Introduction

From the Bible: Proverbs 21:20

“In the house of the wise are stores of choice food and oil”

If we really open our hearts to receive these words we will understand the 12 oils of Ancient Scripture. To a certain degree at least...

It is obvious that there was a great deal of love and appreciation for these precious substances and their benefits for our body, mind and soul even in biblical times.

The truth in legends

“I love stories and have always felt that truth brings legends into being and everyone who retells a story, dresses it up a little bit more adding their own personal touch. Legends are always passed on like this and in the same way as I am telling you this story now, you will go home and tell it to your family. When I hear a story I try to track it down and search for its origin. This has taken me all over the world and given me the most amazing experiences.” Gary Young

We are grateful to Gary Young, who has brought back this knowledge and this quality in the form of the 12 oils of Ancient Scripture. With these oils from Young Living we are holding some of the most valuable oils in our hands. We can take this intense vibe back to our own homes and apply it to ourselves and let our partners, families and friends experience it too. Every day.
Awareness of the power of essential oils is thousands of years old. Essential oils are used in all modern civilisations to promote a healthy body and mind.

Today the use of the purest natural products has become extremely important for our well-being.

Essential oils are precious substances because they are able to pass through the blood-brain barrier due to their minute molecular structure. They can have a positive influence on our mental performance, concentration and moods.

One drop of essential oil has approximately 40 000 000 000 000 000 000 (forty trillion) molecules. Our body has approximately 100 billion cells. That means each of our cells comes into contact with this drop 40,000 times!

**Therapeutic Grade Essential Oils:**

In chemical terms, essential oils are highly complex and consist of hundreds of different chemical compounds, which only have effective properties in their respective combination. They are highly concentrated and much more effective than dried herbs. The distillation process makes essential oils so concentrated.

For example, over 2,000 kg of rose petals are needed to make half a litre of rose oil and up to 3 tons of melissa are needed to make half a litre of melissa oil. These ingredients depend on a series of factors, namely which part of the plant is used, soil conditions, fertilisers (chemical or organic), geographic location, climate, altitude, harvesting methods and especially the distillation process.

The key to producing a therapeutic grade essential oil lies in preserving as many fine aromatic ingredients as possible in the oil.

These ingredients are easily destroyed through excessive pressure, temperature and through contact with chemically reactive metals such as copper and aluminium. That’s why therapeutic grade essential oils from Young Living are produced at low pressure and low temperatures in high-grade steel chambers. Gary Young makes NO compromises in this respect.
Spray chemicals are never used to protect plants, essential oils are. The difference between perfume grade essential oils and therapeutic grade essential oils from Young Living is primarily down to their purity and their chemical composition. Of all the essential oils available on the market worldwide, approximately 3% have this standard of quality.

What makes a therapeutic grade essential oil so effective?

Essential oils and human blood have the same tasks and properties. They protect the body against viruses, contain substances that are similar to hormones and initiate regeneration processes. In plants, essential oil has a protective, life-sustaining, calming and regenerating function. With the help of essential oil, plants successfully defend themselves against bacteria, fungi and viruses. Since their chemical structure is very similar to that of the building blocks of human cells, they are recognised and tolerated by the human body. Their molecules are small enough to pass quickly through the skin, be absorbed into the tissue and distributed around the body in the bloodstream.

Essential oils stimulate the body to release anti-bodies, neurotransmitters, endorphins, hormones and enzymes. According to ORAC, a test carried out by Tufts University, essential oils are the most effective natural anti-oxidants known to date. They are substances that help reduce free radical damage in our body. Essential oils can help detox the whole body thus engendering emotional, physical and spiritual well-being.

Guidelines for using Young Living essential oils safely:

1. Always have a bottle of V6, or pure plant oil to hand when using essential oils. In the event of skin irritation the essential oil can then be diluted with plant oil immediately.
2. Avoid using hot oils such as cinnamon and clove on the skin.
3. Always keep oil bottles tightly closed and away from light in a cool place. Doing so will allow oils to retain their strength for many years.
4. Keep out of the reach of children.
5. When using essential oils with children under the age of 7 always dilute them with V6.
6. Do not use oils with a high menthol content (such as peppermint) in the neck area of children under the age of 7.
7. Do not use essential oils on the eyes or ears. Do not touch contact lenses or rub the eyes if you have oil on your hands.
8. Essential oils with a high phenol content – oregano, helichrysum, cinnamon, thyme, clove, lemongrass, bergamot, Thieves and Immupower can corrode contact lenses and irritate eyes.
   If essential oil gets into the eyes, wash out with pure plant oil, not with water.
9. If you are pregnant, always consult your GP before using essential oils with a hormone-like effect, such as clary sage, sage, tansy, juniper and fennel.
10. If you suffer from seizures or high blood pressure, always consult your GP before using essential oils. Hyssop, juniper and fennel should not be used.
11. If you are prone to allergic reactions, always test a small amount of essential oil on the inside of the lower arm before applying essential oil to other parts of the body.
12. Do not add undiluted essential oils to bath water. Always mix with a natural bath gel, honey or milk to emulsify.

**Direct sunlight and essential oils**

Lemon, bergamot, orange, mandarin, white angelica or mixtures containing citrus oil, may provoke a skin reaction or pigmentation if the skin is exposed to sunlight shortly afterwards.

**Therefore:** The soles of the feet are one of the safest and most effective places to use oils.

**Products from Young Living are not designed to diagnose, treat, cure or prevent illnesses. The information in this document merely serves the purpose of providing information and does not replace a consultation with your doctor.**

Sandalwood – Santalum album
A member of the sandalwood family, 
**Santalaceae**

John 19: 39 - "He [Joseph of Arimathea] was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloes, about a hundred pounds."

Numbers 24: 6 - "Like valleys they spread out, like aloes planted by the LORD, gardens beside a river, like cedars beside the waters."

Psalms 45: 8 - "All your clothes are fragrant with myrrh, aloe and cassia; from passages adorned with ivory the music of the strings makes you glad."

The sandalwood tree is one of the most precious trees in the world. Hardwood does not form until after 15 to 20 years and distillation of the wood cannot begin until after 25 years.
The highest percentage of essential oil is formed in the trunk and in the roots between the age of 60 and 80. The best cultivation areas are in east India in the province of Karnataka (formerly Mysore), Tamil Nadu and Kerala. Trees can grow to a height of up to 15 metres.
Sandalwood is used particularly in Indian rituals such as weddings. Sandalwood is used for embalming so that the soul can begin a new life.
Applying sandalwood to the third eye is an important part of a meditative lifestyle.
Sandalwood has traditionally been used for thousands of years as a means of awakening the energy force, Kundalini.
The mild smoky fragrance increases our sensual perception and brings deep relaxation. This fragrance opens up intuitive and creative channels and brings visions to life.

Sandalwood has a sensuous fragrance with a tranquil meditative note and is therefore highly prized.
Sandalwood has a high sesquiterpene content (90%) and contains approximately 50% Alpha Santalol and 20 % Beta Santalol.
Sesquiterpenes stimulate the pineal gland and support the transportation of oxygen to the cells. Sandalwood oil also stimulates the pineal gland, which produces melatonin that is important for immune system function.
Supports gland system function, in particular male and female sex gland function and is beneficial for the urinary tract. Its mild fragrance is deeply relaxing for the soul and it relieves dry, itchy skin. Sandalwood is grounding and provides stability. A particularly popular oil in premium skin care products and for supporting lymph system cleansing. Creates a particularly hostile environment for viruses.

Has been used in Ayurvedic medicine for many years for skin regeneration, yoga and meditation. Induces deep relaxing sleep and helps remove negative programmes from the cells.

Sandalwood is probably the most “counterfeited” woody fragrance and many oils claim to be sandalwood oil, but have no connection whatsoever with sandalwood. Genuine sandalwood is a luxury item, since possessing sandalwood, buying, selling and storing it and its products, is subject to stringent statutory regulations imposed by the Indian government. Approximately 1,000 tons of sandalwood is produced in India each year. India exports between six and ten tons of “sandalwood oil”.

For a relaxing massage best used diluted with V6. Blend with cyprus, grapefruit and V6 to cleanse the lymph vessels. Sandalwood oil is contained in high-grade sandalwood face cream.

Cassia – Cinnamomum cassia
A member of the laurel tree family, 
Lauraceae

Exodus 30: 22 - 24 - "Then the LORD said to Moses, “Take the following fine spices: 500 shekels of liquid myrrh, half as much (that is 250 shekels) of fragrant cinnamon, 250 shekels of fragrant cane, 500 shekels of cassia – all according to the sanctuary shekel – and a hin of olive oil. Make these into a sacred anointing oil, a fragrant blend, the work of a perfumer. It will be the sacred anointing oil."

1 shekel is roughly 12 g, 1 hin roughly 5 litres

Cassia is an ingredient in the holy anointing oil of Moses. The oil is distilled in China from the branches, leaves and flowers. The slender evergreen cassia tree can grow to heights of between 7 and 17 metres. Although the fragrance is sweet, sensual and similar to cinnamon, its organic composition is completely different. Cassia oil can look back over a long period in biblical history; it was first recorded on rolls of papyrus 3,600 years ago. Cassia oil supports our immune system and creates an extremely hostile environment for fungi and other germs.

Adding 1 drop to half a litre of water can produce a wonderfully refreshing mouthwash.

The warming oil is pleasant to use on cold hands and feet. It also stimulates the production of digestive juices. NB: Cassia oil may irritate the skin, therefore always dilute with a V6 plant oil blend before applying to the feet. Suitable for use in a diffuser (10 minutes only) and offers extremely good support for immune system function.

Emotional effect: Strengthens our independent, rebellious nature.

Cedarwood – Atlas cedar-
Cedrus atlantica, a member of the pine family, *Pinaceae*

**Leviticus 14: 4 -** "The priest shall order that two live clean birds and some cedar wood, scarlet yarn and hyssop be brought for the one cleansed."

**Leviticus 14: 49 -** "To purify the house he is to take two birds and some cedar wood, scarlet yarn and hyssop."

1 Chronicles 22: 4 - "He also provided more cedar logs than could be counted, for the Sidonians and Tyrians had brought large numbers of them to David."

2 Kings 19: 23 "By your messengers you have heaped insults on the LORD. And you have said "With my many chariots I have ascended the heights of the mountains, the utmost heights of Lebanon. I have cut down its tallest cedars, the choicest of its pines. I have reached its remotest parts, the finest of its forests."

1 Kings 5 - "So give orders that cedars of Lebanon be cut for me. My men will work with yours, and I will pay you for your men whatever wages you set. You know that we have no one so skilled in felling timber as the Sidonians."

The priests needed cedar and hyssop for cleansing after healing leprosy (Leviticus 14:4) and when burning the heifer (Numbers 19:6) the ashes of which were an ingredient in cleansing water.

Cedars were a symbol of strength, dignity and beauty. Cedar wood was brought from the Lebanon to build the second temple in Jerusalem (1 Kings 5:19-32).

King David and King Solomon used cedar wood to build their palaces because it was thought to be indestructible.

Cedar belongs to the pine family and grows to heights of up to 75 metres and lives 2000 years. Young cedar trees are almost pyramid in shape and as they get older they resemble an umbrella with overhanging branches.
Cedarwood oil comes from the bark of Atlas cedars in Morocco and the USA. The Atlas cedar most resembles the cedar trees referred to in the Bible. The Egyptians used cedarwood oil for embalming and in Tibet it was used as a fragrance.

A description of cedarwood oil was found on a Babylonian tablet dating back to 1800 BC. It is one of the oldest distilled oils.

Ritual cleansing with cedarwood oil is described time and time again (Sumerians, Chinese).

Cedars flower in the autumn and this represents a small, but subtle difference from all other conifers.

The Celts regarded cedars as the tree of the enlightened, true greatness and reflective leadership.

Consists of 98% sesquiterpenes, the highest percentage of all oils - stimulates the pineal gland and melatonin distribution - facilitates deep, regenerating sleep and mental clarity.

Has a grounding and calming effect and boosts self-confidence. Dr. Terry Friedmann worked with children suffering from attention deficit disorder. Diffusing cedarwood produced a significant improvement in the concentration of these children. Cedarwood oil is used in skin care to treat impurities and flaky skin. It is also effective for hair loss and as protection against insects.

Cedarwood also supports the lungs best through massage diluted with V6.

**Application:** Place in a diffuser, apply to the soles of the feet and dilute with V6 for a head or body massage.
Cypress - *Cupressus sempervirens*, a member of the cypress family of evergreens, also known as gopher wood or olive tree

*Genesis 6:14* - "So God said to Noah “Make yourself an ark of cypress wood; make rooms in it and coat it with pitch inside and out.”

*Psalm 104:17* - "Cedars are the joists of our house and cypress the walls.”

The Phoenicians and Cretans built boats and bows from cypress wood, the Egyptians made sarcophagi.

The Greeks made statues of their gods from cypress wood.

According to legend, the cross on which Jesus died was made from cypress. Cypress oil is distilled in Spain and France from the tree’s branches.

Cypress oil is first mentioned in the 18th century BC in papyrus rolls.

**Emotional effect:** Helps us deal better with loss and change and creates a feeling of security and grounding. Supporting in the event of emotional trauma, has a calming effect and restores the flow to life.

Cypress grows in the Mediterranean area, is a slender tree that grows to a height of between 20 and 45 metres. In many cultures cypress is a symbol of grief, death and transition.

Cypress helps sharpen the important things in chaotic periods enabling us to see more clearly. As an intermediary between heaven and earth, only the sight of a cypress tree can bring about a feeling of hope.

Cypress oil is recommended if there is too much fluid in the body. An accumulation of liquid means too many pent up, unexpressed feelings.

Cypress oil is excellent in supporting blood circulation for all body systems.
It strengthens the blood capillaries and vein walls, brings relief in the case of excessive sweating and if a woman loses too much energy during her monthly cycle.

Because it is helpful in all those places where fluid has built up or where too much fluid is in play, it is used on damp, greasy skin, slack connective tissue and sweaty feet.

Good for all air ways. Hip baths with a drop of cypress oil added can regularise the blood circulation in the anal region.

Oil blend for veins: cypress blended with helichrysum.

Cypress also supports the muscles, joints, the immune system and air ways.

Frankincense - *Boswellia carteri*, a member of the incense tree family, *Burseraceae*
Frankincense is mentioned directly or indirectly over 80 times in the Bible.

Matthew 2: 11- "On coming to the house, they saw the child with his mother, Mary, and they bowed down and worshipped him. Then they opened their treasures and presented him with gifts of gold, incense and myrrh."

Exodus 30:34- "Then the LORD said to Moses, “Take fragrant spices – gum resin, onchya and galbanum – and pure frankincense, all in equal amounts.”

For Gary Young, frankincense is the oil of oils, it has the longest history, the most stories and the deepest spirituality. The first time he stood under a frankincense tree he was so deeply moved by the tree’s soul that this moment is still engraved on his heart.

Frankincense has been equated with long life and a path into the divine light.

The powder was called manna, which promised eternal youth, it was recognised as healing food.

Frankincense was transported long distances at great effort through the desert on the frankincense routes to be exchanged for other precious goods.

Frankincense is referred to in the oldest medical document, the Ebers papyrus dating back to 1600 BC. Frankincense has been used for thousands of years as a holy oil and in religious ceremonies. In Egypt the saying goes, “Frankincense is good for everything. From top to toe.”

During the time of Christ it was traded as a particularly precious oil and was more valuable than gold. Only extremely wealthy people could afford to buy frankincense.

Our precious frankincense oil comes from Somalia and is steam-distilled in Kenya from the resin. The distillation process lasts around 10 hours and requires expert knowledge.

The frankincense tree grows in particularly dry and dusty soil, in terrain with virtually no earth.
The tree is scored with special tools and after 10 to 20 days the dried tree sap is collected like pearls. The lighter the resin is in colour, the more precious the oil.

Its fragrance nourishes our consciousness and meditative inner stillness and enlightens our attitude and thinking.

**Spiritual effect**

Frankincense helps restore the soul’s consciousness to the body enabling a feeling of oneness. It is the oil of grace, deep spiritual insight and clarity. Its fragrance can help experiences and situations be seen in a different light and acceptance of this feeling is facilitated by the oil’s vibrancy. The divine can be seen in all small things.

Frankincense cleanses the body, mind and soul.

Monoterpenes enable healthy cell programming. Frankincense has an extraordinary ability to regenerate cells and for this reason is widely used for dry, damaged and wrinkled skin.

Sesqiterpenes mean that frankincense oil also has a stimulating effect on the limbic system, the hypothalamus and pituitary gland and offers particular support for our hormone and immune systems.

Placing a drop of frankincense on the forehead and under the nose before going to sleep boosts the formation of growth hormones and thus regeneration may increase.

Nourishing for all organs, joints and for the nervous system.

Frankincense can be used in a diffuser, applied to the skin or used with V6 as a massage oil.
Galbanum - Ferula gummosa, a member of the parsley family, Apiaceae

Exodus 30: 34 "Then the LORD said to Moses, “Take fragrant spices – gum resin, onycha and galbanum – and pure frankincense, all in equal amounts, and make a
fragrant blend of incense, the work of a perfumer. It is to be salted and pure and sacred."

Galbanum is described in the Ebers Egyptian papyrus document (1550 BC) as incense and as an ingredient in the holy incense of Moses in the Old Testament.

It was highly prized for its physical and spiritual properties. Dioscorides, a Roman historian, described galbanum as beneficial and relaxing.

**Sources:** France, Iran, steam-distilled from resin extracted from the branches and the stem.

Today this extremely valuable oil is used in skin care products to combat wrinkles and scarring. It relaxes the digestive tract and frayed nerves and strengthens the lungs. Because galbanum also has an extremely relaxing effect on the female body, this oil also has the name Mother resin. Galbanum releases old anxieties, which have their seat in the kidney area, allowing vitality to flow freely once again.

The frequency of galbanum is rather low on its own, but increases dramatically if combined with frankincense and sandalwood. The fragrance is reminiscent of the earth and galbanum is a very grounding, maternal plant that gives us security and confidence in our feelings.

If the fragrance is inhaled it allows more intense and clearer communication with the divine. We receive messages during the day and during our dreams that take us further down our spiritual path. Particularly at times when we feel lost and confused, galbanum can provide a new dimension to spiritual insight and clarity.

**Emotional effect:** Brings harmony and balance, enhances attentiveness and inner calm.

Can be used in a diffuser, applied to the stomach or back as a massage oil diluted with V6.
Hyssop - *Hyssopus officinalis*, a member of the labiate family, *Lamiaceae*

Exodus 12: 22 - “Take a bunch of hyssop, dip it into the blood in the basin and put some of the blood on the top and on both sides of the door frame. Not one of you shall go out the door of his house until morning.”
Psalm 51: 7 - “Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.”
John 19: 29 - “A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus’ lips.”

Distillation areas are France, Hungary and Utah.

Although there is still an element of doubt as to whether *Hyssopus officinalis* was around in biblical times, hyssop has a long history of significant uses. It was prized as a healing herb and was used to wash lepers. Hyssop was given to people being crucified to relieve their agonising pain. Hyssop promotes the cleansing of body and soul. Old thought patterns and emotions can result in the production of excessive acid in the tissue. The purging effect of hyssop is far-reaching, both in the head and in the throat and lungs. The oil releases old waste products and cleanses and freshens the cells.

Helps burn fat and creates extremely hostile conditions for parasites. Promotes creativity and meditation thus enabling relaxed, clear thinking.

!!! Hyssop should not be used during pregnancy or by people suffering from seizures or high blood pressure.
Myrrh - Commiphora myrrha, a member of the incense tree family, Burseraceae

Esther 2: 12 - "Before a girl’s turn came to go in to King Xerxes, she had to complete twelve months of beauty treatments prescribed for the women, six months with oil of myrrh and six with perfumes and cosmetics.

Genesis 43: 11 - "Then their father Israel said to them, “If it must be, then do this: Put some of the best products of the land in your bags and take them down to the man as a gift – a little balm and a little honey, some spices and myrrh, some pistachio nuts and almonds.”

Exodus 37: 25 - “As they sat down to eat their meal, they looked up and saw a caravan of Ishmaelites coming from Gilead. Their camels were loaded with spices, balm and myrrh, and they were on their way to take them down to Egypt.”

Matthew 2: 11 - “On coming to the house, they saw the child with his mother Mary, and they bowed down and worshipped him. Then they opened their treasures and presented him with gifts of gold, frankincense and myrrh.”

John 19: 39 - “He [Joseph of Arimathea] was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloes, about a hundred pounds.”

Myrrh is the most famous oil in the Bible. Myrrh was needed by God for the holy anointing oil that Moses was given in Exodus 30:23. Esther bathed in myrrh for six months prior to her marriage to the king. David sings about myrrh in Psalm 45 as a oil of joy whilst Solomon warns against the adulteress in Proverbs 7:17 who perfumes her bed with myrrh.

Myrrh is one of the first oils Jesus receives after his birth and one of the last. Myrrh was used at the time to prevent umbilical cord infections.
It was also thought by pregnant mothers that applying this precious oil offered protection against generational curses. Consequently, they used this oil during pregnancy and applied the oil to the umbilical cord of their newborn child. Moreover, myrrh protected babies if they had minor lesions on the skin and against infections prevalent at the time. It is said that Jesus refused the wine mixed with myrrh that was offered him by the Roman soldiers as he hung on the cross.

Myrrh is mentioned in the oldest medical document, the Ebers Papyrus - in the 16th century BC in Egypt - a collection of 877 recipes. Myrrh was used by the Egyptians for embalming. The Egyptians wore cones of fat saturated with myrrh as protection against insects that melted in the desert heat.

The Arabs used myrrh to regenerate the skin. Hildegard von Bingen (1098-1179) also referred to myrrh in her writings.

**Sources:** A resin is obtained in Somalia from the bitter-tasting, fragrant sap and then distilled.

Myrrh is a very strong anti-oxidative oil, but at the same time is like a server for all other oils. Myrrh can increase the longevity of any other aroma without dominating.

Supports the immune system at times of stress, enriches the cells with oxygen and balances the digestive juices. Can harmonise the thyroid.

Effective for open mouth sores, stretch marks and wrinkles. Myrrh creates a hostile environment for fungi.

Its fragrance can increase zest for life and revitalise the limbic system due to the high sesquiterpene content thereby also enhancing emotional freedom through deliberate inhalation.
**Application:** Place in a diffuser, use as massage oil diluted with V6. Place 1-2 drops in a glass of water and use as a mouthwash.

**Myrtle - Myrtus communis** - a member of the myrtle family, Myrtaceae
Nehemiah 8: 15 - "and that they should proclaim this word and spread it through their towns and in Jerusalem: “Go out into the hill country and bring back branches from olive and wild olive trees, and from myrtles, palms and shade trees, to make booths”- as it is written.”

Isaiah 41: 19 - "I will put in the desert the cedar and the acacia, the myrtle and the olive. I will set pines in the wasteland, the fir and the cypress together.”

Isaiah 55: 13 - "Instead of the thornbush will grow the pine tree, and instead of briers the myrtle will grow. This will be for the Lord’s renown, for an everlasting sign, which will not be destroyed.”

Esther is Hadassah in Hebrew, which means myrtle. Myrtle is traditionally a symbol of immortality, beauty, peace and purity. The fragrance is described as paradisiacal; it can clear and cleanse the mind. The Greeks dedicated myrtle to Aphrodite, the goddess of beauty and love. For them she was a symbol of youth and beauty.

The Romans portray the goddess Venus with a myrtle branch in her hand rising out of the sea. The Romans decorated their temples with garlands of myrtle and perfumed the halls where they celebrated feasts with myrtle fragrance. Myrtle was used in religious ceremonies to cleanse ritual impurities.

Sources: Tunisia, the leaves are distilled
Myrtle is an excellent oil for balancing all the gland systems, and particularly the thyroid gland.

Dr. Penoel studied the effect of myrtle on the ovaries and the thyroid. Myrtle has a soothing effect on the bronchial tubes and the lungs. Myrtle helps release blockages in the digestive system.

The fragrance of myrtle induces calmness and serenity, eases the release of rigid attitudes and opinions and focuses attention on all-encompassing love. Has an uplifting, invigorating and cleansing effect.

**Application:** The mild myrtle oil can be blended with V6 carrier oil and applied to the throat, chest or stomach. The oil can be applied in diluted form to the feet.

To create a feeling of serenity or boost the immune system, simply diffuse in the room (Young Living diffuser).
Onycha, benzoin, java frankincense, styrax - styrax benzoin, a member of the storax tree family, Styracaceae

Exodus 30: 34 - "Then the LORD said to Moses, “Take fragrant spices – gum resin, onycha and galbanum- and pure frankincense, all in equal amounts.”

Sirach (Apocrypha) : 24: 15 - "I gave a sweet smell like cinnamon and aspalathus, and I yielded a pleasant odour like the best myrrh, as galbanum, and onyx, and sweet storax, and as the fume of frankincense in the tabernacle"

Onycha was an ingredient of holy anointing oil and is steam-distilled from tree resin.
In the Bible, onchya is often described as balsam and rockrose as incense. Onycha is a highly viscous oil because it consists of many heavy terpenes. It is golden in colour and vanilla aldehyde gives this oil its aroma, which is very feminine, sweet, sensual and like vanilla. Onycha was one of the most important burning substances in the ancient world.

Because it has a highly cleansing effect, onchya was used in hospitals to clean wards (since mid-18th century).

The oil is also highly prized due to its regenerating effect on the skin.

Emotional effect: The fragrance boosts self-confidence through to self-fulfilment and is deeply relaxing.

Onycha is particularly effective for irritability and anxiety.

Inhaling the fragrance can also promote deep, relaxing sleep.
Application: For best results remove from the bottle using a toothpick, blend with V6 to create a relaxing and sensual massage oil.

Blend with lavender or other oils for use in a diffuser since on its own the consistency is too thick.

Rose of Sharon, rockrose,
Cistus ladanifer or Labdanum, a member of the rock rose plant family, Cistaceae

Genesis: 37: 25 - "As they sat down to eat their meal, they looked up and saw a caravan of Ishmaelites coming from Gilead. Their camels were loaded with spices, balm and myrrh, and they were on their way to take them down to Egypt."

Genesis 43: 11 - "Then their father Israel said to them, “If it must be, then do this: Put some of the best products of your land in your bags and take them down to the man as a gift – a little balm and a little honey, some spices and myrrh, some pistachio nuts and almonds.”

The Egyptians and Hebrews used rock rose because of its calming effect as a fragrance and incense for rituals and temple ceremonies. The mellow, sweet, honey-like fragrance was also highly prized by women in Crete and was dedicated to the goddess of love, Aphrodite. Rock rose was also used for ointments and beauty creams.

Source: Spain, distilled from leaves and sprigs

Rock rose has long been known for its regenerating properties. The mellow and sensual balsamic fragrance finds its way through the deeply hidden doors of the inner being. Access to inner spiritual images is enabled in a particularly intense, but gentle way. Sub-conscious feelings and images are lovingly brought out into the light and revisited in the presence of this wonderful fragrance. Rock rose has the unique property of healing cuts and grazes on the skin and is also called “aromatic stitching” by Dr Daniel Penoel. The oil can be applied in undiluted form to a small wound or with V6 to the cut or graze.

Viruses find it extremely difficult to multiply in the presence of rock rose. The sympathetic nervous system relaxes under the influence of rock rose fragrance thus creating an immediate feeling of well-being. Rock rose has a tightening effect and is recommended for saggy, wrinkled skin. Irritated skin can also relax under the effect of this delicate oil.
Applying rock rose to the soles of the feet offers particularly good support for our immune system. Blended with orange or grapefruit and V6 it can help cleanse lymph vessels and lymph glands.

On a spiritual level, rock rose cleanses and detoxes our sensitive bodies, strengthens our intuitive abilities and supports consultative discussions.

Spikenard
Nardostachys jatamansi, a member of the valerian family, Valerianaceae
Mark 14: 3 - "Now the Passover and the feast of Unleavened Bread were only two days away, and the chief priests and the teachers of the law were looking for some sly way to arrest Jesus and kill him. "But not during the Feast," they said, "or the people may riot."

While he was in Bethany, reclining at the table in the home of a man known as Simon the Leper, a woman came with an alabaster jar of very expensive perfume, made of pure spikenard. She broke the jar and poured the perfume on his head.

Some of those present were saying indignantly to one another, "Why this waste of perfume? It could have been sold for more than a year's wages and the money given to the poor." And they rebuked her harshly.

"Leave her alone," said Jesus. "Why are you bothering her? She has done a beautiful thing to me. The poor you will always have with you, and you can help them any time you want. But you will not always have me. She did what she could. She poured perfume on my body beforehand to prepare for my burial. I tell you the truth, wherever the gospel is preached throughout the world, what she has done will also be told, in memory of her."

Luke 7: 36 - "Now one of the Pharisees invited Jesus to have dinner with him, so he went to the Pharisee's house and reclined at the table. When a woman who had lived a sinful life in that town learned that Jesus was eating at the Pharisee's house, she brought an alabaster jar of perfume, and as she stood behind him at his feet weeping, she began to wet his feet with her tears. Then she wiped them with her hair, kissed them and poured perfume on them."

John 12: 3 - "Then Mary took about a pint-of pure spikenard, an expensive perfume; she poured it on Jesus' feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume."
Spikenard is a symbol of humility. Having the courage to kneel down before the divine within us and within all around us brings us into the highest aura.

Spikenard grows in the house of the gods, at a height of between 3,500 and 5,600 metres in the Himalayan region of North India. The oil is steam-distilled from the crushed roots of the plant with purple flowers. The delicate Spikenard plant with an earthy, intense fragrance similar to valerian is a symbol of dignity and divinity.

In ancient times spikenard oil was one of the most precious and expensive oils. It was used as an anointing oil for kings, priests and important dignitaries. The precious fragrance was used as a perfume, spikenard as incense for calming. Spikenard helps us accept life as it is. And to accept ourselves as we are.

Spikenard contains approximately 93% sesquiterpenes, which is the third highest percentage of all oils. The effect of sesquiterpenes on the pituitary gland, pineal gland and the hypothalamus can result in grounding and centering. Spikenard can support our skin, helping it regenerate particularly following injury, in the case of scars, irritating itchy areas and wrinkle formation. It boosts our emotional core and our circulatory system and supports the lymph and hormone systems. Brings insight, understanding, courage and confidence where there is much anxiety.

Spikenard is an excellent protective oil and its fragrance also protects against excess irritations caused by surroundings and unwanted energies in daily life.
Only when we have discovered inner calm can we allow our individual spiritual self to shine.