

Katseye Emotional

| Blend | Description | Contents |
|-------|--|--|
| 1 | Grounding , 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 | Releases blockages , 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 | Clears pathways , 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 | Preserves and protects "self", encourages uniqueness and identity | Bergamot, Tea Tree, Lavender, Geranium, Tagetes, myrrh |
| 6 | Creativity , 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 | Releases blockages , 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 | Restoring balance , masculine, balances the sexual, emotional and spiritual aspects, helps balance relationships encourages expression of emotion | YlangYlang, Petitgrain, Rosemary, Lavender, Clary Sage, Marjoram |
| 9 | Clearing , cleansing, aids clarity of considered communication | Lemon, Eucalyptus, Juniper, Benzoin, Chamomile, Hyssop, Sandalwood, Frankincense, Marjoram |
| 10 | Comforting , 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 | Encourages focus and clarity of vision and purpose – strengthens resolve and determination | Eucalyptus, Lemon, Peppermint, Lavender, Chamomile, Pine, Cypress, Tea Tree |
| 12 | Relaxing and cleansing , clears away negative energy arising from external influences | Cajuput, Eucalyptus, Tea Tree, Rosemary, Lemon, Cinnamon, Lavender, Chamomile |
| 13 | Dissipate and eliminate 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 | Helps to "grin and bear" 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 | Refreshing , uplifting, helps overcome feelings of inadequacy or inferiority. Aid to overcoming shyness & embarrassment particularly in a social context | Lavender, Eucalyptus, Chamomile, Frankincense, Sandalwood |
| 16 | Enhances 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 | Energizes & empowers 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 | Builds self-acceptance 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 | Oil for troubled waters – 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 | Relaxing , 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 | Warming , 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 | Encourages positive outlook – stimulates positively both the mind and spirit | Citronella, Lemongrass, Peppermint, Lavender |
| 23 | Diffuses tension and anger – maintains inner calm | Chamomile, Lavender, Geranium, Clove, Peppermint, Cypress, Eucalyptus, Sandalwood, Frankincense, Thyme |
| 24 | Energizes and stimulates 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 | Meditative , 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 | Positive memories , clarity, acceptance of others, openness of mind | Spearmint, ginger, peppermint, lavender |
| 27 | Encourages openness 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 | Encourages inner strength 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 | Calm, peaceful, safe , 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 | A very masculine and sexually charged blend that encourages emotional and physical passion | Bergamot, Chamomile, Cinnamon, Geranium, Lavender, Palmarosa, Thyme |
| 31 | The key word for this blend is "serenity" – 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 | Cleanses environment 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 | Flexibility of mind and lightness of heart – encouraging lightness of spirit | Tangerine, Lavender, Sandalwood, Frankincense |
| 34 | Release , letting go, unravelling. Restoring, repairing, renewing | Rose Absolute, YlangYlang, Geranium, Fennel, Coriander, Cypress, Thyme, Clary Sage, Lavender, Chamomile |
| 35 | Maturity , dignity and grace, self-acceptance, resolving inner turmoil | Rose Absolute, Sandalwood, Hyssop, Benzoin, Patchouli, Chamomile, Palma Rosa, Lavender |
| 36 | Joy, energy, exuberance – encourages confidence and helps you act rather than thinking too much | Juniper, Lemon, Palma Rosa, Myrrh, Clary Sage, Thyme, Chamomile, Lavender |
| 37 | Gentleness , inner beauty, the essence of friendship | Orange, Neroli, Petitgrain, Lemon, Lime, Juniper, Carrot Seed, Frankincense, YlangYlang, Lavender |
| 38 | Raises spirits , uplifting, focusing, motivation, refreshes, opens brow chakra, | Grapefruit, Geranium, Lemon, Rosemary, Eucalyptus, Tea |
| 39 | Restoring , calming, comforting, clearing, relaxing, revitalising, calmer, safe | Rose, YlangYlang, Sweet Marjoram, Lemongrass, Lavender |
| 40 | Strengthens spiritual foundations , a "lifesaver", comfort, uplifting, safety, positivity, reminds us we are never alone | Neroli, Sandalwood, Chamomile, Clary Sage, Lavender |
| 41 | The "Father" - Strength, constancy, approachability, warmth with an open heart | Star Anise, Pine, Clove, Cinnamon, Peppermint, Rosewood, Bergamot, Coriander, Sweet Orange, Eucalyptus |
| 42 | Calming , balancing, ability to process and resolve, peaceful | Mandarin, Myrtle, Cypress, Geranium, YlangYlang, Rosewood, Chamomile, Sandalwood, Frankincense |

Dilutions Table

| Carrier | (d:ml) | | |
|-------------------------------|--------|---------|--------|
| | 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 st 6 months) |
| 6 | Pregnancy |
| 7 | Pregnancy, epilepsy |
| 8 | Pregnancy, epilepsy |
| 9 | Pregnancy |
| 10 | Pregnancy, epilepsy |
| 11 | |
| 12 | Pregnancy, epilepsy |
| 13 | Pregnancy (1 st 3 months) |
| 14 | Pregnancy (1 st 6 months), epilepsy |
| 15 | Pregnancy (1 st 3 months) |
| 16 | Pregnancy (1 st 3 months), epilepsy |
| 17 | Pregnancy (1 st 3 months), evenings (inhibits sleep), high BP |
| 18 | Pregnancy (1 st 6 months) |
| 19 | Pregnancy (1 st 6 months) |
| 20 | Pregnancy, low BP |
| 21 | Pregnancy |
| 22 | |
| 23 | Pregnancy (1 st 6 months) |
| 24 | Pregnancy, epilepsy, angina, high BP |
| 25 | Pregnancy, epilepsy |
| 26 | |
| 27 | Pregnancy |
| 28 | Pregnancy (1 st 6 months) |
| 29 | Pregnancy |
| 30 | Sensitive skin |
| 31 | Pregnancy (1 st 6 months) |
| 32 | Pregnancy |
| 33 | |
| 34 | Pregnancy |
| 35 | Pregnancy |
| 36 | Pregnancy |
| 37 | Pregnancy (1 st 3 months) |
| 38 | Pregnancy (1 st 3 months), high BP, epilepsy, evenings, sunbathing (citrus content) |
| 39 | Pregnancy (1 st 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 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 Blends 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) 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.