

## Essential Oils, Intimacy & Aging

Essential oils are highly concentrated aromatic plant essences. They can enter our bodies and have an effect either by inhaling or absorption through the skin. Our limbic system, in the brain, which is the home of our emotions & sexual feelings, is directly accessed via inhaling essential oils. We have “memory” that is associated with scents and we also have feelings that are aroused by certain scents. The scents which can arouse our desire are aphrodisiac in nature. (this list is not all-inclusive) As a note, scents can be very individual when dealing with the emotions so there can be many sensual memories associated with scents which would not be technically considered an aphrodisiac.

### [Black pepper](#)

Black pepper is a hot and warming oil. It can increase stamina & endurance. This oil blends well with citruses, Frankincense, Lavender, Ylang ylang, Rosemary and Sandalwood. To enhance aphrodisiac properties blend with Ylang ylang and Sandalwood. Ex. Black pepper 1 part, Ylang Ylang 1 part, & Sandalwood 2 part

### [Cinnamon](#)

Cinnamon is warming & invigorating. Blends well with Citruses, Frankincense, Cinnamon and Ginger.

### [Clary sage](#)

Clary sage is warming and euphoric. Clary sage has estrogen like properties which gives it the aphrodisiac effect and it can be helpful with menopause complaints. Blends well with Bergamot, Juniper berry, Lavender, Frankincense & Vetiver.

### [Neroli](#) (Orange blossom)

Neroli is loving, joyous, uplifting & peaceful. When inhaled it is a mild anti-depressant and can ease insomnia when inhaled at night. Blends well with citruses, Geranium, Chamomile, Clary sage, Lavender, Rose, Ylang Ylang

### [Wild Orange](#) (Orange peel)

Wild orange is warming, happy and energizing. Blends well with other citruses, Clary sage, Frankincense, Lavender, Geranium, Patchouli & Rosemary

### [Rose](#) (this link is for Rose Absolute)

Rose is a passionate, comforting and harmonious oil. It is one of the most effective aphrodisiac oils and it blends well with Ylang ylang, Neroli and Vanilla. Rose oil is produced when Rose petals are distilled. It takes approximately 65,000 Rose petals to get one ounce of oil, hence the price of Rose oil making the oil a real treasure. In addition there are over 5000 varieties of Rose and only a few which are distilled for scent.

### [Sandalwood](#)

Sandalwood oil is balancing & connecting. To enhance its aphrodisiac properties blend with Rose or Jasmine.

### [Vanilla](#)

Vanilla is warming and comforting. Blends well with citruses, Frankincense, Vetiver, Rose, Sandalwood & Ylang ylang.

### [Ylang ylang](#)

Ylang ylang is sensual and passionate, warming and intoxicating. It is stimulating, uplifting, warm, enthusiastic and joyful. Blends well with other florals, Black pepper, the citruses, Frankincense, Vetiver and Geranium. To enhance aphrodisiac properties, blend with patchouli and sandalwood. Ex. Ylang Ylang 1 part, Patchouli 1 part & Sandalwood 2 part.

## HOW TO APPLY

Massage - Apply blended in a carrier oil. (coconut oil, almond oil....)

Diffusing in the room

Inhalation

**All products are available for sale at Willow Health Food & Wellness Center**