

TRUessence Essential Oils for Skin Care

Anti-aging nourishment from Mother Nature for glowing skin at any age!

Basil

- Effective skin tonic;
- Aids sluggish complexion, dry skin, eczema, herpes, shingles, acne;
- Aids hair growth;
- Insect repellent.

Birch

- It has powerful astringent qualities and is excellent in skin tonics and body liniments.
- Birch is used as an astringent, and a counterirritant.
- Helps treat scalp conditions like dandruff and flaky skin. Purifying and cleansing to the scalp.
- Excellent to use as a compress with sage for acne or congested skin.

Carrot Seed

- Powerful anti-oxidant qualities for toning the skin. Excellent anti-wrinkle oil. Beautifully hydrating oil for skin.
- Soothing and healing benefits for eczema, psoriasis nervous rashes and rashes.
- Assimilated just as easily through the skin as orally. It acts mainly on the liver, kidneys, pancreas, and skin.

Chamomile (Roman)

- This soothing oil blends well with Lavender and other oils and can effectively assist with acne, boils, burns, cuts, chilblains, dermatitis, eczema, hair care, inflammations, insect bites, rashes,
- Effective even with those who have sensitive skin,

Coriander

- Great for use on stretch marks, scars. This oil can be ‘hot’ – so dilute with Message oil, or apply neat, on location, diluting if needed.

Cypress

- Cypress is a vaso-constrictor, used to treat acne, increases circulation in mature skin, a good over-all skin tonic. It is astringent and helps to reduce overactive sweat glands and excessive perspiration. Helpful in mixtures for simple water retention, varicose veins, cellulite, wound healing. This is a good oil to be added to mixtures for oily hair, oily skin, or sweaty palms and feet. Stimulates skin circulation

Eucalyptus

- Used in massage oils and ointments for chapped hands, lips and other skin irritations.
- Activates the oxygen exchange in the skin cells and promotes radiant skin.
- Mix equally with peppermint oil and white vinegar as a cooling spritz for a fever or for acne or boils.
- Mix with tea tree for external fungus infections like athletes foot.
- Used in the bath for antiseptic action
- Useful as an insect repellent along with basil and citronella.
- Use with tea tree and thyme for head lice or skin infections.

- Excellent aid for poor circulation during winter months. Add to messenger oil for massage.
- Add to bath water to soothe muscular aches and pains
- Add to carrier oil to use for skin care

Fennel

- Good for dull and oily skin, bruises, cellulite, wrinkles, dry, watery, oily and mature skin types.
- Used in Europe and in body oils to tone and tighten sagging tissues, particularly sagging breast tissue. Will also help firm and tighten facial skin.
- Stimulates circulation. Excellent moisturizer.
- Aids corns.
- Use daily with Message Oil for moisturizer on the face or body

Frankincense

- Useful for acne, dry/mature aged skin, pimples, scars, smoothes out wrinkles, tonic to all skin, balances oily skin. Used in beauty treatments from before the time of Cleopatra. Used to treat and heal wounds, inflammations, scarring, and skin disorders of all types.
- Apply oil to back of neck at the hairline, or on pulse points. Applying 1 – 2 drops to the feet will get the oil circulating throughout the body quickly.
- Apply 1-2 undiluted drops to targeted areas of the body for relief.

Geranium

- As an external application, its analgesic, anti-inflammatory, anti-hemorrhagic, benefits can be experienced by applying directly or when mixed with carrier oil, lotion, hand cream etc. In this particular context it is healing and antiseptic as well as a cellular regenerative.
- This balancing oil is used frequently in applications for aged, wrinkling or older skin, as well as for healing balms and salves after plastic or facial surgery. Particularly healing after facial plastic surgery.
- Useful for acne, burns, bruises, dermatitis, ulcers, eczema, psoriasis, and broken capillaries. It has value in body and facial preparations where it balances oil gland secretion so it can be used for both dry and oily skin, as well as balancing out congested and mature skin.
- Excellent in use for treating skin conditions associated with bruising, dermatitis, psoriasis, eczema, shingles and cellulite.
- Useful in adding to a blend for a mosquito repellent.

Helichrysum

- Traditional uses of helichrysum include nervine, anti-allergenic, anti-inflammatory, antimicrobial, antiphlogistic, antispasmodic, antitussive, cicatrizant, febrifuge, antiseptic, anti-hematoma, anticoagulant, cholagogue, fungicidal, hepatic, diuretic, emollient, mucolytic, splenic, cytophylactic, expectorant.
- One of the best essential oils to use for traumas, bruises internal, external, burns; acne, allergies, dermatitis, eczema, regenerating, aids broken veins, stretch marks, inflammations, spots, warts, wounds, old scars, carpal tunnel. Apply neat, on location.

Lavender

- Antiseptic, controls the production of sebum, stimulates circulation in the skin. Assists in the healing of wounds and helps to rejuvenate the skin. Used to treat acne, cuts, burns, sunburn, inflammation, psoriasis, wrinkles.

- Beneficial for oily skin, acne, and dermatitis; excellent antiseptic properties ward off skin parasites, such as scabies.
- Useful for areas of inflammation such as athlete's foot, burns, insect bites, itching, rheumatism, scabies, chicken pox, cystitis.
- Lavender is a good general purpose oil, useful in balancing blends or rounding off. Used to treat insect bites and nettle stings. An effective insect repellent. Repels moths.
- Apply 1-2 undiluted drops on temples, back of neck, rim of ears, on the web of hands (between index and thumb) and on the feet;
- For fragrant and soothing massage oil; add 3- 5 drops to Message oil.
- For relaxation, calming
- To ease dry skin; add 4-5 drops and agitate in your bath or shower.
- Place 1- 2 drops in the palm of your hands and inhale; place a drop or two on a piece of cloth and inhale any time of the day.
- Personalize your personal care items; for fast action, apply 3-5 drops on the affected area and apply a warm water compress covered by a dry towel for 10-60 minutes.

Lemon

- Lemon oil addresses: Congestion due to colds, infections, respiratory disorders, infected skin. Slackened muscle tissue, poor circulation, low blood pressure, nosebleeds, a sluggish lymphatic system, coughs, obesity, stomach acidity, confusion, a lack of purpose and direction.
- This oil is photo-sensitive, so Do NOT apply undiluted or use on skin that will be exposed directly to sunlight within 72 hours.

Lemongrass

- Antiseptic, anti-inflammatory, vasodilator, sedative, tonic.
- It acts as a deodorant and a purifier for oily skin.
- Lemongrass has antiviral, antifungal and sedative properties.
- Supports the body in breaking down cellulite, effective with hydro lipid retention.
- It has tonifying astringent properties - cleansing to oily skin, blackheads, tightens pores and muscles.

Marjoram

- Clears bruises.
- Pain-relieving, antiseptic, helps wounds to heal, used for chilblains, cuts, bruises

Message

- This luxurious proprietary 100% pure, premium grade organic grapeseed oil is enjoyable, nourishing and incredibly healing to your skin. Use this carrier oil for massage, on your feet, to nourish the skin on your face or all over your body.
- Grapeseed oil is one of the most popular messenger oils (an oil that helps carry and deliver an essential oil) because of its natural emollient and soothing properties. Due to its antioxidant properties, grapeseed oil can also help soothe, nourish and moisturize the skin.
- Pour at least 1 tablespoon in the palm of your hand, add 3-5 drops of your favorite essential oil or essential oil blend, mix by rubbing your palms together and then apply the oils to deliver an all-around or targeted massage to relax and rejuvenate the body.
- Message Oil is a wonderfully nourishing and luxurious moisturizer for over-all skin health. Far superior to lotions and potions that are available commercially.

- For facial/neck moisturizing before applying make-up, drop 2 – 3 drops of Message oil in the palm of your hand.
- Add 1 – 2 drops of Lavender, or Geranium, or Myrrh, or Frankincense, rub your hands together, then apply to your face and neck. Use any extra on your hands and upper arms.
- Use in the same way to moisturize and hydrate your legs, arms, feet, etc.

Myrrh

- In days of old, pregnant mothers anointed themselves with Myrrh for protection against infectious diseases and to elevate feelings of well-being. Of course, the most famous reference to Myrrh is the biblical story of the three wise men. Myrrh was one of the gifts of the Magi to the baby Jesus as told in the Gospel of Matthew. It was used in ancient times for skin conditions, oral hygiene, insect repellent, and for embalming. Galen, the physician to the gladiators, sent Greek soldiers into battle with a First Aid kit containing Myrrh essential oil.
- In modern times, Myrrh is used to balance the thyroid and endocrine system, support the immune system, heal fungal and viral infections, and to enhance emotional well-being
- Antiseptic, astringent, reduces inflammation, improves circulation, stimulates the regeneration of skin cells, assists in the healing of wounds.
- Used to treat eczema, wrinkles.
- Very good for mature complexions or chapped and cracked skin, boils, athlete's foot, and ringworm.
- Promotes healing of gums.

Myrtle

- Its cleansing and antibacterial properties have made it an important ingredient in solutions that battle skin conditions like acne and psoriasis. Myrtle is often used to balance hormones.
- Since antiquity the leaves have been used for perfumes and food. Myrtle was a symbol of love because it was used in bridal bouquets or headdresses. The modern Jews still adorn the booths and sheds at the feast of tabernacles with myrtle. The flowers emit a perfume more exquisite than that of the rose.
- This oil has long been used in beauty preparations, as a facial tonic, or to strengthen skin, specifically oily, infected skin and acne.
- Myrtle oil has antiseptic and deodorizing properties, and serves as a natural deodorant,

Neroli

- This rich, wonderfully nourishing oil is great to use on scars, stretch marks, and thread veins.
- Another powerful anti-aging oil, it works equally well with mature and sensitive skin.
- Used faithfully, this oil tones the complexion, and minimizes wrinkles.

Orange

- Use for overall skin health, for dull, oily, puffy skin, wrinkles, orange oil strengthens the epidermis, increases circulation, cell hydration, supports cell regeneration. Use to reduce obesity and water retention.
- Add 1 drop oil to 1 liter filtered drinking water in glass bottle to promote cellular hydration.
- Softens thick, fissured and cracked skin; promotes regeneration.
- Useful in combating cellulite when you massage it into the skin daily along with Cypress and Rosemary.
- Orange is said to help with the formation of collagen and is vital for the repair of body tissue. It softens and strengthens the outer layers of the skin and stimulates the nerve endings which activate circulation. It is excellent for stretch marks and helps repair broken bones. Helpful for gums, teeth and gingivitis.
- This is a citrus oil – it is photo-sensitive, so Do NOT apply undiluted or use on skin that will be exposed directly to sunlight within 72 hours.

Peppermint

- Versatile oil that relaxes and soothes; anti-inflammatory properties provide warming and cooling action; ease menstrual cramps, muscular aches and pains, sciatica, rheumatism, arthritis, toothache, laryngitis, sinusitis, rhinitis, mastitis, and cystitis; cools skin and relieves dermatitis, and itching associated with eczema, pruritis and urticaria.
- Cleansing and purifying; aids with halitosis, gingivitis, herpes, shingles;
- Softens and degreases skin; acne, helps remove blackheads, and retains moisture in skin; antiseptic properties ward off skin parasites such as ringworm and scabies.
- Vasoconstrictive action tightens capillaries; aids hypotension; relieves liver fatigue from palpitations; effective heart tonic.

Quiescent

- Aids scars
- Anti-wrinkle
- Tissue regenerator
- Soothes skin
- Moisturizes dry, dehydrated, and mature skin
- Smooths and softens lines and wrinkles
- Relieves itching and irritation after shaving
- Quiescent is a lovely facial oil and skin regenerating blend. Mix with Message, apply to face and neck area – particularly at night to support deep and restful sleep.

Rose

- Helps rejuvenate and revive damaged skin.
- The classic beauty oil, rose oil is good for minimizing rosacea and healing broken capillaries,
- Use rosewater for conjunctivitis
- Deeply hydrating for dry skin, eczema, herpes,
- Useful for mature and sensitive skin,
- Anti-aging for preventing or minimizing wrinkles.

Rosemary

- Rosemary is said to restore vitality and youth. Excellent tonic for the skin, easing congestion and reducing puffiness and swelling, softens and degreases skin; acne, helps remove blackheads, and retains moisture in skin;
- Antiseptic properties ward off skin parasites such as ringworm and scabies.
- Add to shampoo to make hair glow!
- It can be used as a hair growth stimulant, and it can help control dandruff.

Sandalwood

- Widely used in skin care. History reports that it was one of Cleopatra's beauty 'secrets'.
- Sandalwood strengthens the skin's connective tissues as it increases capillary circulation. Heals skin inflammation.
- Relieves eczema, dermatitis, abscesses or cracks and fissure caused by overexposure to harsh environments or nervous conditions.
- Addresses infections, acne, oily skin, chafed or weakened skin.
- Beautiful oil to use as an after-shave!
- Has constituents that deprogram cellular misinformation and carry oxygen at the cellular level.

Tea Tree

- Tea Tree oil seems to reduce the proliferation of viruses and bacteria.
- Use undiluted on cold sores, on ring worm infections, on chicken pox to ease itch and stop infection, on insect bites to ease itch and pain. Use undiluted for itching of any kind.
- Use undiluted on corns to soften and control growth, on cuts and scrapes for an antiseptic. A few drops undiluted may be used for athletes' foot and fungal infections. Use undiluted on warts. Can be added to spritzers for cooling spray for affected areas.
- Diffusion of Tea Tree oil is very useful for infections such as colds and influenza, especially if it is used at the first signs of infection. Use 5 drops in a cup of water, with a sponge to reduce fevers. Lick trick for infections, aids with recuperation from long illness.
- Do Dr Penoele's tea tree lick for sore throats, whooping cough.
- 3-4 drops of Tea Tree in a capsule daily may help Candida. 5 drops in a douche for urinary antiseptic, cystitis, vaginitis, increases urine flow.
- Good for controlling acne. Add a few Tea Tree drops to warm water as final natural, antiseptic facial rinse.
- Reduce the effects of infectious micro-organisms. Add 5 to 10 drops to water for cleaning counter tops.