



Blend	Name	Description	Contents
1	Ultimate De-Stress	Stimulates the mind, relaxes the body. Stress, anxiety, nervous-ness, headaches, insomnia, convalescence, PMT, concentration	Basil, Lavender, Orange, Roman Chamomile, Clary Sage, YlangYlang, Frankincense, Sandalwood
2	Breathe Easy	Respiratory, expectorant, aids recovery from flu & clears fluids on lungs. Coughs, catarrh, sinusitis, snoring, chest rub	Eucalyptus, Rosemary, Lavender, Roman Chamomile, Pine, Tea Tree, Myrrh, Benzoin, Frankincense, Sandalwood
3	Allergy Ease	Respiratory, anti-allergenic, loss of smell/taste. Hay fever, asthma, allergies, catarrh, breathing aid for sports/singers, snoring	Lemon, Eucalyptus, Lavender, Chamomile, Benzoin, Myrrh, Cedarwood, Frankincense, Sandalwood
4	Skin Calm	Anti-inflammatory, anti-allergenic, skin condition. Bites, stings, dermatitis, eczema, psoriasis, anger, hyperactivity, insomnia	Roman Chamomile, Lavender, Geranium, Juniper, Benzoin, Myrrh, Sandalwood, Patchouli
5	Fungal Clear	Anti-fungal. Athletes foot, thrush, fungal nail infections, ringworm (people & animals)	Bergamot, Tea Tree, Lavender, Geranium, Tagetes, myrrh
6	Hormone Balance	Hormone, aphrodisiac, insomnia. Hot flushes, hormonal balance, menopause, menstrual, stress, urinary tonic	Sweet Orange, Clary Sage, YlangYlang, Lavender, Chamomile, Cypress, Geranium, Rosewood, Sandalwood
7	Joint Ease	Arthritis, muscle and joint problems. Painful/swollen joints, rheumatism, nerve tonic	Peppermint, Basil, Rosemary, Lavender, Chamomile, Marjoram, Clary Sage, Benzoin
8	Circulatory Balance	Circulatory problems, stress, relax, insomnia. High/low blood pressure, palpitations, stress, anxiety	YlangYlang, Petitgrain, Rosemary, Lavender, Clary Sage, Marjoram
9	Cough Calm	Respiratory, throat infections. Bronchitis, colic, coughs, croup, laryngitis, throat rub	Lemon, Eucalyptus, Juniper, Benzoin, Chamomile, Hyssop, Sandalwood, Frankincense, Marjoram
10	Panacea	Muscle & joint pain. Tennis elbow, birth/delivery, high blood pressure, cramp, back pain, muscle spasm, sciatica	Peppermint, Ginger, Chamomile, Lavender, Rosemary, Juniper, Lemongrass, Basil, Marjoram, Clary Sage
11	Anti-Viral	Anti-viral - respiratory, flu/cold treatment, immune system. Fever, cold & flu treatment, all respiratory viral infections	Eucalyptus, Lemon, Peppermint, Lavender, Chamomile, Pine, Cypress, Tea Tree
12	Clean Air	Anti-viral - respiratory, flu/cold preventative, immune system. Cold & flu prevention - home/office/shop anti-viral, air cleanser	Cajuput, Eucalyptus, Tea Tree, Rosemary, Lemon, Cinnamon, Lavender, Chamomile
13	Urinary Calm	Cystitis, UTI's. Urinary infections, tummy rub	Cypress, Cedarwood, Juniper, Pine, Eucalyptus, Tea Tree, Benzoin, Lavender, Chamomile
14	Tummy Calm	Digestive tonic. Indigestion, flatulence, IBS, colic, tummy rub	Rosemary, Juniper, Tangerine, Clove, Peppermint, Lemon, Lavender, Marjoram, Sandalwood, Chamomile



15	Cool and Calm	Burns, cooling. Burns (first aid), prickly heat, sunburn	Lavender, Eucalyptus, Chamomile, Frankincense, Sandalwood
16	Hair and Scalp Clear	Head lice, hair condition. Hair & scalp infestations, dandruff, alopecia, itchy/flaky scalp	Geranium, Rosemary, Lavender, Bergamot, Lemon, Tea Tree, Chamomile
17	Stimulate and Focus	Home/office and general stimulant, concentration, anti-viral. Stimulates and focuses, lethargy, depression, energy, pre-sport	Sweet Orange, Geranium, Lavender, Basil, Peppermint, Myrtle, Frankincense, Patchouli, Sandalwood, Eucalyptus
18	Anti-Viral Plus	Anti-viral Blend. Shingles, chicken pox, cold sores, warts, verrucae	Roman Chamomile, Lavender, Geranium, Tea Tree, Eucalyptus, Ravensara, Bergamot, Sage, Myrrh, Patchouli
19	Blisterease	Blisters, itching, athlete's foot. Blisters (whether due to work, sport or athletes foot), rashes with blistering	Peppermint, Clove, Chamomile, Lavender, Cinnamon, Lemon, Thyme, Eucalyptus, Cypress, Tea Tree, Geranium
20	Restful Sleep	Insomnia - most potent. Aid to sleep	Orange, Myrtle, Frankincense, Chamomile, Lavender, Clary Sage, Marjoram
21	Panacea Plus	Pain generally and unspecified pain. Headaches, migraines, nerve pain, toothache, sciatica, earache	Basil, Chamomile, Clary Sage, Marjoram, Peppermint, Clove, Lavender, Myrtle, Orange, Tangerine
22	No More Bugs	Insect repellent. Mosquitoes and fleas	Citronella, Lemongrass, Peppermint, Lavender
23	Itch Ease	Anti-irritant. General itching	Chamomile, Lavender, Geranium, Clove, Peppermint, Cypress, Eucalyptus, Sandalwood, Frankincense, Thyme
24	Anti-Cellulite	Cleansing/circulatory, cellulite, low BP. Poor circulation, bruising	Juniper, Thyme, Hyssop, Cypress, Geranium, Fennel, Rosemary, Ginger, Clove, Marjoram
25	Hormone Balance Plus	Hormonal, depression. Hormonal balance, post natal depression, menopause	Orange, Chamomile, Myrtle, Frankincense, Clary Sage, Basil, Peppermint, Clove, Rosemary, YlangYlang, Fennel
26	Travel Calm	Nausea. Morning, sea, travel sickness. Aphid/black fly repellent	Spearmint, ginger, peppermint, lavender
27	Love your Ears	Ear Problems. Earwax and general infections including tinnitus, glue ear, etc.	Lavender, Chamomile, Marjoram, Eucalyptus, Tea Tree, Thyme, Peppermint, Clove
28	Anti-Bacterial	Anti-bacterial, MRSA.	Thyme, Palmarosa, Tea Tree, Myrtle, Clove, Cypress, Eucalyptus, Lavender, Clary Sage
29	Calm Kids	Child calming blend. Hyperactivity, stress and insomnia, calming	Orange, Basil, Lavender, Chamomile, Clary Sage, Frankincense, Sandalwood, YlangYlang, Patchouli
30	Fungal Clear Plus	Fungal nail infections (stronger than blend 5). Stubborn fungal nail infections, athletes foot	Bergamot, Chamomile, Cinnamon, Geranium, Lavender, Palmarosa, Thyme



31	Immune Boost	Immune system booster & tonic. Convalescence, immune support during/post chemotherapy	Essences of carrot seed, Palmarosa, Vetivert, Niaouli, Coriander, Tea Tree, Lavender, Frankincense
32	Deodoriser	Deodoriser, fragrance. Personal and general	Basil, Cinnamon, Clary Sage, Clove, Frankincense, Ginger, Orange, Patchouli, Spearmint, YlangYlang
33	Skin Smooth And Tone	Skin - markings. Stretch marks, scarring, skin toning	Tangerine, Lavender, Sandalwood, Frankincense
34	Fertility Plus	Infertility, reproductive tonic. Male and female blend, low sperm count/motility	Rose Absolute, YlangYlang, Geranium, Fennel, Coriander, Cypress, Thyme, Clary Sage, Lavender, Chamomile
35	For Dry to Normal Skin	Skin - dry / blemished. Moisturises, promotes skin regeneration	Rose Absolute, Sandalwood, Hyssop, Benzoin, Patchouli, Chamomile, Palma Rosa, Lavender
36	For Spotty Skin	Skin - acne / blackheads.	Juniper, Lemon, Palma Rosa, Myrrh, Clary Sage, Thyme, Chamomile, Lavender
37	For Oily Skin	Skin - greasy / oily / blemished.	Orange, Neroli, Petitgrain, Lemon, Lime, Juniper, Carrot Seed, Frankincense, YlangYlang, Lavender
38	Uplifting	Uplifting, confidence, motivation. Depression, lethargy	Grapefruit, Geranium, Lemon, Rosemary, Eucalyptus, Tea
39	Women's WellBeing	Well-being for women, toning action on reproductive system. Recovery, trauma, healing	Rose, YlangYlang, Sweet Marjoram, Lemongrass, Lavender
40	Ultimate Relax	Relaxing blend. Relaxation, calming, mental problems, anxiety, depression, addiction, turmoil, bereavement, comfort	Neroli, Sandalwood, Chamomile, Clary Sage, Lavender
41	Anti-Viral Plus Extra	Anti-microbial - slows down infection, flu. Anti-viral, anti-bacterial, anti-fungal - SARS, bird flu, etc	Star Anise, Pine, Clove, Cinnamon, Peppermint, Rosewood, Bergamot, Coriander, Sweet Orange, Eucalyptus
42	Pregnancy Well-Being	Pregnancy blend. Insomnia, aches and pains, colds & flu chest rub, haemorrhoids	Mandarin, Myrtle, Cypress, Geranium, YlangYlang, Rosewood, Chamomile, Sandalwood, Frankincense



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 of 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
1	Pregnancy, low BP
2	Pregnancy, epilepsy
3	Pregnancy
4	Pregnancy
5	Pregnancy (1 st 6 months)
6	Pregnancy
7	Pregnancy, epilepsy
8	Pregnancy, epilepsy
9	Pregnancy
10	Pregnancy, epilepsy
11	
12	Pregnancy, epilepsy
13	Pregnancy (1 st 3 months)
14	Pregnancy (1 st 6 months), epilepsy
15	Pregnancy (1 st 3 months)
16	Pregnancy (1 st 3 months), epilepsy
17	Pregnancy (1 st 3 months), evenings (inhibits sleep), high BP
18	Pregnancy (1 st 6 months)
19	Pregnancy (1 st 6 months)

20	Pregnancy, low BP
21	Pregnancy
22	
23	Pregnancy (1 st 6 months)
24	Pregnancy, epilepsy, angina, high BP
25	Pregnancy, epilepsy
26	
27	Pregnancy
28	Pregnancy (1 st 6 months)
29	Pregnancy
30	Sensitive skin
31	Pregnancy (1 st 6 months)
32	Pregnancy
33	
34	Pregnancy
35	Pregnancy
36	Pregnancy
37	Pregnancy (1 st 3 months)
38	Pregnancy (1 st 3 months), high BP, epilepsy, evenings, sunbathing (citrus content)
39	Pregnancy (1 st 6 months)
40	Pregnancy, before driving, if drinking alcohol, low BP
41	Pregnancy, breastfeeding. Avoid long term use - potent
42	
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 Essentially Flowers Training to which it relates.



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 Essentially Flowers Training (www.essentiallyflowers.com) for advice or do not use such Product or Blend(s).

This Blending Reference Guide contains Contraindications for Therapeutic Blends only and not as regards any Carrier or Base Product that may be used to make a Product.

Carrier Table

This Table identifies the most appropriate method for using the Blends with each of the main Carriers, whether as a principal use or support to use. Where a Blend is not listed it may still be used in a number of the Carriers for a support to use or for Fragrance purposes (except for Blend 41 which should only be used in a lotion and only when appropriate).

Carrier	Blends	General Dilution
Bath	1,2,5,6,7,8,9,10,11,12,13,17,21,25,31,38,39,40,42	5 drops per bath
Burner	1,2,3,4,6,8,9,17,20,22,25,26,29,32,38,40,42	5 drops per fill
Cream	1,2,3,4,5,6,7,8,9,10,13,14,15,17,18,19,20,21,22,23,25,26,27,28,29,30,31,33,34,35,36,37,38,39,40,42	1 drop to 3gm
Lotion	2,4,6,7,8,10,13,14,15,17,18,19,21,22,23,24,25,28,31,33,34,36,38,39,40,41,42	1 drop to 3ml
Massage Oil	1,4,6,7,8,10,17,21,24,31,33,38,40,42	1 drop to 3ml
Neat	1,3,4,5,6,8,11,12,15,18,20,21,26,27,30,32,40,42	2 to 3 drops
Roller Ball	1,2,3,4,6,8,15,17,20,21,24,26,27,38,40,42	15 drops to 10ml
Shampoo	4,16,22,23,42	1 drop to 4ml
Shower gel	1,4,6,15,17,22,31,32,34,38,39,40,42	1 drop to 3ml
Spray	1,4,15,16,19,22,23,26,32,42	1 drop to 3ml
Steam Inhalation	2,3,9,11,42	1 drop to 3ml
Treatment Oil	2,6,7,9,10,13,14,15,16,18,19,21,24,27,33,42	1 drop to 3ml

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.