



# Katseye Emotional

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Blend	Description	Contents
1	<b>Grounding</b> , anchoring, over-active mind, mind chatter, calming, clearing, travels deep inside, returns me to present, aids Journey work,	Basil, Lavender, Orange, Roman Chamomile, Clary Sage, YlangYlang, Frankincense, Sandalwood
2	<b>Releases blockages</b> , dislodge and dispel longstanding and unwelcome energies or blockages, calming, focusing, encourages creative thought	Eucalyptus, Rosemary, Lavender, Roman Chamomile, Pine, Tea Tree, Myrrh, Benzoin, Frankincense, Sandalwood
3	<b>Clears pathways</b> , clearing, encourages mental and emotional focus	Lemon, Eucalyptus, Lavender, Chamomile, Benzoin, Myrrh, Cedarwood, Frankincense, Sandalwood
4	Brings peace to troubled spirits, dissipates anger and negativity, promotes reason and understanding	Roman Chamomile, Lavender, Geranium, Juniper, Benzoin, Myrrh, Sandalwood, Patchouli
5	<b>Preserves and protects</b> "self", encourages uniqueness and identity	Bergamot, Tea Tree, Lavender, Geranium, Tagetes, myrrh
6	<b>Creativity</b> , imagination, visualisation, releasing emotions, feminine aspect, uplifting spirit, meditation aid, aids overcoming inhibitions	Sweet Orange, Clary Sage, YlangYlang, Lavender, Chamomile, Cypress, Geranium, Rosewood, Sandalwood
7	<b>Releases blockages</b> , spiritually and emotionally cleansing, heals rifts, helps to let go of grudges and long held resentments, promotes reconciliation	Peppermint, Basil, Rosemary, Lavender, Chamomile, Marjoram, Clary Sage, Benzoin
8	<b>Restoring balance</b> , masculine, balances the sexual, emotional and spiritual aspects, helps balance relationships encourages expression of emotion	YlangYlang, Petitgrain, Rosemary, Lavender, Clary Sage, Marjoram
9	<b>Clearing</b> , cleansing, aids clarity of considered communication	Lemon, Eucalyptus, Juniper, Benzoin, Chamomile, Hyssop, Sandalwood, Frankincense, Marjoram
10	<b>Comforting</b> , uplifting, lighter, cleansing, calming, reigns in the "beast" of unfettered emotion and strengthens resolve and will power	Peppermint, Ginger, Chamomile, Lavender, Rosemary, Juniper, Lemongrass, Basil, Marjoram, Clary Sage
11	<b>Encourages focus</b> and clarity of vision and purpose – strengthens resolve and determination	Eucalyptus, Lemon, Peppermint, Lavender, Chamomile, Pine, Cypress, Tea Tree
12	<b>Relaxing and cleansing</b> , clears away negative energy arising from external influences	Cajuput, Eucalyptus, Tea Tree, Rosemary, Lemon, Cinnamon, Lavender, Chamomile
13	<b>Dissipate and eliminate</b> negative energy and helps to prevent the build up of internalised negativity and negative energy	Cypress, Cedarwood, Juniper, Pine, Eucalyptus, Tea Tree, Benzoin, Lavender, Chamomile
14	<b>Helps to "grin and bear"</b> in difficult situations – helps maintain balance in difficult circumstances – mitigates helplessness & sense of being a "victim"	Rosemary, Juniper, Tangerine, Clove, Peppermint, Lemon, Lavender, Marjoram, Sandalwood, Chamomile
15	<b>Refreshing</b> , uplifting, helps overcome feelings of inadequacy or inferiority. Aid to overcoming shyness & embarrassment particularly in a social context	Lavender, Eucalyptus, Chamomile, Frankincense, Sandalwood
16	<b>Enhances</b> mental clarity and promotes intellectual expression – the ideal blend for those defending a viewpoint or debating an argument	Geranium, Rosemary, Lavender, Bergamot, Lemon, Tea Tree, Chamomile
17	<b>Energizes &amp; empowers</b> helping to tap into inner strength & resources when weak or challenged. Alertness, confidence, focus and determination	Sweet Orange, Geranium, Lavender, Basil, Peppermint, Myrtle, Frankincense, Patchouli, Sandalwood, Eucalyptus
18	<b>Builds self-acceptance</b> and helps to cope with feelings of rejection and general insecurity. Helps to build a sense of self-worth	Roman Chamomile, Lavender, Geranium, Tea Tree, Eucalyptus, Ravensara, Bergamot, Sage, Myrrh, Patchouli
19	<b>Oil for troubled waters</b> – a shield repelling arrows of the enemy, armour that preserves & protects – protection against advancing negativity	Peppermint, Clove, Chamomile, Lavender, Cinnamon, Lemon, Thyme, Eucalyptus, Cypress, Tea Tree, Geranium
20	<b>Relaxing</b> , comforting, homely, safe. Releases imagination and encourages lateral thought – an aid to creative planning and reflective thought	Orange, Myrtle, Frankincense, Chamomile, Lavender, Clary Sage, Marjoram
21	<b>Warming</b> , relaxing. Helps to maintain integrity in difficult situations – breaks the influence of external pressures and keeps you strong in adversity	Basil, Chamomile, Clary Sage, Marjoram, Peppermint, Clove, Lavender, Myrtle, Orange, Tangerine
22	<b>Encourages positive outlook</b> – stimulates positively both the mind and spirit	Citronella, Lemongrass, Peppermint, Lavender
23	<b>Diffuses tension and anger</b> – maintains inner calm	Chamomile, Lavender, Geranium, Clove, Peppermint, Cypress, Eucalyptus, Sandalwood, Frankincense, Thyme
24	<b>Energizes and stimulates</b> all internal energies – strengthens the individual on all levels – the most empowering of the blends	Juniper, Thyme, Hyssop, Cypress, Geranium, Fennel, Rosemary, Ginger, Clove, Marjoram
25	<b>Meditative</b> , restores perspective and purpose. Addresses inner imbalances – encouraging the feminine and mitigating the masculine	Orange, Chamomile, Myrtle, Frankincense, Clary Sage, Basil, Peppermint, Clove, Rosemary, YlangYlang, Fennel
26	<b>Positive memories</b> , clarity, acceptance of others, openness of mind	Spearmint, ginger, peppermint, lavender
27	<b>Encourages openness</b> towards others – encourages a sense of security and dissipates feelings of being threatened by others – a good "social" blend	Lavender, Chamomile, Marjoram, Eucalyptus, Tea Tree, Thyme, Peppermint, Clove
28	<b>Encourages inner strength</b> from which comes a sense of safety and the confidence to explore new things	Thyme, Palmarosa, Tea Tree, Myrtle, Clove, Cypress, Eucalyptus, Lavender, Clary Sage
29	<b>Calm, peaceful, safe</b> , loved, in protective bubble. Helps to release the inner-child and encourages you relax and "play"	Orange, Basil, Lavender, Chamomile, Clary Sage, Frankincense, Sandalwood, YlangYlang, Patchouli
30	<b>A very masculine</b> and sexually charged blend that encourages emotional and physical passion	Bergamot, Chamomile, Cinnamon, Geranium, Lavender, Palmarosa, Thyme
31	<b>The key word for this blend is "serenity"</b> – a very subtle and gentle blend that works on the deepest level to encourage peace and stillness	Essences of carrot seed, Palmarosa, Vetivert, Niaouli, Coriander, Tea Tree, Lavender, Frankincense
32	<b>Cleanses environment</b> and atmosphere on all levels. Transition and change – overcoming who you were to become who you are meant to be.	Basil, Cinnamon, Clary Sage, Clove, Frankincense, Ginger, Orange, Patchouli, Spearmint, YlangYlang
33	<b>Flexibility of mind</b> and lightness of heart – encouraging lightness of spirit	Tangerine, Lavender, Sandalwood, Frankincense
34	<b>Release</b> , letting go, unravelling. Restoring, repairing, renewing	Rose Absolute, YlangYlang, Geranium, Fennel, Coriander, Cypress, Thyme, Clary Sage, Lavender, Chamomile
35	<b>Maturity</b> , dignity and grace, self-acceptance, resolving inner turmoil	Rose Absolute, Sandalwood, Hyssop, Benzoin, Patchouli, Chamomile, Palma Rosa, Lavender
36	<b>Joy, energy, exuberance</b> – encourages confidence and helps you act rather than thinking too much	Juniper, Lemon, Palma Rosa, Myrrh, Clary Sage, Thyme, Chamomile, Lavender
37	<b>Gentleness</b> , inner beauty, the essence of friendship	Orange, Neroli, Petitgrain, Lemon, Lime, Juniper, Carrot Seed, Frankincense, YlangYlang, Lavender
38	<b>Raises spirits</b> , uplifting, focusing, motivation, refreshes, opens brow chakra,	Grapefruit, Geranium, Lemon, Rosemary, Eucalyptus, Tea
39	<b>Restoring</b> , calming,, comforting, clearing, relaxing, revitalising, calmer, safe	Rose, YlangYlang, Sweet Marjoram, Lemongrass, Lavender
40	<b>Strengthens spiritual foundations</b> , a "lifesaver", comfort, uplifting, safety, positivity, reminds us we are never alone	Neroli, Sandalwood, Chamomile, Clary Sage, Lavender
41	<b>The "Father"</b> - Strength, constancy, approachability, warmth with an open heart	Star Anise, Pine, Clove, Cinnamon, Peppermint, Rosewood, Bergamot, Coriander, Sweet Orange, Eucalyptus
42	<b>Calming</b> , balancing, ability to process and resolve, peaceful	Mandarin, Myrtle, Cypress, Geranium, YlangYlang, Rosewood, Chamomile, Sandalwood, Frankincense

## Dilutions Table

(d:ml)

Carrier	Gentle	General	Strong
Cream/Butter	15:50	20:50	25:50
Lotion/Cleanser	20:100	30:100	50:100
Bath Foam/Bath Oil/Bath Salts	15:100	25:100	35:100
Shampoo/conditioner	20:100	25:100	35:100
Shower Gel	20:100	25:100	35:100
Carrier Oil	10:100	30:100	50:100
Roller balls	10:10	15:10	20:10
Spray	20:100	30:100	60:100
Burner	30:100	50:100	70:100
Steam Inhaler	20:100	30:100	50:100
Solids	20:100	30:100	60:100
Floral Waters	20:100	25:100	30:100

For Pre-pubescent children use half the drops.  
 Not recommended for children under 3yrs old  
 For Pregnancy use ¼ drops for gentle/general and never use strong application

## Contraindications Table

All blends should be patch tested in case of sensitivities or allergies to ingredients.

Blend	Specific contraindications
1	Pregnancy, low BP
2	Pregnancy, epilepsy
3	Pregnancy
4	Pregnancy
5	Pregnancy (1 <sup>st</sup> 6 months)
6	Pregnancy
7	Pregnancy, epilepsy
8	Pregnancy, epilepsy
9	Pregnancy
10	Pregnancy, epilepsy
11	
12	Pregnancy, epilepsy
13	Pregnancy (1 <sup>st</sup> 3 months)
14	Pregnancy (1 <sup>st</sup> 6 months), epilepsy
15	Pregnancy (1 <sup>st</sup> 3 months)
16	Pregnancy (1 <sup>st</sup> 3 months), epilepsy
17	Pregnancy (1 <sup>st</sup> 3 months), evenings (inhibits sleep), high BP
18	Pregnancy (1 <sup>st</sup> 6 months)
19	Pregnancy (1 <sup>st</sup> 6 months)
20	Pregnancy, low BP
21	Pregnancy
22	
23	Pregnancy (1 <sup>st</sup> 6 months)
24	Pregnancy, epilepsy, angina, high BP
25	Pregnancy, epilepsy
26	
27	Pregnancy
28	Pregnancy (1 <sup>st</sup> 6 months)
29	Pregnancy
30	Sensitive skin
31	Pregnancy (1 <sup>st</sup> 6 months)
32	Pregnancy
33	
34	Pregnancy
35	Pregnancy
36	Pregnancy
37	Pregnancy (1 <sup>st</sup> 3 months)
38	Pregnancy (1 <sup>st</sup> 3 months), high BP, epilepsy, evenings, sunbathing (citrus content)
39	Pregnancy (1 <sup>st</sup> 6 months)
40	Pregnancy, before driving, if drinking alcohol, low BP
41	Pregnancy, breastfeeding. Avoid long term use – potent
42	

Note: when pregnancy contraindicates blend use burner or roller ball

This Chart is for use (i) solely by those individuals trained in the use of Katseye Blends and (ii) only to the extent that those individuals have been trained in the use of Katseye Blends. This Chart is not for public consumption or distribution. It is a general reference guide for quick reference purposes only and must be used with reference to and in conjunction with all the information and guidelines provided by Katseye Training to which it relates.



## **Important Notes**

In the event of any doubt as to the appropriateness for use of any Blend or Product made using such Blend(s) then either contact Katseye Training ([www.katseyetraining.co.uk](http://www.katseyetraining.co.uk)) for advice or do not use such Product or Blend(s).

This Blending Reference Guide contains Contraindications for Katseye Blends (the "Blends") only and not as regards any Carrier or Base Product that may be used to make a Product.

## **Carrier Table**

This Table identifies the most appropriate method for using the Blends with each of the main Carriers, whether as a principal use or support to use. Where a Blend is not listed it may still be used in a number of the Carriers for a support to use or for Fragrance purposes (except for Blend 41 which should only be used in a lotion and only when appropriate).

<u>Carrier</u>	<u>Blends</u>	<u>General Dilution</u>
Bath	1,2,5,6,7,8,9,10,11,12,13,17,21,25,31,38,39,40,42	5 drops per bath
Burner	1,2,3,4,6,8,9,17,20,22,25,26,29,32,38,40,42	5 drops per fill
Cream	1,2,3,4,5,6,7,8,9,10,13,14,15,17,18,19,20,21,22,23,25,26,27,28,29,30,31,33,34,35,36,37,38,39,40,42	1 drop to 3gm
Lotion	2,4,6,7,8,10,13,14,15,17,18,19,21,22,23,24,25,28,31,33,34,36,38,39,40,41,42	1 drop to 3ml
Massage Oil	1,4,6,7,8,10,17,21,24,31,33,38,40,42	1 drop to 3ml
Neat	1,3,4,5,6,8,11,12,15,18,20,21,26,27,30,32,40,42	2 to 3 drops
Roller Ball	1,2,3,4,6,8,15,17,20,21,24,26,27,38,40,42	15 drops to 10ml
Shampoo	4,16,22,23,42	1 drop to 4ml
Shower gel	1,4,6,15,17,22,31,32,34,38,39,40,42	1 drop to 3ml
Spray	1,4,15,16,19,22,23,26,32,42	1 drop to 3ml
Steam Inhalation	2,3,9,11,42	1 drop to 3ml
Treatment Oil	2,6,7,9,10,13,14,15,16,18,19,21,24,27,33,42	1 drop to 3ml

## **Safety Advice**

Please note that any reference to a Product or Products is a reference to any Product containing a Blend or Blends.

### **Sole Use**

Where a Product is prepared for a particular individual, it may not be suitable for use by another individual e.g. extra dilution is required for children, the person may be pregnant, a person with a sensitivity or allergy may react to a Product. It is necessary to check for Contraindications and also to check the Dilution is appropriate for each individual using a Product.

### **Children**

Keep Products out of reach of small children.

### **Flammable**

The Blends consist solely of Essential Oils which are flammable. Do not place them on/near a naked flame except in a proper burner.

### **Solvents**

Some Blends are solvents and may damage certain plastics and polished wood surfaces and may stain fabrics.

### **Sprays**

Exercise caution with polished floors/lino as Sprays should be natural water based Products and all polished/smooth surfaces are slippery when wet.

### **Undiluted Blends**

Unless specifically instructed by an expert, do not apply undiluted Blends directly onto the skin as this can lead to irritation of the skin.

### **Use**

Do not use a Product as food flavouring nor take internally.

### **High Concentration**

The Blends are highly concentrated and therefore incorrect use can cause undesirable side effects.

### **Eyes**

Keep the Blends away from the eyes and do not rub eyes after handling the Blends.

The Blends, even when diluted, will cause stinging if they get into the eyes.

### **In the event of an accident!**

- If a Product is splashed in the eyes, immediately flush the eyes with clean, warm water or full-fat milk. If this does not alleviate the stinging and irritation then seek Medical Assistance.
- If a Blend is present on the fingers, remove by gently scrubbing with strong solution of washing-up-liquid. Do not rub eyes if a Blend is on fingers. Certain Essential Oils contained in the Blends and tending to persist on fingers are Cinnamon and Peppermint which can cause eye irritation.
- If a Blend is present on other parts of the body, remove by washing with warm, soapy water. Dry the area thoroughly and apply hand cream, a medicated cream or, if nothing else is available, a small amount of butter or margarine.
- If there is an accidental consumption of a Product, seek Medical Assistance immediately.

### **Reaction to Product**

In the event of any reaction to a Product discontinue use immediately and seek medical assistance where required.

## **Suitability of Product**

In the event that a Product is intended for use by Children or Animals please ensure that it is suitable for such use. A Product should not be used if in any doubt as to its appropriateness for use.

## **Patch Test**

If an individual is unsure if they are sensitive or allergic to any ingredients in a Product a Patch Test is necessary.

In any event, prior to using a Product a Patch Test should be conducted to ensure no adverse reaction.

Place a small amount of the Product on the gauze of a plaster and put the plaster on a discreet part of the body e.g. forearm. Leave for 2-4 hours then lift the plaster to see if there has been any reaction such as redness. In the event of a reaction the Product should not be used.

It is important to note that certain drugs, stress and menstrual cycle can affect sensitivity to products.