



Aroma Infused
Flower & Gem
Essence Collection

RUBY ROOM®
the style of wellness™

What would your world look
like if you could be the essence
of who you really are?

We believe in opening your mind and your heart to the possibilities within you, and choosing to be the person you wish to be in this world. It is an eternal quest to keep your energy positive and clear. Let's face it...staying positive is a challenge. We need all the help we can get to remind ourselves that it is a daily choice. Being intentional is what keeps us on the journey. When we consistently remind ourselves what we intend to be, we are creating our reality one moment and one spray at a time. Selecting your spray is simple...your energy will tell you.

choose • spray • breathe • feel • be





b grounded

Chakra 1 is located at the base of your spine and is the center of your personal power. Use **b grounded** to increase physical strength, fortify health, build endurance and attract financial prosperity.

4 fl oz 118 ml \$32 suggested retail

connection to the body • immune system, base of the spine, rectum, legs, bones and feet

physical stress signs • depression, eating disorders, lack of energy, frequent illness, chronic lower back pain, skin problems, disorders of the large intestine, bowel, bones, teeth, legs and feet

infused cedar oil • The deeply anchoring aroma of pure cedar oil calms and purifies the senses with warm, earthy top notes and sweet, woody undertones, further enhancing the benefits of the flower and gem essence blend. Cedar is used as a temple incense by Tibetan Buddhists and is one of the most powerful essential oils for energy work, grounding, creating positive energy, clearing away negative energy and promoting mental clarity.

flower and gem essence blend • Comfrey, Loosestrife, Mountain Pride, Pomegranate, Red Ginger, Zucchini Squash, Black Pearl, Black Tourmaline, Copper, Red Beryl, Red Coral, Smoky Quartz and Neon



b creative

Chakra 2 is located in the lower abdomen and is the center for healthy relationships. Use **b creative** to give birth to new energies, accept change gracefully, gain emotional strength, increase self expression and awaken sexuality.

4 fl oz 118 ml \$32 suggested retail

connection to the body • bladder, genitals, large intestine, lower vertebrae, prostate, hips, lymphatic system, pelvis, kidneys, appendix and body fluids

physical stress signs • loss of appetite for food, sex and life, reproductive system disorders, chronic lower back pain, spleen and urinary ailments

infused cinnamon bark oil • The spicy aroma of pure cinnamon bark inspires a zest of life with its fiery top notes and sweet oriental undertones. Cinnamon bark has been used throughout history for both healing and spiritual purposes. It boosts confidence, increases mental strength, energy, circulation, and stimulates sexuality.

flower and gem essence blend • Madia, Pomegranate, Sierra Iris, Asphalt, Chenevixite, Coal, Copper, Dark Opal, Fire Agate, Pearl, Pink Diamond, Rubellite, Spessartine Garnet and Neon



I am a survivor.
I am strong.
I am healthy.
I attract financial prosperity.
I am grounded.



I give birth to new energy.
I gracefully accept change.
I attract healthy relationships.
I am beautiful.
I am creative.



b strong

Chakra 3 is located below the diaphragm and is the center of your self worth and power. Use **b strong** to increase self confidence, energy, build courage and strengthen willpower.

4 fl oz 118 ml \$32 suggested retail

connection to the body • breath, respiratory and digestive systems, issues with stomach, liver, gallbladder, kidney, pancreas, adrenals, spleen, small intestine, lower back and nervous system

physical stress signs • eating and digestive disorders, ulcers, colon and intestinal problems, allergies, stomach and liver issues, arthritis, pancreatitis, diabetes and gallstones

infused ylang ylang oil • The exhilarating aromatic infusion of pure ylang ylang oil is a natural aphrodisiac with its intensely sweet floral top notes and slightly spicy and balsamic floral undertones. It reduces internal conflict between male and female energies, and helps restore confidence.

flower and gem essence blend • Avocado, Bloodroot, Castilian Rose, Dill, Fig, Golden Amaranthus, Hyssop, Khat, Pennyroyal, Sage, Wooly Sunflower, Amazonite, Amber, Azurite, Citrine Quartz, Clay, Copper, Ivory, Malachite, Moonstone, Pearl, Sunstone, Topaz, White Tourmaline and Argon



b open

Chakra 4 is located at the heart and is the center of your right to love and be loved. Use **b open** to increase self compassion, attract love, forgive yourself and others, and rebuild feelings of trust.

4 fl oz 118 ml \$32 suggested retail

connection to the body • heart, immune system, skin, upper back, circulatory system, lungs and bronchial tubes

physical stress signs • disorders of the heart, lungs, bronchial infections, trouble breathing, weak immune system, upper back tension, shoulder and arm issues

infused rose oil • The enchanting aroma of pure rose oil immediately elevates the spirit and warms the soul. As the symbol of love and beauty it is the ultimate heart opener and protector, healing emotional wounds, restoring trust and allowing love energy to radiate.

flower and gem essence blend • Bleeding Heart, Borage, Coffee, Eucalyptus, Hellerborus, Koenig Van Daenmark, Passion Flower, Pimpernel, Sage, Sunflower, Aventurine, Chalcedony, Chrome Tourmaline, Eilat Stone, Emerald, Gold, Heulandite, Kunzite, Malachite, Rose Quartz and Ruby



I am confident.
I have positive energy.
I am courageous.
I can say no.
I am strong.



I deserve love.
I give myself compassion.
I forgive myself and others.
I will trust again.
I am open.



b present

Chakra 5 is located at the throat and is the center for self expression and communication. Use **b present** to release distractions, think with clarity, communicate your truth, and have faith.

4 fl oz 118 ml \$32 suggested retail

connection to the body • throat, thyroid, neck, vocal cords, mouth, teeth, gums, jaw and ears

physical stress signs • headaches, chronic sore or raspy throat, pain in the neck and shoulders, mouth ulcers, gum and teeth disorders, scoliosis, laryngitis, swollen glands, thyroid issues and ear infections

infused eucalyptus oil • The cool, fresh minty aroma of pure eucalyptus oil invigorates the senses (quite literally), releasing stagnation and promoting deep breathing. Its purifying effects stimulate the mind, and clarity of thought and voice.

flower and gem essence blend • Almond, Celadine, Cosmos, Fig, Four Leaf Clover, Aquamarine, Apatite, Blue Sapphire, Blue Quartz, Blue Tourmaline, Botswana Agate, Chrysocolla, Halloysite and Lapis Lazuli



b intuitive

Chakra 6 is located in the middle of the forehead and is the center for intuition. Use **b intuitive** to release your ego, awaken your inner mystic, connect to dreams and unlock your intuition.

4 fl oz 118 ml \$32 suggested retail

connection to the body • nervous system, brain, eyes, ears, nose, sinuses, face, pineal and pituitary glands

physical stress signs • headaches, learning disabilities, nightmares, neurological issues, stroke, seizures, issues with nose, sinuses, ears and eyes

infused neroli oil • The exquisite aromatic experience of pure neroli oil has the power to shift one's energy into a positive direction. Its delicate yet rich floral top notes and warm bittersweet citrus undertones are deeply calming, and bring tranquility, relaxation and centeredness.

flower and gem essence blend • German Chamomile, Green Rose, Hops, Nasturtium, Potato, Redwood, Amber, Amethyst, Cat's Eye Tourmaline, Charoite, Eudialyte, Kaemmerite, Light Opal, Moonstone, White Quartz and Krypton



I release my fears.
I live in the moment.
I clearly speak my truth.
I have faith.
I am present.



I release my ego.
I open my mind.
I honor my inner mystic.
My dreams are real.
I am intuitive.



b connected

Chakra 7 is located at the top of your head and is where spirit radiates. Use **b connected** to rise above difficult times, activate wisdom, embrace spirituality and welcome your inner bliss.

4 fl oz 118 ml \$32 suggested retail

connection to the body • skin and central nervous system, muscular and skeletal systems

physical stress signs • low energy, chronic exhaustion, migraines, sensitivity to light, sound and other environmental factors, brain tumors and amnesia

infused lavender oil • Savor the soothing aroma of pure lavender oil as it calms your spirit and relaxes your mind to help restore a balanced and harmonious state of being. Lavender soothes anxiety and depression, and promotes restful sleep.

flower and gem essence blend • Daffodil, French Lavender, Forget Me Not, Harvest Brodiaea, Live Forever, Lotus, Peach, Queen Anne's Lace, Rosemary, Skullcap, Tuberose, Charoite, Opal, Rhodizite, Sugilite, White Diamond, White Quartz and Xenon



b balanced

This spray is an emergency essence to quickly cleanse and balance the seven chakras. Use **b balanced** as an energy transfusion for highly stressful times and hyperactivity in kids and pets.

4 fl oz 118 ml \$34 suggested retail

connection to the mind • the voice of discernment

physical stress signs • anxiety, stress, difficulty sleeping, tendency to overindulge, lack of clarity and challenge making decisions

infused palo santo & jasmine oils • The irresistible weave of pure palo santo and jasmine oils brings an immediate lightness and happy feeling. Known as "Holy Wood," Palo Santo has been used for thousands of years for its medicinal and energetic properties, and is used for purification. Jasmine is a powerful healer that helps reduce anxiety, calm the mind and build confidence.

flower and gem essence blend • Lotus, Diamond White, Emerald, Ruby, Star Sapphire, Lapis Lazuli and Pearl



I will rise above.
I trust my inner wisdom.
I am a shining spirit.
I invite inner bliss.
I am connected.



I will find the calm.
I believe in the moment.
I will survive.
I will take time for me.
I am balanced.



b supported

This spray is an emergency essence which aligns the physical with the spiritual, calling for angelic guidance and support. Use **b supported** when helping or healing yourself and others.

4 fl oz 118 ml \$34 suggested retail

connection to the mind • the power of spirit

physical stress signs • feeling of disconnection to yourself, others and the world

infused grapefruit & clementine oils • The citrusy note of grapefruit blends beautifully with the floral note of clementine to create an aroma that lightens the spirit and restores energy. Grapefruit relieves gloom and doom and renews enthusiasm, whereas clementine creates balance and harmony.

flower and gem essence blend • Impatiens, Lotus, Mimulus, Rock Rose, Saguaro, Sapphire, Herkimer Diamond and Krypton



b free

This spray is an emergency essence to release the fears that bind you from being and living the highest version of yourself. Use **b free** to break through resistance, let go, and release your fears.

4 fl oz 118 ml \$34 suggested retail

connection to the mind • jail of the mind

physical stress signs • depression, anxiety, fear, anger, nightmares, feeling trapped, bound, kept and compromised

infused rosemary & tea tree oils • The invigorating blend of pure rosemary and tea tree oils liberates your senses, your mind and your spirit...on contact. Rosemary has long been considered a symbol of wisdom. It improves memory, strengthens the mind and chases away the blues. Tea Tree oil is a powerful healing herb with strong clearing properties and it restores energy depleted by everyday stresses.

flower and gem essence blend • Belladonna, Cereus Cactus, Flame of the Forest, Scarlet Runner Bean, Glaucocerinite, Argon and Xenon



I ask the angels for guidance.
I trust the journey.
I will heal these wounds.
I come first.
I am supported.



I will let go of fear.
I am whole.
I deserve the best.
I will remove all barriers.
I am free.

What are chakras? The seven chakras sit within the body beginning at the base of the spine connecting us to the earth, and go upwards to the top of the head connecting us to the spiritual world. Contained within the seven main chakras are spiritual life lessons, building a bridge linking all of us as spiritual beings to the physical world. You will see these life lessons listed on each bottle. When chakras are happy and healthy, they spin and radiate energy in and out of the physical body. When chakras are harboring excess energy derived from negative life experiences, stress and anxiety, they slow down and eventually get stuck. This weakens the physical body, opening us up to dis-ease in the physical sense. The key to a happy body is happy chakras.

How does energy work? A joyful life begins with positive thoughts and energy. Our physical health is literally at the mercy of our mental, emotional and spiritual wellness which is why choosing to keep our thoughts positive minute to minute is essential to optimizing health. This is how it works...positive thoughts create positive emotions which create positive feelings and by the action of breathing, we send positivity to ourselves and into the world.



How do Aroma Infused Flower & Gem Essences

work? Every single flower and gem contains powerful energy provided by the sun, moon and mother earth. When the essence of this live energy is lovingly extracted and bottled, it becomes a tool to profoundly help shift, heal, cleanse and boost the energy of all living things. Ruby Room's Aroma Infused Flower & Gem Essences work on all levels of being: emotional, spiritual, mental and physical. Our essences are self-adjusting and have the ability to repair and restore anything that is out of balance to its natural state of wellness. Use your essences throughout the day to replenish what a stressful life depletes.

How are Aroma Infused Flower & Gem Essences

created? A quality essence requires a healthy creator who fills the process with positive intention and light. When a flower or gem is selected, a sacred agreement is made to extract the life-force energy for the purpose of healing. A powerful concentrate is created by placing the flower or gem in pure distilled water and setting it before the sun or moon to steep. Once the steeping process is complete, the water is infused with the life force of the flower or gem and you have what is called a mother essence. A few drops of mother essence are extracted, combined with organic alcohol for preservation and infused with a pure essential oil aroma and voilà! Your very own...healing in a bottle.

Our commitment to the universe

Our ingredients are from nature, and by nature preserve the well being of our universe.

Aroma free

We will gladly create any of our essence sprays without aroma. \$28 suggested retail



Before you spray...

Close your eyes and connect your feet to the earth. Imagine you are rooted as deeply as a tree. Shine a light in every corner of your mind and collect the thoughts, feelings and emotions that no longer serve you.

Release these emotions through your feet, into the center of the earth. Open your heart and fill it with sparkly white light. Guide the light to fill your entire body setting free any fears. Replace these fears with feelings of love. Ask the universe to bring to you _____
name of essence.

Spray your Aroma Infused Flower & Gem Essence to the right, center and left of your body. As it descends upon you, breathe in the pure aroma and visualize your energy shining as bright as a star.

Draw up fresh energy from the center of the earth through your feet, and out through the top of your head. Say to yourself, "I am now _____."
name of essence

before yoga • on your pillow • in your car • at your desk • before dinner • on the bus • before a date • during a date • after a date • sitting on the porch • surfing the internet • when you're nervous • after a shower • at work • **to be used by everyone • everyday • everywhere** • on your gemstones • during a family reunion • when you have a headache • eating breakfast • over your kids • before meditating • standing in line • at a wedding • talking on the phone • between the sheets • over your food • in your new home • after exercising • during a bath • when you're creatively blocked • on your honeymoon • in class • during high tea • before you go to bed • at the doctor • while you shop • at a party • hanging out at a café • during a show • on the plane • at your friend's house • when you have a broken heart • in the conference room • on your pet • at a baby shower • on your plants • before public speaking • when you're feeling blue • during holiday celebrations • on your anniversary • before life • during life • after life



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b quiet **NEW!**

b quiet is an emergency essence to induce instant inner and outer peace. Use **b quiet** to combat feelings of annoyance or impatience in others. Perfect for a chaotic environment, crying baby or before meditation & yoga. SSSHHH...

4 fl oz 118 ml \$34 suggested retail

connection to the mind • the power of silence

physical stress signs • feelings of nervousness, frustration, anger, anxiety, insecurity, fear, nervous system, adrenal and throat disorders, adult and child ADHD

infused rose & geranium oils • This beautifully intoxicating floral combination calms the nerves and stops monkey mind in its tracks. Rose, the symbol of love and beauty, protects your heart by warding off grief, anger and fear. The ancient oil of geranium with its fresh citrus nuances, hint of rose and cedarwood undertone, has a balancing effect on the nervous system. It relieves anxiety, frustration and hasty behavior making the world a more peaceful place to live.

flower and gem essence blend • Baby Blue Eyes, Snapdragon, Camellia, Rosemary, Rosa Damascene, Chestnut Flower, Ohia Lehua, Clematis Versicolor, Rosa Virginia, Aquamarine, Schlossmacherite, Krypton and Helium



I control my inner peace.
I create outer peace.
I am patient.
I will live in the moment.
I am quiet.



b grateful NEW!

b grateful is an emergency essence to increase feelings of love & gratitude for yourself and others. Use **b grateful** when you are feeling blue. Stop, breathe, count your blessings and appreciate all that you are and have accomplished.

4 fl oz 118 ml \$34 suggested retail

connection to the mind • feeling like a victim; feeling separate from or disengaged from the world

physical stress signs • depression, feelings of anger, jealousy, loneliness, lack of focus, energy and patience, anxiety and disorders of the respiratory, heart, immune and nervous system

infused white ginger lily-vetiver & rhododendron oils •

This exhilarating blend of sweetness with a touch of herbal complexity and subtle spice calms the mind and grounds your energy. White ginger lily-vetiver with its exotic floral middle note and sweet, fruity undertone, opens the heart, and promotes love and appreciation while the rare and exotic Rhododendron oil eases restlessness and supports inner tranquility.

flower and gem essence blend • Magnolia, Pink Sapphire, Watermelon Tourmaline, Charles de Mille Rose, Mariposa Lily, Rosa Maximowicziana, Chrysoprase, Petalite and Bee Balm



I am not a victim.
I find the good in all situations.
I recognize my problems are not unique.
I appreciate all that I am and have.
I am grateful.