



# COLOUR ENERGY® ESSENTIAL OILS



## What is Aromatherapy?

Over 4,000 years ago, the ancient Egyptians and Indian cultures used aroma-therapy as a healing art. Derived from aromatic plants and trees, each essential oil has specific therapeutic and energetic balancing properties. The body and its chakras benefit from absorbing the unique "colour-coded" chemical composition of the selected essential oil. As well each oil has its own fragrance and directly stimulates the limbic system (the emotional force of the brain) via the sense of smell.

Your skin is your largest organ and therefore when oils are applied to your skin it acts as a sieve or sponge. It is believed to take less than 12 seconds for the oils to enter the blood stream and be carried throughout the body by the circulatory system. It is also stated that essential oils capture the very life force of a plant. Essential oils are used to treat a variety of symptoms without the inconvenience of side effects. The positive effect of aromatherapy on your mind, body & spirit can be enhanced by understanding each oil's colour and chakra connection.

## INTRODUCING CE'S COLOUR-CODED OILS...

Each Colour Energy (CE) essential oil and blend is colour-coded to correlate with the body's main chakra centres. Chosen for their therapeutic value, CE's oils are easy to use to help empower one's various levels of energies physically, mentally & spiritually!

Also all Colour Energy oils are tested in several ways to ensure CE's high quality standards. As well Colour Energy oils are imported from their natural habitats to maintain their healing potency. (See How to Tell if an Essential Oil is Top Quality.)

You will find that since the quality of CE oils is superior to most, only a few drops will accomplish what is necessary for maximum benefits. Therefore a bottle of CE oil will last longer than other brands as less CE oil is needed.

*Colour Energy is now offering their own synergy blend of Chakra Oils that are pre-mixed with Jojoba oils for direct application, making these blends unique and exclusive to CE customers! Ask about CE's new line of high quality oils!*

## WAYS TO USE COLOUR ENERGY® OILS:

### In a Bath

Add 2-4 drops of essential oil to a full tub of tepid water. Correlate a Colour Energy colour-coded oil with a Colour Bath®.

### In a Hand/Foot Bath

Add 1-2 drops of essential oil to a basin of warm water. Soak hands or feet for a maximum of 15 minutes. Also adding a few drops of Colour Bath can create a more powerful experience. For a nice relaxing foot soak add 1 or 2 drops Geranium, Lavender or Peppermint oil to a bowl with tepid water. Follow with a foot rub.

### On a Tissue or Cotton Ball

Place a few drops of your favorite oil on a tissue or cotton ball and tuck into your purse, pillow, drawer or closet. Lavender or Orange oil help promote a peaceful sleep. Refresh oils when necessary.

### Body Massage Oil

Mix 3-6 drops of essential oil(s) to 1 table-spoon carrier oil such as Olive oil, Sesame oil, Jojoba oil, etc.

### Facial Oil or Body Lotion

Mix 3-6 drops of essential oil(s) to 1 table-spoon Sweet Almond oil or a natural body lotion. Apply to face or body.

### Air Freshener

Add 4 or more drops of essential oil(s) to 10oz/300ml distilled or purified water. Shake before spraying into the air. Ideal room cleansing oils are Geranium, Lavender, Rosemary or Tea Tree.

### While Driving

Colour Energy's Car Diffuser and 2-3 drops of a stimulating oil such as Rosemary, is all you need to enhance mental awareness while driving. Replenish every few days.

### In Your Vacuum Cleaner

A few drops of your favorite oil on your vacuum cleaner filter will freshen or disinfect the air.

### On a Dryer Sheet

Enhance the smell of your laundry by placing a few drops of an oil on a dryer sheet (or on a face cloth). Add to dryer.

### In an Aromatherapy Diffuser

Add several drops in a Heavenly Scent Diffuser and inhale the aromatic ionized particles. Essential Oils combined with the ionization process enhance the therapeutic effect of oils. This system is ideal for home or work as it helps to reduce symptoms of stress and fatigue. Colour Energy carries a wide range of Aromatherapy diffusers.

## SAFETY & STORAGE



- Always use essential oils diluted. Tea Tree and Lavender can be used neat (undiluted)—but only if a high quality grade such as COLOUR ENERGY'S brand.
- Store oils in a cool, dry place and out of reach from children.
- Be aware of photosensitive citrus oils. Do not apply externally before going out in the sun as they can cause skin irritation or BROWN spots on the skin.
- If you have sensitive skin, do a patch test first by mixing oils with a non-sensitive carrier oil and apply to a small area of skin. Wait 24 hours for a reaction.
- If pregnant, high/low blood pressure, allergy prone, epilepsy or asthma: consult a qualified aromatherapist before using essential oils. Babies and children can use mild acting essential oils, but in a more dilute solution than adults.
- Consult an aromatherapist if on medication, homeopathic remedies or other alternative treatment.

# HOW TO TELL IF AN OIL IS TOP QUALITY...



Most aromatherapy importers conduct only basic quality tests that do not prove the authenticity of an oil's purity. However, all Colour Energy oils are tested further, to ensure high quality oils for their customers. **Colour Energy guarantees that all their oils surpass the normal aromatherapy standards!**

**COUNTRY OF ORIGIN** plays a key role in an oil's quality. While it is possible to grow plants in several different countries, the country of origin plays a significant role in the oil grade. This principle applies to other crops such as coffee, fruit and wine. The reason why different countries produce different quality plant products is that the soil and climate conditions are more suitable to some plants than others in different parts of the world. Plants tend to flourish in their natural country of origin and even the altitude at which a plant is grown can have a substantial impact on the properties of its oils.

**USE OF PESTICIDES AND HERBICIDES** varies among countries. As well, currently there is no reliable certification for international organic quality. It is best to use oils made from plant farms grown in a country where the plant flourishes because they will have a certain degree of natural resistance to the native pests and will not require pesticides to survive. Avoid "wildcrafted" oils as they may be sprayed with fairly hazardous chemicals and the removal of plants from

the wild can disturb surrounding eco systems.

**TIME OF HARVEST** affects the percentage and proportions of various chemical constituents in the plant and therefore the quality of the oil will differ, depending on when the plant is harvested. Distillation should occur immediately after harvest and if possible right in the field to ensure the highest quality oils.

**AGE OF OIL** can affect the quality over time. Most oils are not affected by the passage of time; however, the citrus oils suffer from a decrease in quality over time and should always be as fresh as possible.

**TYPE OF DISTILLATION** also influences the oil's quality. Good quality oils should be steam distilled, expressed (i.e. citrus oils)

or CO<sub>2</sub> extracted. A true "essential oil" by definition should be steam distilled. Where oils are chemically extracted, solvent residues will be present in the oil.

**TEMPERATURE AT WHICH STEAM DISTILLATION IS CARRIED OUT** plays an important role for the quality. If the steam distillation is done at too high of a temperature, some of the valuable chemical constituents will literally be "burned out" of the oil. High heat distillation is done to yield more oil in a shorter time span. This process produces a lower quality oil that can be sold at a less expensive price.

**METHOD OF STORAGE MATTERS.** All quality oils should be bottled in dark glass bottles and stored in a cool dry place with minimal contact with oxygen.

## FACTS ABOUT COLOUR ENERGY ESSENTIAL OILS



**HIGHEST QUALITY:** Therapeutic grade, 100% pure essential oils.

**PURE & CLEAN:** Colour Energy oils are neither adulterated with any synthetic agents, nor do they contain any material other than pure plant essences! Sensitive people have negative reactions to poor quality oils— CE oils is quality you can trust!

**INEXPENSIVE:** Compared to other quality suppliers of essential oils, Colour Energy's line matches or surpasses competitors' quality and pricing.

**COLOUR-CODED SYSTEM:** Each aromatherapy oil is colour-coded to correlate with the main energy centres and specially chosen for its therapeutic value to support the body, mind & spirit.

**EASY TO USE:** All Colour Energy oils are colour-coded to the chakra system, therefore CE's unique colour system allows you to easily match a CE oil to other Colour Energy or chakra products. E.g. match the "colour" of an essential oil to a Colour Bath®.

**SUPPORT MATERIAL:** Descriptive labelling and packaging make Colour Energy products easy to use. Also CE offers free information sheets that further discuss the healing attributes of each oil and methods of use.

## HOW DO I KNOW IF A COLOUR ENERGY IS AFFECTING ME?

To fully understand the power of colour energy and Colour Energy tools, we suggest that you keep a journal of how you felt after using any colour therapy modalities. For example, after using a Colour Energy product note if you felt more emotional, mentally alert, physically energized, spiritually uplifted, etc. Also we have found that the more senses you are able to stimulate at any one time using only one colour energy, the more likely you will notice a colour's affect!

You can easily do this by taking a Colour Bath combined with a correlating Colour Energy essential oil added to the coloured water; thereby, simultaneously stimulating your sense of sight, touch and smell. Also by listening to music that connects to that chakra centre you enhance the experience even more. Now imagine taking it a step further when you also eat, drink and wear that colour for that day. You have just increased the colour power ten-fold! Your whole being will feel the energy on a deep cellular level as your body, mind & spirit resonate and become that energy. Generally, if you focus on one colour for a complete day, you will feel a difference. However, take it a step further and try using one colour energy predominantly for a full week!

## To Learn More About Colour...

The *Colour Energy book*, *An Introduction to Colour Energy booklet* and the CE pocket colour card and chart are easy to read and use educational materials to start with. You can also purchase the Colour Energy Personality Test (CEPT), which is an accurate method of analyzing your colour (chakra) strengths and weaknesses.

**Colour Energy also offers workshops several times a year. 2-Day workshops include: Basic Colour Energy, Chromalive Colour Light Therapy, Crystal Light Therapy, Holistic Aura Counsellor and Medical Intuition. As well, we are still offering our 3-Day Intensive Biopulsar Training. If you are interested in becoming a colour educator or if you would like to learn the basics of colour for your own personal development call us for more details at: Toll free 800.225-1226. Or visit [www.colourenergy.com/pdf/courses08](http://www.colourenergy.com/pdf/courses08) for program details.**

Colour Energy Corporation is the world leader in offering a complete line of colour and aromatherapy tools and education. Other Colour Energy tools include: colour-coded essential oils, blends and high vibrational essences; chakra music therapy CD; colour therapy eye glasses; gemstone jewellery; colour light therapy and much more. Watch for CE's growing line of colour healing tools!