



TRU essence

From Our Hands to Yours... With Love

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Do you know what is believed to be the oldest medicine known to man? Here is a hint; they are “more precious than gold” and “more than precious than silver or precious gems”.

The answer is essential oils... hmm... what are essential oils?

Essential oils are the lifeblood of plants, herbs, spices and flowers. Thus, essential oils bring the life force and energy of the plant kingdom to the human race. The essential oil distillation process is one of patience and respect towards nature to preserve the plant's therapeutic offerings.



Scientifically, essential oils have shown to be anti-bacterial, anti-fungal, anti-parasitic and more. With TRUessence's variety of single oils and oil blends, there are endless natural goodies and benefits that come from the plant kingdom and into your hands.

What's even more fascinating is "where" each essential oil comes from. When you are holding a handful of different TRUessence essential oils, you are holding the essence of mother earth in the palm of your hand.

There are many preventative and pleasurable ways to use therapeutic-grade essential oils topically (as in massages, reflexology, etc.) aromatically (diffused, etc.) as well as therapeutically in your personal and household daily cleaning and hygiene rituals.

Our commitment to essential oils is "true". With essential oil expert Alexandria Brighton, TRUessence only sources clean and/or organic, wild-crafted and pure therapeutic-grade essential oils. Hence, TRUessence.





SINGLES

TRUessence offers a variety of single essential oils from frankincense to lavender, and peppermint to lemon. The list goes on, topped off with oils like tea tree and chamomile.

Each single essential oil brings the message of that particular plant species. They should be diluted and enjoyed with respect, care and safety.



BASIL (10 ml)—Used throughout the ages for soothing and calming the digestive, muscular and endocrine systems. Ingredients: 100% pure, premium-grade, organic Basil oil from USA.



BAY LAUREL (10 ml)—The warm spicy fragrance of laurel leaf is wonderful for relieving stress and anxiety. Diffuse blended with clary sage to promote deep relaxation or sleep. Ingredients: 100% pure, premium-grade, organic Bay Laurel oil from USA.



BIRCH (10 ml)—Apply Birch topically for easing joint and bone stress. Ingredients: 100% pure, premium-grade, wild-crafted Birch oil from Canada.



CHAMOMILE (10 ml)—Reminiscent of the warm, herbal quality of Chamomile tea, this oil has relaxing, soothing, and calming properties without being a sedative. It also provides benefits for the skin and digestive system. Ingredients: 100% pure, premium-grade, organic essential oil of Chamomile.



CLARY SAGE (10 ml)–In ancient times, it was used for meditation and spiritual communication. Dilute before putting on skin. Compress or massage to awaken the body and relieve fatigue. Ingredients: 100% pure, premium-grade, organic essential oil of Clary Sage.



CORIANDER (10 ml)–An exceptionally effective oil for aiding the endocrine system as well as soothing and calming the digestive system. Use with massage to aid circulation and overcome stiffness. Ingredients: 100% pure, premium-grade, organic Coriander oil from USA.



CYPRESS (10 ml)–Great for aiding circulation, mental strength and balancing oily skin. Excellent support for the endocrine system. Ingredients: 100% pure, premium-grade, wild-crafted Cypress oil from Morocco.



DILL (10 ml)–Among the earliest medicinal herbs, dill is very effective for the endocrine system, the respiratory system and to ease the digestive system. Ingredients: 100% pure, premium-grade, organic Dill oil from India.





EUCALYPTUS (10 ml)—Compliments the immune and respiratory systems from your head to your lungs. Ingredients: 100% pure, premium-grade, wild-crafted Eucalyptus oil from Australia.



FENNEL (10 ml)—Used in Europe as an aid in firming sagging tissue. Use for massage or compresses, and in diffusion. Ingredients: 100% pure, premium-grade, organic Fennel oil from Egypt.



FRANKINCENSE (10 ml)—A relaxing oil that improves mood and relieves stress. Exceptionally good for the respiratory, nervous, and immune systems. Ingredients: 100% pure, premium-grade, wild-crafted Frankincense oil from Oman.



GERANIUM (10 ml)—Exceptional for balancing emotions and calming stress, use in massage to aid circulation. Ingredients: 100% pure, premium-grade, organic Geranium oil from Madagascar.





HELICHRYSUM (5 ml)—Great for the nervous system, skin, and to calm insect bites. Apply topically on location. Ingredients: 100% pure, premium-grade, organic Helichrysum oil from Corsica.



LAVENDER (10 ml)—Celebrated for its versatility and relaxing properties, it is great for balancing the skin, the body and the mind. Ingredients: 100% pure, premium-grade, organic Lavender oil from France.



LEMON (10 ml)—Traditionally used for its anti-fungal, anti-bacterial, and cleansing qualities, lemon is great for diffusing in the home providing a clean fresh-smelling aroma. Ingredients: 100% pure, premium-grade, organic Lemon oil from Italy.



LEMONGRASS (10 ml)—Provides cleansing properties, lymphatic system support, and tendon, cartilage, connective tissue support. Ingredients: 100% pure, premium-grade, wild-crafted Lemongrass oil from India.



MARJORAM (10 ml)—When muscles are stressed, use it to warm up, relax and recover naturally. Diffuse to aid relaxation. Ingredients: 100% pure, premium-grade, wild-crafted Marjoram oil from Turkey.



MYRRH (10 ml)—Add a few drops topically during your regular beauty regimen on face, neck and hands. Ingredients: 100% pure, premium-grade, wild-crafted Myrrh oil from Ethiopia.



MYRTLE (10 ml)—Used traditionally for strengthening the immune system, the endocrine system and for respiratory health. Ingredients: 100% pure, premium-grade, wild-crafted Myrtle oil from Morocco.



ORANGE (10 ml)—Orange oil activates the creative, artistic, intuitive areas of the brain. Wonderful in diffusion. Ingredients: 100% pure, premium-grade, wild-crafted Orange oil from Dominican Republic.



OREGANO (10 ml)—It is steam distilled from the leaves of the oregano plant. It is the world's first and most natural preservative. Ingredients: 100% pure, premium-grade, wild-crafted Oregano oil from Turkey.



PEPPERMINT (10 ml)—Used to energize a sluggish body, aid in digestion, respiratory support and mental clarity. Ingredients: 100% pure, premium-grade, organic Peppermint oil from USA.



ROSEMARY (10 ml)—Used throughout the centuries to strengthen the immune system, help with infections, and improve memory. Ingredients: 100% pure, premium-grade, organic Rosemary oil from Morocco.



SANDAL WOOD (10 ml)–This essential oil is extracted from the heartwood of the tree, which is chopped and chipped for distillation. Sandalwood is believed to awaken and bring unity to the inner-self. Ingredients: 100% pure, premium-grade, wild-crafted Sandalwood oil from India.



TEA TREE (10 ml)–Great for helping with skin irritations and immune support. Tea Tree is one of the most commonly used oils throughout the world. Ingredients: 100% pure, premium-grade, wild-crafted Tea Tree oil from Australia.



THYME (10 ml)–Steam distilled from leaves and flowers of the *Thymus vulgans* plant. Used by ancient Greeks to ward off infectious disease. Historically used for digestive and respiratory support. Ingredients: 100% pure, premium-grade, wild-crafted Thyme oil from Turkey.





Blends

Blending essential oils has been a timeless expertise since the beginning of natural medicine. It is an art, even a science.

For these reasons, TRUessence went out to work with the best. Alexandria Brighton, who happens to be a master formulator, author and educator, has aligned with TRUessence to bring her knowledge, education and passion for essential oils to our TRUessence family.

Each TRUessence blend is carefully synergized with specific ratios in a variety of ways for a variety of reasons.

“TRUessence essential oils are the best that mother earth has to offer. My vision and goal is to empower as many people as possible to simply use them with confidence and results.” – Alexandria Brighton

MORE DETAILS TO COME SOON...





TRU*essence*

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