense, Myrrh and Hyssop. They are referenced by plant name or indirectly as Holy Incense, Ointment, Spices, Odors and Perfume.

» **In biblical times the priests were the "doctors."**

» In modern times anointing is symbolic tradition in the church, however this approach to anointing perpetuates the belief that anointing with oils is symbolic only, and is void of the fact that essential oils actually physically, emotionally and spiritually impact our bodies. Avoid purchasing the cheap "anointing oil" full of synthetics, fatty oils and fillers and instead choose to use pure, therapeutic essential oils for anointing!

» The main emphasis of healthcare in biblical times was not on therapy but on preventative medicine as well as physical and mental hygiene as applied to the individual, family, people and society in general.

• **(Exodus 37:29, NIV)** They also made the sacred anointing oil and the pure, fragrant incense—the work of a perfumer.

• **(James 5:14, NIV)** Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord.

- » **Ancient people knew healing came from God. They valued the support from oils, but also knew they came from God, through his creation, and did not replace God's supernatural healing powers.**
- » Like nutrition, essential oils are a vehicle of God's life-giving and sustaining power.
- » Smoking (incense) was the first form of aromatherapy (Numbers 16:46-50).

RECIPE FOR THE HOLY ANOINTING OIL

The Holy Anointing Oil was part of the old covenant, so its use today is permissible. (Jeremiah 3:8)

Myrrh: 28%

Cassia: 28%

Cinnamon: 14%

Calamus: 14%

Olive Oil: 16%

A wooden cross stands on a grassy hill at sunset. The sky is a deep, vibrant red with scattered clouds. The cross is made of two weathered wooden beams, one vertical and one horizontal, tied together. The background shows rolling hills and mountains under the same red sky.

HEALING

“Healing” literally means “make whole” and requires restoration. This happens on a physical, emotional and spiritual level. In order for healing to take place, one must be in community. Healing requires relationship. It requires community with God, with each other, and with creation. Wellness is the result of living in community, and this relational experience is our divine purpose—to reflect the image of God.

» Oils can awaken buried emotions needing to be cleared which is key to emotional healing.

» **REPENTANCE** is necessary to be open to God's healing power regardless of whether it be via prayer or use of essential oils, or both. Repentance should be continuous. Remaining in a state of humility and appreciation while accepting God as the sole source of healing is the necessary foundation by which we receive grace.

» Through community with creation we experience the life-giving essence of plants. Through community with Christ we experience the healing and cleansing that comes from His essence. It was at the Lord's Supper that Jesus declared that He was preparing to pour out His essence in a very real way.

» The original Greek text had 3 root words which have all been translated to "heal" in the English language. "**Sozo**" used 100 times in the bible and is often directly translated into "salvation" (saved, healed, delivered). "**laomai**" which is used 27 times in scripture and refers almost exclusively to the supernatural healing Jesus performed to bring attention to Himself as the Great Physician. "**Therapeuo**" which is mentioned over 40 times in scripture and according to Strong's Concordance means "reversing a physical condition to restore a person having an illness." It is the root word of "therapy" and typically involves natural elements in the process of healing.

• **(2 Chronicles 7:14, NIV)**
if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

SCRIPTURES OF HEALING*

- » **Mark 6:13** They drove out many demons and anointed many sick people with oil and healed them.
- » **Matthew 28:19** Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.
- » **Luke 9:1-2** When Jesus had called the Twelve together, he gave them power and authority to drive out all demons and to cure diseases, and he sent them out to proclaim the kingdom of God and to heal the sick.
- » **Revelation 22:2** down the middle of the great street of the city. On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. And the leaves of the tree are for the healing of the nations.
- » **God does not ask us to do miracles (iaomai), he only asks that we care for the sick (therapeuo) and help them find healing in natural medicines.**

*All scriptures are in the NIV translation.

THE SIGNIFICANCE OF HOW OILS WERE OBTAINED

- » There were seven general ways essential oils were obtained in biblical times: distillation, maceration, enfleurage, infusion, burning, vaporizing, and crushing/bruising.

NOTE THE IMAGERY:

Remember Christ's night in the Garden of Gethsemane? "Gethsemane" literally means "olive press" and as Jesus prayed in the garden before his capture, he began to experience the emotion and spiritual pain of being "pressed." His healing essence was being extracted and the writers of the gospel made this clear through the metaphor of obtaining essential oils.

Isaiah 53:2-6 in the Message (MSG) version below illustrates this metaphor very well:

The servant grew up before God—a scrawny seedling,
a scrubby plant in a parched field.
There was nothing attractive about him,
nothing to cause us to take a second look.
He was looked down on and passed over,
a man who suffered, who knew pain firsthand.
One look at him and people turned away.
We looked down on him, thought he was scum.
But the fact is, it was our pains he carried—
our disfigurements, all the things wrong with us.
We thought he brought it on himself,
that God was punishing him for his own failures.
But it was our sins that did that to him,
that ripped and tore and crushed him—our sins!
He took the punishment, and that made us whole.
Through his bruises we get healed.
We're all like sheep who've wandered off and gotten lost.
We've all done our own thing, gone our own way.
And GOD has piled all our sins, everything we've done wrong,
on him, on him.

THE ESSENCE OF PLANTS PROMOTES HEALING, AND OUR ULTIMATE SPIRITUAL HEALING COMES FROM THE ESSENCE OF CHRIST.

A NOTE ON AROMA

Fragrance is a powerful vehicle for evoking memory and creating meaning. Breathing in essential oils begins to affect the limbic system within five seconds, affecting the amygdala, hippocampus, etc. The hippocampus (catalogs memories) and amygdala (processes emotions) is connected to the limbic system, and as a result we can recall past memories and emotions through scents.

(Romans 12:2, NIV) Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.



HEALING OILS OF THE BIBLE

The following scriptures are in the NIV translation.

MYRRH

- » Referenced more times than any other oil in the bible.
- » Known for its regenerative properties.
- » One of the first oils to be present at Jesus' birth and upon his death. Myrrh is an embalming oil, was a symbol of death and foretold the future of Christ.
- » **Matthew 2:11** On coming to the house, they saw the child with his mother Mary, and they bowed down and worshiped him. Then they opened their treasures and presented him with gifts of gold, frankincense and myrrh.
- » Myrrh mixed with wine helped preserve wine, and was also used as a pain-relieving narcotic.
- » **Mark 15:23** Then they offered him wine mixed with myrrh, but he did not take it.



MYRRH

- » Esther was massaged with the oil of myrrh for six months in preparation for her marriage to the king. It is thought to help her regain some sense of confidence and security lost from childhood (she was an orphan).
- » **Proverbs 7:17** King Solomon perfumed his bed with myrrh, aloes and cinnamon.

CHARACTERISTICS AND USES:

- » **High in sesquiterpenes**
- » Anti-infections, anti-inflammatory, antiseptic, antitumor, astringent, and tonic.
- » Regenerative in nature, used for allergies, chapped and cracked skin, mouth sores, hyperthyroidism, inflammation, ulcers and stretch marks, viral hepatitis, sore throat, wrinkles, hemorrhoids, gingivitis, coughs.
- » **Promotes spiritual awareness and is uplifting.** Because of its high sesquiterpene content, when inhaled it has a direct effect on the hypothalamus, pituitary and amygdala, which is the seat of our emotions.
- » **A fixative.** When mixed with other oils, it caused their aromas to last longer. This was used in the Holy Anointing oil AND in the Holy Incense which is further evidence that God was the original aromatherapist.
- » Add 4 drops to a carrier oil and spread on your skin for a calming effect.
- » Blend with sandalwood to promote healthy skin.

HYSSOP

This fragrance gained its spiritual significance in Exodus 12:21-22:

Then Moses summoned all the elders of Israel and said to them, “Go at once and select the animals for your families and slaughter the Passover lamb. Take a bunch of hyssop, dip it into the blood in the basin and put some of the blood on the top and on both sides of the doorframe. None of you shall go out of the door of your house until morning.

Here, its fragrance was directly associated with God’s provision as the Israelites applied the blood of the Passover lamb to the doorposts of their homes with hyssop branches. The aroma would instantly bring to mind an awareness of the provisions, cleansing and freedom that comes from God.

- » **Interesting to note** a plant that is known for respiratory support would be chosen to remind us that when one is truly free, it is easy to breathe!
- » **Psalm 51:7** Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.
- » Healed skin ailments and shows their knowledge of reflexology. **(Leviticus 14)**



- » John purposefully referenced hyssop right before Jesus declared “it is finished” because the plant would bring to mind a reassuring fragrance that would remind the reader that the blood had been applied, and cleansing, healing, forgiveness and restoration had been accomplished.

(John 19:28-30) Later, knowing that everything had now been finished, and so that Scripture would be fulfilled, Jesus said, “I am thirsty.” A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus’ lips. When he had received the drink, Jesus said, “It is finished.” With that, he bowed his head and gave up his spirit.

CHARACTERISTICS AND USES:

» **Respiratory supporting**

- » Antiasthmatic, anti-infections, anti-inflammatory, antioxidant, antiseptic, antiviral, decongestant, mycolytic, sedative, diuretic.
- » Used to prevent plague, fever, anxiety, arthritis, cleansing and purifying, discharging toxins and much more.

» **Hyssop is emotionally balancing and stimulates creativity.**

» **Releases stuffed emotions, spiritual cleanser of past immorality or bad habits.**

- » Add several drops to a glass spray bottle with water to clear a room of charged emotions or depression.
- » Rub a drop or two on shoulders to reduce tension.
- » Apply hyssop in cold compresses as soon as possible after bruising to sooth the affected area.

- » Apply hot compresses of hyssop to joints to sooth and relax.
- » Add 10 drops to 1 oz of a carrier oil and rub on the chest to support respiratory health.
- » Additionally for respiratory health, diffuse and apply to throat, chest and feet.
- » Add 5-10 drops to bathwater for an uplifting, energizing bath.

CASSIA

- » Typically refers to the bark from an evergreen tree originating in southern China. Very similar to cinnamon and a **“hot oil”** so always combine with a carrier oil during use.
- » It was a trading oil and rather expensive.
- » **Ezekiel 27:19** and casks of wine from Izal in exchange for your wares: wrought iron, cassia and calamus.
- » Historically this oil has been called **“oil of gladness”** for its uplifting emotional effects. It also was used to support the immune system and aid in digestion. It is connected with improving blood circulation.
- » Cassia is one of the oils used in the Holy Anointing Oil described in Exodus 30 and widely available during biblical times.



CASSIA

- » **Psalm 45:7-8** You love righteousness and hate wickedness; therefore God, your God, has set you above your companions by anointing you with the oil of joy. All your robes are fragrant with myrrh and aloes and cassia; from palaces adorned with ivory the music of the strings makes you glad.
- » Used in Egyptian culture for mummification

CHARACTERISTICS AND USES:

- » Antibacterial, antifungal, antiviral.
- » Used as a domestic spice.
- » Medicinally used for colds, colic, diarrhea, nausea, rheumatism, kidneys and reproductive complaints.
- » **A very hot oil, so typically combined with a carrier or other oils to slow its vibration.**
- » Diffuse or inhale for a joyful, uplifting feeling to assist with emotional balance.
- » Wear as a fragrance.
- » Best used with other oils.

ONYCHA

- » An absolute extraction from resin. It is an essence and not an essential oil.
- » The only place this oil is mentioned is in Exodus 30 in regards to the Holy Anointing Oil.
- » There is some discrepancy as to the plant this oil originates from, some suggest it comes from the *Styrax benzoin* which is a gum resin used by ancient Egyptians in the art of perfumery and incense. Others suggest it comes from a snail-like mollusk found in the Red Sea. The second is far more unlikely since mollusks were among the forbidden items God listed out for the Jews in **Leviticus 11:9-12**
- » Other names: benzoin, friar's balm and java frankincense.



ONYCHA

(Exodus 30:34-35) Then the LORD said to Moses, “Take fragrant spices—gum resin, onycha and galbanum—and pure frankincense, all in equal amounts, and make a fragrant blend of incense, the work of a perfumer. It is to be salted and pure and sacred.

CHARACTERISTICS AND USES:

- » Dental health, disinfectant, local anesthetic and wound healing. Very thick and can be diluted with lavender or peppermint essential oil.
- » **Great for respiratory complaints**, arthritis and asthma, gout, rheumatism, and skin.
- » Contains vanillin aldehyde which gives it a pleasant vanilla scent.
- » **It is soothing to the skin** and relieves stress when used in a massage.
- » Place a drop on each underarm for a nice scent throughout the day.
- » Combine with rose and V-6 carrier oil for a full body massage to help elevate your mood.
- » Mix with lavender or peppermint and diffuse for a warming, soothing effect. Do not diffuse Onycha alone as it is too thick and resinous.

CISTUS

(ROSE OF SHARON)

- » This herb was imported into ancient Egypt from the island of Crete in the Mediterranean Sea. The resin was loved for its distinctive aromatic and therapeutic properties.
- » Also known as rock rose or cistus, has a soft, honey-like scent.
- » **Soothing to the skin.** The gum would become entangled in the wool of ancient shepherd's sheep and goats but it was soothing to their skin!
- » Calming to the nerves.
- » **Song of Solomon 2:1** I am the rose of Sharon, and the lily of the valleys.



CISTUS

(ROSE OF SHARON)

CHARACTERISTICS AND USES:

- » **High in monoterpenes**, antimicrobial, antiseptic, astringent, diuretic, expectorant and tonic. Sciatica, promoting menstruation, urinary infections, wounds, wrinkles, colds, bronchitis, very supportive to the immune system.
- » Apply a drop or two to your joints to promote healthy joints.
- » Put a drop in the palm of your hand and rub hands together and then cup over nose and inhale for clear breathing.
- » Dilute with V-6 carrier oil and apply to the face to support healthy supple skin.
- » Apply to wrist, inside elbows, temples, soles of feet and inhale to calm nerves.
- » Diffuse for 15 to 20 minutes for a calming effect throughout the house.

CEDARWOOD

- » Believed to be the very first essential oil distilled.
- » It is mentioned 25 times in 8 different books of the bible.
- » **Contains 98% sesquiterpenes**, and inhaling increases our ability to think clearly. Sesquiterpenes can cross the blood brain barrier and oxygenate the brain.
- » Enhances melatonin stimulation in the brain (allowing for sleep). Oxygenation process helps our brain to declutter. Supports focus.
- » The cedars of Lebanon were used to build King Solomon's Temple and Herod's Temple where Christ taught because it was known for its incorruptibility. Only a few of these cedar trees survive today and they are a protected species in Lebanon and Cyprus.



[1 Kings 6:11-18] The word of the LORD came to Solomon: “As for this temple you are building, if you follow my decrees, observe my laws and keep all my commands and obey them, I will fulfill through you the promise I gave to David your father. And I will live among the Israelites and will not abandon my people Israel.” So Solomon built the temple and completed it. He lined its interior walls with cedar boards, paneling them from the floor of the temple to the ceiling, and covered the floor of the temple with planks of juniper. He partitioned off twenty cubits at the rear of the temple with cedar boards from floor to ceiling to form within the temple an inner sanctuary, the Most Holy Place. The main hall in front of this room was forty cubits long. The inside of the temple was cedar, carved with gourds and open flowers. Everything was cedar; no stone was to be seen.

- » Cedar was an important part of the biblical purification ritual to cleanse those who were impure from touching a dead body.

[Leviticus 14:4] the priest shall order that two live clean birds and some cedar wood, scarlet yarn and hyssop be brought for the person to be cleansed.

CEDARWOOD

CHARACTERISTICS AND USES:

- » Antifungal, anti-infectious, antiseptic, astringent, diuretic, insect repellent and sedative.
- » **Supports focus, concentration, calming, supports sleep.**
- » Opens the pineal gland.
- » Revitalizing for hair, scalp and skin.
- » Opens up emotional centers of the brain to address subconscious memories and unresolved feelings. Clears emotions, specifically conceit and pride.
- » Diffuse or inhale from the bottle to enhance prayer and meditation.
- » Rub a drop of oil in your palms, rub your hands together and cup them over your mouth and nose. Inhale deeply to help with mental clarity.
- » Apply a drop to a cotton ball and place in your drawers to keep clothing fragrant and fresh smelling.
- » Apply a drop or two to the soles of the feet to support a healthy immune system.
- » Inhale directly from the bottle or apply a drop near the temples and the back of the neck to enhance a deep sleep.

CYPRESS

- » Cypress trees are very durable. Used for ship building. The doors of St. Peter's Cathedral in Rome is made from Cypress and still looks great at 1200 years old!
- » This oil has been used since ancient times for purification and incense.
- » **Cypress supports good circulation.**
- » **Emotionally beneficial, eases the feeling of loss, promotes feelings of security and is grounding.**



CYPRESS

CHARACTERISTICS AND USES:

- » **High in monoterpenes.** Antibacterial, anti-infectious, antimicrobial, mucolytic, antiseptic, astringent, deodorant, refreshing and relaxing.
- » Urinary tract support. Cypress supports good circulation. Emotionally beneficial, eases the feeling of loss, promotes feelings of security and is grounding.
- » Supports the lymphatic system and can flush toxins (allergies).
- » Rub a couple of drops over a child's abdomen for a deep, dry sleep.
- » Mix equal parts Cypress and Tangerine with a small amount of V-6 carrier oil for a wonderful skin serum.
- » Diffuse Cypress or inhale directly from the bottle to promote a quick, deep sleep.
- » Rub Cypress mixed with V-6 to promote healthy circulation in all areas of the body.
- » Mix with Helichrysum to help support healthy veins.

MYRTLE

- » Native to southern Europe, north Africa and western Asia, this is a flowering evergreen bush primarily used in religious ceremonies for purification rituals.
- » Myrtle is a fascinating study topic when it comes to the book of Esther. In Hebrew, the word for Myrtle is the feminine form of the word "hadas," Hadassah. Hadassah is Esther's Jewish name. In reading this book you will see many similarities between Esther and the properties of Myrtle.
- » **Isaiah 55:13** Instead of the thorn bush will grow the juniper, and instead of briers the myrtle will grow. This will be for the LORD's renown, for an everlasting sign, that will endure forever.



MYRTLE

CHARACTERISTICS AND USES:

- » Antibacterial, anti-inflammatory, antiparasitic, antiseptic, astringent, expectorant, decongestant, deodorizer.
- » Myrtle has a clear, fresh scent like eucalyptus.
- » **Great for skin support.**
- » Respiratory supporting including cough. Deodorizing, supports flu symptoms, sinus infection, tuberculosis, and aprostate decongestant.
- » **Elevating and soothes anger.**
- » **It is very supportive to the endocrine system (specifically thyroid)** and is very soothing to the respiratory system.
- » Use in the shower to support healthy respiratory function.
- » Apply to the thyroid and parathyroid Vita Flex points on the feet. Mix with a bit of carrier oil and apply to the base of the neck just under the Adam's apple to support healthy thyroid function.
- » Rub a drop or two between your hands, cup your hands over your nose and breathe deeply to gain emotional balance.

FRANKINCENSE

- » One of the most commonly mentioned oils in the Bible because it was one of the most commonly used oils during that time period.
- » It was harvested as a dry resin and steam distilled to create an oil for perfumes and used in skincare. This oil was also known as olibanum and lebonah.
- » Was used to anoint newborn sons of kings and priests. This gift symbolized Jesus as King.
- » **Matthew 2:11** On coming to the house, they saw the child with his mother Mary, and they bowed down and worshiped him. Then they opened their treasures and presented him with gifts of gold, frankincense and myrrh.



FRANKINCENSE

- » There are 52 references to this oil in the bible from Exodus 30:34 to Revelation 18:13

CHARACTERISTICS AND USES:

- » Anticatarrhal, anticancer, antidepressant, anti-infectious, anti-inflammatory, antiseptic, antitumoral, expectorant, immune-stimulant, and sedative.
- » **Fantastic for skincare, as well as emotional support.**
- » **Can cross the blood-brain barrier** to oxygenate the pineal and pituitary glands.
- » **Very calming** and increases spiritual awareness.
- » **It increases the activity of leukocytes in defense of the body against infection.**
- » **High in monoterpenes**, which help eliminate toxins from the body.
- » Apply 1-3 drops on each bottom of the foot for immune support.
- » Dilute 1 drop in 1 tsp honey or 4 oz of rice milk for a wonderful way to start your morning.
- » Diffuse or inhale directly from the bottle to elevate your mood.
- » Apply 1-3 drops to shoulders, stomach and bottoms of the feet to promote a good night's sleep.
- » Apply 1-3 drops on nails and at base of nails to promote healthy nails.

SANDALWOOD

(ALOES)



- » Sandalwood is the most valuable tree in the world. The central part of the tree (or the heartwood) is used in the distillation process to create this deeply aromatic oil.
- » Many believe that aloes, derived from sandalwood, are one of the oldest incenses known to man. Sandalwood use goes back 4,000 years.
- » This wood was used for carving because it lasted for generations.
- » It has a sweet, woody, fruity aroma and it was one of the oils used in preparing Christ's body for burial.
- » **Psalm 45:8** All your robes are fragrant with myrrh and aloes and cassia; from palaces adorned with ivory the music of the strings makes you glad.
- » **John 19:39** He [Joseph of Arimathaea] was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloes, about seventy-five pounds.

SANDALWOOD

(ALOES)

CHARACTERISTICS AND USES:

- » Antidepressant, antiseptic, antitumor, aphrodisiac astringent (proverbs 7:17), calming, sedative, and tonic. Very similar to Frankincense.
- » Historically used for meditation and embalming.
- » **High in sesquiterpenes and thus very oxygenating to the brain helping with clear thinking and focus.**
- » It has become popular in skincare regimens and is also a great option to help support sleep.
- » May support the cardiovascular system, remove negative programming from cells and relieve symptoms associated with lumbago and the sciatic nerves.
- » **Supports regeneration of bone cartilage.** Increases oxygen around the pineal and pituitary glands. Wonderful for skin as well. Very calming.
- » Diffuse or place a drop in hands, rub hands together, cup hands over nose and breathe deeply at bedtime for a deep, restful sleep.
- » Use as men's cologne by using straight or with a carrier oil. Also works well as aftershave.
- » Add 6 drops to running bath water either with or without bath salts for a warm, relaxing bath.
- » Use a drop or two directly on skin or with a carrier oil for a soothing feeling after being in the wind all day.
- » Massage in hair and scalp to keep your hair looking vibrant and young.

A NOTE ON SPIKENARD

- » Also referred to as "nard"
- » Comes from a plant that grows in the Himalayas of Nepal, China and India. In biblical times the oil was placed in alabaster jars or boxes and sealed with a wax seal. When the box or jar was open the seal was broken.
- » **Mark 14:3** While he was in Bethany, reclining at the table in the home of Simon the Leper, a woman came with an alabaster jar of very expensive perfume, made of pure nard. She broke the jar and poured the perfume on his head.
- » **Spikenard was very expensive.** Today a pound of Spikenard mixed with Myrrh would range \$1,500-2,000. This woman at Bethany functions as a prophet, identifying and anointing the one whom God has chosen. Abundance.
- » **Characteristics and uses:** (high in sesquiterpenes) antibacterial, antifungal, anti-inflammatory, deodorant, relaxing and a skin tonic. May also help with allergies, candida, migraine, nausea, rashes, staph infections, stress, tension and wounds that won't heal.

» This oil cannot be sustainably sourced