



Energetic Blends

Life Seasons Blends		
		
Spring	Cleansing, clearing, uplifting, new beginnings, balanced growth and action.	<i>Basil, Cedarwood, Cypress, Fennel, Frankincense, Hyssop, Juniper, Marjoram, Myrtle, Neroli, Orange, Patchouli, Ravensara, Sandalwood and Ylang Ylang</i>
Early Summer	Outward focus, relaxation, femininity, strength, support, overcome obstacles, focus, confidence	<i>Petitgrain, Peppermint, Patchouli, Orange, Ylang Ylang, Sandalwood, Lemon, Lavender, Hyssop, Geranium, Frankincense, Chamomile, Basil and Benzoin</i>
Late Summer	The Peacemaker. Useful for feelings of Overprotection, emptiness, loneliness, undernourished, hungry for love and attention, clingy	<i>Mandarin, Spearmint, Patchouli, Orange, Marjoram, Ginger, Frankincense, Clary Sage and Benzoin</i>
Autumn	Grief, transitional stages in life such as divorce, menopause, moving house, needing to let go	<i>Jasmine, Sandalwood, Patchouli, Myrrh, Marjoram, Lavender, Hyssop, Frankincense, Clary Sage, Chamomile and Benzoin</i>
Winter	Recovery, Healing, Stillness, Trust	<i>Pine, Rosewood, Ylang Ylang, Lavender, Juniper, Cypress, Benzoin, Cedarwood, Chamomile and Clary Sage</i>
Colour Blends		
		
White	Calming, soothing, harmonising, purifying, nurturing, nourishing. May be seen as a “rescue” Blend	<i>Cajeput, Carrot, Coriander, Elemi, Frankincense, Grapefruit, Myrtle, Niaouli, Palmarosa, Petitgrain</i>
Red	Grounding, fortifying, soothing, warming, strengthening ; offers courage and vitality	<i>Cedarwood, Vetivert , Cinnamon, Mandarin, Nutmeg, Patchouli, Rosewood , Sage, Myrrh, Clove , Carrot</i>
Orange	Warming, comforting, joyful, rejuvenating, enhances pleasure, creativity and sense of security	<i>Orange, Cinnamon, Tangerine, Nutmeg, Marjoram, Frankincense, Verbana, Myrtle, Myrrh, Fennel, Celery Seed , Caraway Seed</i>
Yellow	Energising, clarifying, confidence giving; offers hope and sense of optimism; stimulates the intellect	<i>Grapefruit, Cinnamon , Elemi, Lemon, Spearmint, Caraway, Carrot, Cedarwood, Celery Seed, Roman Chamomile, Coriander, Ginger, Verbana</i>
Lime	Calming, self-assurance, earthing; the colour of feminine leadership; new beginnings	<i>Grapefruit, Lemon, Lime, Spearmint, Tea Tree, Verbana, Rosewood , Myrrh , Celery Seed, Carrot Seed , Benzoin</i>
Green	Balancing, Cleansing, calming, cooling, harmonising; neutralises stressful experiences	<i>Lavender, Basil , Geranium, Lemon, Marjoram, Sage , Thyme, Ravensara, Peppermint , Palmarosa , Roman Chamomile, Camphor, Benzoin</i>



Turquoise	Energising, uplifting, cooling, refreshing, stimulating, calming and grounding; enhances self expression	Spearmint, Rosewood , Eucalyptus, Palmarosa , Niaouli, Yarrow, Thyme, Sage, Roman Chamomile, Celery Seed, Carrot , Basil
Blue	Serenity, tranquillity, softness, trust ; opens us to guidance and communication	Elemi, Niaouli, Cajuput , Anise Star, Yarrow, Thyme, Hyssop, Clary Sage, German Chamomile, Roman Chamomile, Bay
Indigo	Clarity, stillness, reassuring, awakening, cooling; offers enhanced intuition and protection	Basil, Cajuput , Eucalyptus, Geranium, Lemon, Clove, Cypress, Frankincense , Lavender , Myrrh , Nutmeg, Peppermint , Petitgrain
Violet	Soothing, peaceful, unwinding, serenity; offers inspiration and sense of purpose	Cedarwood, Cardamom, Citronella, Juniper , Patchouli, Thyme, Verbana, Bay , Celery Seed, Cinnamon (, Lemongrass , Valerian
Purple	Stillness, solace, deeply relaxing, offers reassurance; reduces emotional /spiritual pain	Patchouli, Cedarwood, Vetivert, Thyme, Cinnamon, Lemon, Mandarin, Valerian, Niaouli, Eucalyptus, Clove, Anise Star
Magenta	Nurturing, warming, inner peace and strength; deeply feminine; connects us to the earth and the sky	YlangYlang, Thymus, Rosemary, Palmarosa, Marjoram , Coriander, Petitgrain, Myrtle, Myrrh, Lavender, Roman Chamomile, Carrot Seed, Camphor, Bay
Crimson	Warming, sensual; offers regeneration, youthfulness; enhances passion	Mandarin, Patchouli, Cinnamon , Sage, Rosewood , Coriander, Clary Sag , Myrrh, Black Pepper
Misc		
Fortitude	Strength, courage, power, protection, fortification of body/mind and spirit, smooth flow of energy	Cinnamon, Cardamom, Coriander, Cedarwood, Cypress, Hyssop, Frankincense, Mandarin, Orange, Sandalwood
Solace	Solace, comfort; brings peace to a troubled heart and spirit; for a broken heart	Neroli, Frankincense, Sandalwood, Clary Sage, Ylang Ylang, Lavender, Basil, Chamomile

Dilutions Table

(d:ml)

Carrier	Gentle	General	Strong
Cream/Butter	15:50	20:50	25:50
Lotion/Cleanser	20:100	30:100	50:100
Bath Foam/Bath Oil/Bath Salts	15:100	25:100	35:100
Shampoo/ conditioner	20:100	25:100	35:100
Shower Gel	20:100	25:100	35:100
Carrier Oil	10:100	30:100	50:100
Roller balls	10:10	15:10	20:10
Spray	20:100	30:100	60:100
Burner	30:100	50:100	70:100
Steam Inhaler	20:100	30:100	50:100
Solids	20:100	30:100	60:100
Floral Waters	20:100	25:100	30:100

- For Pre-pubescent children use half the drops.
- Not recommended for children under 3yrs old.
- For Pregnancy use ½ drops for gentle/general and never use strong application

Contraindications Table

All blends should be patch tested in case of sensitivities or allergies to ingredients.

Blend	Specific contraindications
Balance	Pregnancy
Root	Pregnancy
Sacral	Pregnancy, breastfeeding, children under 18 months
S Plexus	Pregnancy (1 st 6 months), epilepsy
Heart	Pregnancy, epilepsy
Throat	Pregnancy
Brow	Pregnancy, High BP
Crown	Pregnancy
Spring	Pregnancy
E Summer	Pregnancy (1 st 6 months)
L Summer	Pregnancy
Autumn	Pregnancy
Winter	Pregnancy
White	
Red	Pregnancy
Orange	Pregnancy
Yellow	Pregnancy
Lime	Pregnancy
Green	Pregnancy



Turquoise	Pregnancy
Blue	Pregnancy, breastfeeding, children under 3
Indigo	Pregnancy
Violet	Pregnancy
Purple	Pregnancy, breastfeeding, children under 3
Magenta	Pregnancy, epilepsy
Crimson	Pregnancy
Fortitude	Pregnancy (1 st 3 months)
Solace	Pregnancy, Very Low BP , Before driving; if drinking alcohol.
Note: When pregnancy contraindicates blend use burner or roller ball.	

This Chart is for use (i) solely by those individuals trained in the use of Katseye Blends and (ii) only to the extent that those individuals have been trained in the use of Katseye Blends. This Chart is not for public consumption or distribution.

It is a general reference guide for quick reference purposes only and must be used with reference to and in conjunction with all the information and guidelines provided by Katseye Training to which it relates.

Chakra Blends



Chakra Balance	General sense of well-being; relaxation; grounding; centering; uplifting; focusing; balancing to body/mind and spirit	<i>Rose, Bergamot, Chamomile, Frankincense, Geranium, Myrrh, Patchouli, Rosewood, Sandalwood, Ylang Ylang, Vetivert</i>
Root	Security, stability, grounding, calming, stillness, manifestation	<i>Vetivert, Ylang Ylang, Sandalwood, Patchouli, Orange, Lavender, Frankincense, Clary Sage, Chamomile, Benzoin, Basil</i>
Sacral	Calmness, contentment, warming, sociable, improves confidence, motivation	<i>Rosewood, Mandarin, Patchouli, Ginger, Fennel, Cypress, Cinnamon, Black Pepper, Star Anise</i>
Solar Plexus	Transformation, power, self-mastery, will, energy, activity, autonomy, authority, self esteem, shame, The Spiritual Warrior	<i>Mandarin, Chamomile, Clove, Juniper, Lavender, Lemon, Marjoram, Peppermint, Rosemary, Sandalwood</i>
Heart	Nurturing, nourishing, gentleness, forgiveness, releasing, calming, reconciling, caring, opening	<i>Ylang Ylang, Rosemary, Petitgrain, Marjoram, Lavender, Clary Sage</i>
Throat	Communication, Creativity, Strength, Confidence, Inner Truth, Clarity, Balancing, Calming, Clearing, Quietening, Focusing	<i>Benzoin, Chamomile, Eucalyptus, Frankincense, Hyssop, Juniper, Lemon, Marjoram, Sandalwood, Cedarwood, Myrrh, Clove, Peppermint, Tea Tree, Thyme</i>
Brow	Enhances clarity and insight, focus, inspiring, nurturing, awakening, helps us develop and trust our intuitive selves	<i>Grapefruit, Orange, Myrtle, Geranium, Eucalyptus, Lemon, Basil, Rosemary, Peppermint, Patchouli, Lavender, Tea Tree, Sandalwood, Frankincense</i>
Crown	Umbrella from planetary fallout, soothing, enlivening, expansive, inspiring, awakening, soothing, acceptance; creates sacred space	<i>Orange, Ylang Ylang, Geranium, Myrtle, Sandalwood, Lavender, Frankincense, Clary Sage, Chamomile, Peppermint, Basil, Eucalyptus, Patchouli</i>



Important Notes

In the event of any doubt as to the appropriateness for use of any Blend or Product made using such Blend(s) then either contact Katseye Training (www.katseyetraining.co.uk) for advice or do not use such Product or Blend(s).

This Blending Reference Guide contains Contraindications for Katseye Blends (the “Blends”) only and not as regards any Carrier or Base Product that may be used to make a Product.

Safety Advice

Please note that any reference to a Product or Products is a reference to any Product containing a Blend or Blends.

Sole Use

Where a Product is prepared for a particular individual, it may not be suitable for use by another individual e.g. extra dilution is required for children, the person may be pregnant, a person with a sensitivity or allergy may react to a Product. It is necessary to check for Contraindications and also to check the Dilution is appropriate for each individual using a Product.

Children

Keep Products out of reach of small children.

Flammable

The Blends consist solely of Essential Oils which are flammable. Do not place them on/near a naked flame except in a proper burner.

Solvents

Some Blends are solvents and may damage certain plastics and polished wood surfaces and may stain fabrics.

Sprays

Exercise caution with polished floors/lino as Sprays should be natural water based Products and all polished/smooth surfaces are slippery when wet.

Undiluted Blends

Unless specifically instructed by an expert, do not apply undiluted Blends directly onto the skin as this can lead to irritation of the skin.

Use

Do not use a Product as food flavouring nor take internally.



High Concentration

The Blends are highly concentrated and therefore incorrect use can cause undesirable side effects.

Eyes

Keep the Blends away from the eyes and do not rub eyes after handling the Blends.

The Blends, even when diluted, will cause stinging if they get into the eyes.

In the event of an accident!

- If a Product is splashed in the eyes, immediately flush the eyes with clean, warm water or full-fat milk. If this does not alleviate the stinging and irritation then seek Medical Assistance.
- If a Blend is present on the fingers, remove by gently scrubbing with strong solution of washing-up-liquid. Do not rub eyes if a Blend is on fingers. Certain Essential Oils contained in the Blends and tending to persist on fingers are Cinnamon and Peppermint which can cause eye irritation.
- If a Blend is present on other parts of the body, remove by washing with warm, soapy water. Dry the area thoroughly and apply hand cream, a medicated cream or, if nothing else is available, a small amount of butter or margarine.
- If there is an accidental consumption of a Product, seek Medical Assistance immediately.

Reaction to Product

In the event of any reaction to a Product discontinue use immediately and seek medical assistance where required.

Suitability of Product

In the event that a Product is intended for use by Children or Animals please ensure that it is suitable for such use. A Product should not be used if in any doubt as to its appropriateness for use.

Patch Test

If an individual is unsure if they are sensitive or allergic to any ingredients in a Product a Patch Test is necessary.

In any event, prior to using a Product a Patch Test should be conducted to ensure no adverse reaction.

Place a small amount of the Product on the gauze of a plaster and put the plaster on a discreet part of the body e.g. forearm. Leave for 2-4 hours then lift the plaster to see if there has been any reaction such as redness. In the event of a reaction the Product should not be used.

It is important to note that certain drugs, stress and menstrual cycle can affect sensitivity to products.