







NATUROPATHICA®

WISE CONCOCTIONS - Reference Guide

PRODUCT	DESCRIPTION	KEY INGREDIENTS	KEY BENEFITS
Chill Aromatic Alchemy 	Delicately blended to promote calm, rest and relaxation.	Roman Chamomile Neroli Flower Oil Lemon Balm Leaf Extract	Known for its sedative and antispasmodic properties, its scent relieves stress, anxiety and nervous tension Known for its ability to soothe, uplift and revitalize the body and soul Helps address restlessness, irritability and tenseness for calm sleep
Inspire Aromatic Alchemy 	An intoxicating blend of oils to encourage self-confidence and ground the emotions.	Balsam Fir Oil Pink Grapefruit Fruit Oil Red Mandarin Peel Oil	Bright uplifting aroma, clears congestion of the mind and body A fresh, fruity scent, with powerful mood lifting and empowerment benefits and it provides energy and direction The sweet, warm and faintly floral aroma is ideal for treating negative emotions, such as anxiety and stress
Meditation Aromatic Alchemy 	Sacred blended oils to be used to promote clarity as you practice mindfulness during daily meditation.	Sandalwood Oil Cardamom Seed Extract Frankincense Resin Extract	The rich, sweet, balsamic scent of <i>Sandalwood</i> has been used for ritual practices since ancient times This warm, spicy aroma is used in Ayurvedic medicine for its calming properties Recognized for its grounding aroma, it has been used in spiritual practices since ancient times
Re-Boot Aromatic Alchemy 	Invigorating oils traditionally used to help increase the body's resistance to stress.	Lemongrass Leaf Oil Peppermint Oil Basil Leaf Oil	A staple of Indonesian spas, <i>Lemongrass</i> is well known for its invigorating aroma The cooling sensation and energizing aroma of <i>Peppermint</i> helps improve mental clarity and relieve tension Helps to relieve tension and headaches
Aromatic Alchemy - Gift Set 	Aromatherapy for the mind, body and spirit.	Chill Aromatic Alchemy Inspire Aromatic Alchemy Medication Aromatic Alchemy Re-boot Aromatic Alchemy	Calm anxious thoughts Encourage self-confidence Promote clarity and mindfulness Energize the senses
Blue Eucalyptus Essential Oil 	With their clarifying properties, <i>Eucalyptus Leaves</i> are used to relieve body pain, sinus congestion and colds.	Eucalyptus Leaf Oil	A fresh, invigorating aroma that supports normal breathing and soothes tense muscles
Alpine Arnica Bath & Body Oil 	This warm oil blend eases muscle soreness, bruising and supports muscle function.	Arnica Flower Extract Bay Laurel Leaf Oil Rosemary Leaf Oil	Has the ability to counteract inflammation, and is used to help stimulate circulation Antiseptic, astringent and toning, it increases local circulation and relieves aches and pains Rich in camphor, it stimulates blood flow to warm muscle tissue
Arnica Muscle & Joint Gel 	Targeted gel helps to soothe acute muscle soreness and ease bruising for pain relief.	Arnica Flower Extract Menthol Magnesium, Copper and Zinc Complex	Has the ability to counteract inflammation, and is used to help stimulate circulation Works to calm inflammation with an instant cooling effect Encourages cellular activity and respiration, helps muscle & joint recovery and helps remove lactic acid
Sweet Birch Deep Muscle Rub 	Deeply penetrating, non-greasy gel that soothes sore muscles, tendons and joints.	Sweet Birch Bark Oil Magnesium Chloride	Ability to relieve the chronic pain and inflammation associated with overworked muscles and joints Helps reduce muscle inflammation and soreness by decreasing the amount of lactic acid in the body. This formula contains 37% <i>Magnesium Chloride</i>








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Sweet Birch Magnesium Bath Flakes 	Deeply penetrating bath soak to aid in chronic muscle aches, cramping or stiffness.	Sweet Birch Bark Oil Magnesium Chloride	Has the ability to relieve the chronic pain and inflammation associated with overworked muscles and joints Helps reduce muscle inflammation and soreness by decreasing the amount of lactic acid in the body. This formula contains close to 50% <i>Magnesium Chloride</i>
Sea Fennel Massage Wax 	A luxurious, easy to sculpt, hydrating massage wax with endless glide that helps re-mineralize the skin.	Sea Fennel Extract Irish Moss (Carrageenan) Laminaria Digitata Algae Extract	Antioxidant-rich, regulates regeneration of keratin and helps remineralize the body for smoother skin Packed full of vitamins, this water binding ingredient helps lock in moisture. <i>Chlorophyll</i> -dense, packed with antioxidants, <i>Vitamins A, C</i> and <i>E</i> and amino acids to help soothe irritation and improve skin's moisture level
Deep Forest Bath & Body Oil 	Cleansing and rebalancing bath and body oil that supports respiratory health and uplifts mood.	Grand Fir Needle Oil Juniper Berry Oil Pine Needle Oil	Sharp evergreen scent, helps balance emotions and provides mental clarity Antiseptic, astringent and warming, stimulates local circulation Restorative, antiseptic and cleansing, acts as an analgesic and anti-inflammatory agent to reduce pain and stiffness
Ginger Root Bath & Body Oil 	Stimulating essential oil to ease muscle tension and ground the mind.	Ginger Root Oil Lemongrass Leaf Oil May Chang Fruit Oil	Used for its warming qualities to soothe muscles or sinus congestion Is known to both calm and revitalize, and invigorate. It offers antimicrobial properties Fresh, lemon-like scent helps ease stress, uplift and rejuvenate
Lavender Blossom Bath & Body Oil 	Calming bath and body oil that helps alleviate nervous tension and stress.	Lavender Flower Oil Lavandin Flower/Leaf Oil Rosemary Leaf Oil	Provides a calming effect on the nervous system to soothe the mind Has a sweet floral aroma combined with more camphorous scent to help calm, relax and soothe the body and mind Antioxidant-rich and astringent, is able to promote a state of relaxation
Unscented Massage Oil 	Premium massage oil for easy glide and extended workability.	Sunflower Seed Oil Apricot Kernel Oil Grape Seed Oil	A light and easily absorbed emollient, it helps skin retain elasticity and suppleness, and improves skin's water retention Rich in vitamins and fatty acids, it provides nourishment and moisture A light, popular carrier oil that provides moisturizing benefits as well as astringent and toning properties








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Lemongrass Mimosa Body Scrub 	Invigorating body scrub that removes dull, dry skin to deliver smooth and silky skin	Lemongrass Leaf Oil Bamboo Ferment Filtrate Walnut Shell Powder	Antimicrobial, it also has the ability to calm and revitalize, relieve tension, invigorate and inspire An anti-irritant and antioxidant, it also improves suppleness and elasticity Naturally abrasive, it gently exfoliates dull, flaky skin to help improve skin texture, clarity and radiance
Rosemary Citron Sea Salt Scrub 	An energizing, deeply exfoliating body scrub that removes rough, dry skin to deliver smooth and glowing skin	Rosemary Leaf Oil Sea Salt Safflower Seed Oil	Contains antioxidant, astringent and stimulating properties. It firms skin, increases alertness and promotes relaxation Mineral-rich, it polishes and energizes skin, and removes debris and dead skin cells High in essential fatty acids, it softens and conditions dry, sensitive skin
Espresso Mud Body Scrub 	Energizing and detoxifying body scrub that removes impurities and stimulates circulation.	Coffee Pumice Black Silt	Fragrant and finely ground to gently exfoliate dry, dull skin Volcanic stone sweeps away dead skin cells for deep exfoliation A rich, mineral clay that refreshes and energizes the skin. It also soothes and restores
Lemon Verbena Body Polish 	Gentle, creamy exfoliating body polish that smooths away dead skin while hydrating skin.	Lemon Verbena Flower/Leaf Oil Jojoba Wax Beads Shea Nut Butter	Has an uplifting, sweet lemon bouquet that calms the mind and soothes anxiety Spherical beads made from liquid wax esters that gently polish away dead skin cells Rich in <i>Vitamin E</i> , it helps moisturize, soften and smooth the skin
Seaweed Body Wrap 	Mineral-rich treatment to help remove toxins from the skin.	Irish Moss (Carrageenan) Katrafray Bark Oil Angelica Root Oil	Packed full of vitamins, this water binding ingredient helps lock in moisture A fortifying emollient that provides anti-inflammatory and toning properties, and is used to aid in the relief of muscle and joint pain Has antiseptic properties, is used as a detoxifying agent and improves lymphatic drainage
Gotu Kola Healing Balm 	Rich, buttery balm that helps deeply repair dry, devitalized skin for beautiful skin from head to toe.	Gotu Kola Leaf Extract Calendula Flower Extract Raspberry Ceramides	Inhibits the inflammatory process and aids in the wound-healing process Anti-inflammatory, antiseptic and astringent, can help with wound-healing Rich in fatty acids, they help improve skins strength and hydration
Mighty Mint Rescue Cream 	Multi-purpose rescue cream helps to soothe muscle strain, stimulate circulation and calms tension headaches and digestive upsets.	Peppermint Leaf Oil Horse Chestnut Seed Extract Shea Nut Butter	Contains cooling <i>Menthol</i> and <i>Camphor</i> , stimulates circulation and is an antispasmodic Known to improve circulation and soothe fatigued legs and feet Rich in <i>Vitamin E</i> , helps moisturize, soften and smooth the skin

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Sicilian Bergamot Body Lotion 	Lightweight body lotion that deeply nourishes, moisturizes and soothes skin.	Bergamot Peel Oil Clementine Peel Oil Sunflower Seed Oil	The citrus, sweet and warm aroma helps promote relaxation, relieve tension and ward off stress Contains calming and relaxing properties and helps in relieving anxiety A light and easily absorbed emollient, it helps skin retain elasticity and suppleness, and improves skin's water retention
Sicilian Bergamot Shower Gel 	Stimulating shower gel cleanses skin naturally while providing a sense of relaxation and calm.	Bergamot Peel Oil Cedar Wood Oil Coco-Glucoside	The citrus, sweet and warm aroma promotes relaxation, relieves tension and wards off stress The sweet, woody and camphorous aroma helps calms and reduces stress, anxiety and tension A mild surfactant, it leaves skin conditioned and moisturized
Lemon Verbena Hand Wash 	Gentle natural cleanser and conditioner for the hands.	Lemon Verbena Flower/Leaf Oil Glycerin Coco-Glucoside	The uplifting, sweet lemon bouquet calms the mind and soothes anxiety Regulates absorption and release of water in the skin A mild surfactant, it leaves skin conditioned and moisturized
Lemon Verbena Omega-3 Hand Cream 	Nutrient-dense hand cream deeply nourishes, protects and fortifies, with a calming aroma.	Chia Seed Oil Quinoa (Amino Acids) Shea Nut Butter	Helps hydrate, nourish and calm the skin while strengthening and restoring the skin's barrier function Contains all the essential amino acids to assist in the protection, repair and conditioning of skin <i>Vitamin E</i> -rich natural emollient is highly moisturizing, softening and smoothing
Black Spruce Sulfate-Free Shampoo 	Gentle, sulfate-free shampoo for healthy, shiny, manageable hair.	Black Spruce Needle Oil Olive Leaf Extract Sweet Almond Protein	Promotes circulation of the scalp and provides an energizing effect Nutrient-packed, it helps condition and strengthen the hair, and prevents flaking and split ends Rich in minerals, it softens and dislodges dirt and debris, revitalizes the scalp and increases growth and shine.
Horsetail Hair Conditioner 	Strengthens and nourishes for shiny, lustrous hair.	Horsetail Leaf Extract Olive Leaf Extract Pracaxi Seed Oil	Rich in silica, it repairs split ends, improves moisture and enhances smoothness Nutrient-packed, it helps condition and strengthen the hair, and prevents flaking and split ends Provides an excellent conditioning effect and facilitates combing
Wild Lime Revitalizing Scalp & Hair Oil 	Invigorates, awakens and nourishes for a healthy scalp and soft, shiny hair.	Lime Peel Oil Avocado Seed Oil Pink Grapefruit Peel Oil	Antiseptic, astringent and toning, it eliminates excess oil, and has an energizing aroma Rich in fatty acids, it nourishes the hair and scalp, and soothes and heals the skin Contains powerful mood lifting and empowerment benefits, and promotes shiny and lustrous hair