



# Seeds to serendipity

Essential oils  
Ebook

# About Essential oils

Essential oils are the natural aromatic components that can be found in plants. Because this is retrieved from the core of the plant, its essence, oils are 50 to 70 times more effective than herbs. This way it is a pure and natural way to take care of your own health.

All oils have their medicinal origins way back. It means that in some cultures the seeds of plants were used to lay a ground for a healing medicine. And have healed and cured endless illnesses just by the power of nature in this way.

On a therapeutic level these oils have their effect on our emotional state and welfare. This is something that can be approached from a deep meaning like 'making a connection to the heart' or a little lighter 'enhances a cheerful feeling'.

Oils can be used in all sorts of ways, which is why in this ebook you will find symbols at every page. It indicates how you can use these oils.



## For aromatic use

Through a diffuser or aromatic necklace for example



## May be applied to the skin

Apply to the skin when blended with a carrier oil



## Edible

Easily to add to drinks, salads or dishes

In this ebook you will find the effects of different oils and recipes for blends. For more information about oils and their prices, you can visit [www.seedstoserendipity.com](http://www.seedstoserendipity.com) or contact me.

Singles

@ils



# BERGAMOT

Country of origin: Cote d'Ivoire

This citrus fruit is very commonly used in perfums. Italians have been using this fruit for years to relief stress and to nurture and rejuvenate the skin. This oil is very unique within the citrus fruits due to its invigorating as well as calming effects.

“

Accept yourself the way you are  
'I believe in myself and my talents and I  
know I have the strength to love myself.'”

## Health

- 🌿 Balances hormones
- 🌿 Alleviates cramps
- 🌿 Relieves respiratory conditions
- 🌿 Encourages skin regeneration
- 🌿 Facilitates proper digestion and bowel movement

## Therapeutic

- 🌿 Relieves stress-related insomnia
- 🌿 Reduces depression



# CINNAMON

Country of origin Sri Lanka & South America

“

Live your intimacy and sexuality  
'I am free to release from my past and I I  
Experience deep rooted and loving  
sexuality.'”



## Health

- Supports a healthy metabolism
- Helps maintain the immune system
- Promotes healthy teeth and gums
- Increases blood circulation

## Therapeutic

- Aids to regain control of emotions
- Stimulates connection to the heart
- Stimulates the libido
- Relieves depression



# CEDARWOOD

Country of origin Atlas mountains, Africa: Morocco, Algeria & Tunisia.

Cedarwood is extracted from the needles, leaves, bark and berries of pyramid-shaped cedar trees grown in the Atlas Mountains. Throughout history, Cedarwood has been used by Egyptians for embalming purposes, and also for addressing minor ailments. In aromatherapy, Cedarwood helps to deodorize indoor environments, repel insects and prevent the development of mildew.

“

Connect to family and friends

‘I am always surrounded by good friends, my family and loving people. And the trust in myself and the world around me increases every day.’”



## Health

- 🌿 Improve rheumatism and arthritis
- 🌿 Stimulates circulatory system
- 🌿 Combats fluid retention and weight gain

## Therapeutic

- 🌿 Provides emotional grounding
- 🌿 Soothing, calming and warming
- 🌿 Treats general lethargy and nervous debility



# FRANKINCENSE

Country of origin: Yemen

Due to the chemical composition, Frankincense has important renewing characteristics.

Frankincense has been used for centuries due to its calming and embellishing characteristics, namely to rejuvenate the skin and stimulate a relaxing feeling.

“

Recognize your spiritual truth

‘I believe in a good God, who loves me, strengthens me and wants to see me grow in fatherly power and I know I will always be in light.’”

## Health

- ✻ Encourages cell renewal
- ✻ Regulates menstruation
- ✻ Reduces the appearance of pimples
- ✻ Supports with PMS symptoms
- ✻ Supports release of toxins and excess water

## Therapeutic

- ✻ Reduces mental tension
- ✻ Aids with insomnia
- ✻ Aids with meditation
- ✻ Stimulates a peaceful, relaxing and satisfied feeling of general well-being



# GINGER

Country of origin Indonesia, Sri Lanka, India, China

The ginger oil is extracted from the fresh rhizome of the ginger plant. This oil mainly has a utility value in dishes.

“

Being successful is your birthright  
‘I take my life into my own hands and trust myself and my gifts and talents. I believe in my successes and take responsibility for my life.’”

## Health

- Helps ease nausea
- Supports when having digestive problems
- Supports when having a cold
- Aids during migraines

## Therapeutic

- Enhances a warm feeling on the skin
- Has a soothing, calming effect on the mind



# LAVENDER

Country of origin Mediterranean area.

Lavender is a very strong herb that has many purposes. It contains, for example, antidepressant and antibacterial substances.

“

Speak your truth.

‘I am sure of myself when I express myself lovingly and I have the courage to remain myself.’”



## Health

- 🌿 Aids in optimal digestion
- 🌿 Cures headaches
- 🌿 Heals wounds
- 🌿 Soften the muscles when fatigued
- 🌿 Softens the irritable skin

## Therapeutic

- 🌿 Promotes a healthy sleep
- 🌿 Stimulates relaxation
- 🌿 Detoxifying for the body
- 🌿 Aids when feeling anxious or depressed



# LEMON

Country of origin Italy

Lemon has a very clear cleansing purpose. It not only improves the disposal of bodily waste, it is also often used for its disinfectant purposes in daily life.

“

Focus

‘I am present and observant. I am gifted to learn new skills and trust my talents. I am open to receive wisdom and knowledge.’”



Health

- Weight loss
- Supports the digestive system
- Improves skin condition

Therapeutic

- Improves concentration
- Uplifts the mood



# TEA TREE

Country of origin Australia

Tea tree, officially *Melaleuca Alternifolia*, knows 215 different varieties. 210 of these grow exclusively in Australia.

Tea tree is mainly discussed on its medical and cleansing properties and less so on its therapeutic effects. The cleansing effect of this product mainly comes from the fat dissolving abilities of this oil. It has the special ability to penetrate the skin deeply, even into the underlying tissues.



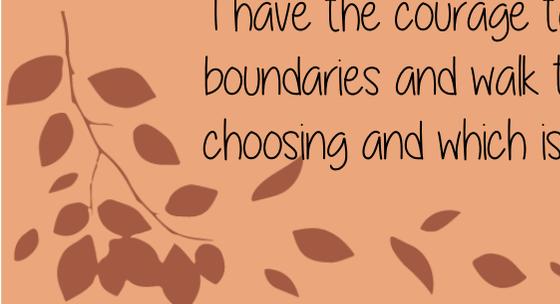
Health

-  Helps to cure fungal infections
-  Reduces itchiness of insect bites
-  Improves congestion and infections to the respiratory tract

“

Acknowledge your boundaries and indicate them

‘I have the courage to indicate my boundaries and walk the path of my own choosing and which is good for me.’”



# OREGANO

Country of origin Southern Europe

Oregano is a fragrant herbal oil with various applications. It is used as a flavor in the Italian, Spanish and Mexican cuisines, but the ancient Egyptians had also discovered the cleansing and conserving properties of this plant.

“

Release

‘I am flexible in my beliefs and focus on new patterns and positive attachments.’”



Health

- Supports the digestive function
- Disinfects wounds
- Has a strong antibiotic use
- Helps with fungal infections

Therapeutic

- Brings harmony and calm
- Replenishes mental energy



# PEPPERMINT

Peppermint is a versatile plant which offers medical, therapeutic, and aromatic benefits. It also finds uses in blends and as an ingredient in cosmetic products. Besides this it works really well in various dishes and drinks which can help you give rest to upset bowls.

“

Let your heart flourish  
‘I have rediscovered my life’s joy and can handle anything.’”



## Health

- 🌿 Improves the respiratory function
- 🌿 Helps with an upset stomach / bowls
- 🌿 When used during a massage it eases sore muscles
- 🌿 Alleviates headaches

## Therapeutic

- 🌿 Improves the concentration
- 🌿 Stimulant



# YLANG YLANG

Country of origin Philippines

This oil is found from the flowers of the wild Ylang Ylang tree, also known as *Cananga Odorate*. This tree is originally found in the Philippines and her name means Flower of Flowers. The oil is commonly used in skin treatment and in the perfume industry.

“

Your inner child liberates itself.  
‘I am able and courageous to release old pain and have rediscovered my inner joy.’”

Health

- ✿ Contributes to healthy hair and skin
- ✿ Improves blood circulation

Therapeutic

- ✿ Builds a feeling of trust
- ✿ Improves the mood
- ✿ Aids to decrease stress and tension



# Blends



# FORGIVE

This lively and soft oil supports the feeling of relief, patience and satisfaction. It's a perfect blend if you are looking to experience tranquility, release or forgiveness.

“

I release

'I am ready to release all that does not serve me anymore. I become aware of all the love inside me that is there to help me heal.'”

Therapeutic

- 🌱 Stimulates positive thoughts
- 🌱 Supports with developing a calm feeling
- 🌱 Enhances the feeling of safety



# ON GUARD

This beautiful blend is also known as the temple of protection. It has a natural composition of different herbs that all contribute in a safe and natural way to strengthen the immune system. It also serves to offer emotional safety through the gentle ingredients such as cinnamon, clove & orange.



## Therapeutic

- 🌿 Contributes to emotional rest
- 🌿 Has stimulating and cheerful properties
- 🌿 Supports in keeping your energy close to yourself

“

Protect your own energy  
‘I am aware of my own energy and choose to let this be the guide in my growth and being.’”



# Recipes



### Clean air

- 🌿 2 drops Lemon
- 🌿 2 drops Tea tree
- 🌿 2 drops Lavender

### Spring vibe

- 🌿 2 drops Lavender
- 🌿 2 drops Bergamot
- 🌿 2 drops Ylang Ylang

### Romantic

- 🌿 4 drops Ylang Ylang
- 🌿 2 drops Wild Orange
- 🌿 1 drop Cedarwood
- 🌿 1 drop Sandalwood

### Passion

- 🌿 3 drops Patchouli
- 🌿 3 drops Lavender
- 🌿 3 drops Wild orange

### Happiness

- 🌿 2 drops Frankincense
- 🌿 2 drops Peppermint
- 🌿 2 drops Lemon

### Reset

- 🌿 1 druppel Lemon
- 🌿 2 drops Bergamot
- 🌿 2 drops Lavender



## Mouthwash

Not suitable for ingestion

🌿 4 drops Cinnamon

🌿 150 ml water

## Purpose cleaner

Be aware: products based on water have a one-week shelf life.  
Add some glycerine to extend the expiration date. Be careful with wooden surface.

🌿 300 ml water

🌿 150 ml white vinegar

🌿 15 drops Peppermint

🌿 40 drops Wild orange

Blend into an empty spray-bottle and apply to desired surface.

## Washing detergent

Be aware: products based on water have a one-week shelf life. Add some glycerine to extend the expiration date

🌿 2,5 liter boiled water

🌿 40 gram natural plant based soap

🌿 40 drops Lavender

🌿 36 druppel Eucalyptus

🌿 20 drops Cypress

## Dishwashing liquid

🌿 20 gram grated organic marseille soap  
or oliveoil-soap

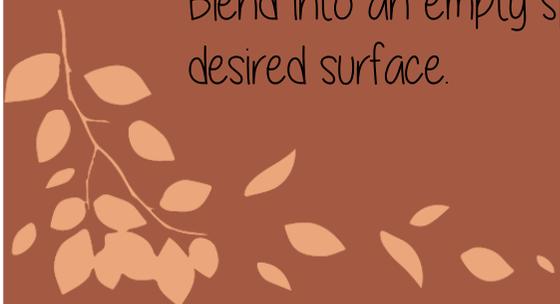
🌿 1 liter warm water (has to have boiled)

🌿 1/2 teaspoon glycerine

🌿 1 tablespoon lemon juice

🌿 1 tablespoon vinegar

🌿 15 drops essential oil of choice



# A colourful growth

With Seeds to serendipity I desire to aid other beautiful woman in letting go of that what is blocking your freedom./happiness/fun. And to embrace a way of life that fully ensures you only doing that which is right for you, from passion, from the heart.

Sharing the seeds, that lead to fully embracing serendipity into your life is my mission.

Everything starts with awareness. As soon as we become aware of our pains, the origin or our patterns and how they hinder us, we are ready to release. With these oils I am hoping to hand you some seeds for healing and awareness.

Self-awareness is honestly looking at your yourself, not with judgement, but with curiosity, love, an open view. What is going on? Where do I want to be? What do I need?

When choosing your oils consciously, you invite space to become aware of how it moves you. And there your journey begins.

Want to find out more or start a deeper journey for your challenges?

Visit [www.seedstoserendipity.com](http://www.seedstoserendipity.com)

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Resources:

<https://aromalifestyle.nl/aromatherapie-kennis/>

<https://hysses.com/>

<https://sanzoe.nl/de-emotionele-werking-van-43-etherische-olien-verklaard/>

