



SARINA BAPTISTA
CONNECTING HEART AND SOUL
LEADING YOU TO A GUIDED LIFE

USING YOUNG LIVING™ BLENDS WITH MEDITATION AND CONNECTION

ABUNDANCE – Orange, Frankincense, Patchouli, Clove, Ginger, Myrrh, Cinnamon Bark, Spruce
Enhances law of attraction energies. Assists in creating harmony. Also has antiviral and antifungal properties
Diffuse or apply on heart chakra and root chakra.

BELIEVE – Idaho Balsam Fir, Coriander, Bergamot, Frankincense, Idaho Blue Spruce, Ylang Ylang, Geranium
Calms and grounds the spirit while stimulating the mind, allowing us to believe in our limitless potential.
Diffuse or apply on heart, third eye

BUILD YOUR DREAM – Lavender, Ylang Ylang, Blue Cypress, Sacred Frankincense, Hong Kuai, Melissa, Idaho Blue Spruce, Balsam Fir, Royal Hawaiian Sandalwood, Coriander, Tangerine, Black Pepper, Bergamot, Frankincense, Juniper, Anise, Blue Tansy, Geranium, Blue Lotus
Helps us focus on our dreams and goals, inspires confidence and hope
Diffuse or apply on third eye, crown

DREAM CATCHER—Sandalwood, Tangerine, Ylang Ylang, Black Pepper, Bergamot, Juniper, Anise, Blue Tansy
Opens the third eye during meditation, opens the mind to enhance dreams, helps with visualization, can help with bad dreams, good for accessing the Akashic Records
Diffuse or apply on third eye and at temples prior to meditation, sleeping

ENVISION – Spruce, Geranium, Orange, Lavender, Sage, Rose
Creates support and balance of our goals and dreams, opens us up to bigger possibilities. This blend was structured specifically to expel negative emotions, elevate the mind, balance, empower and propel one forward to achieve their desired goals.
Diffuse, Dilute in water for a clearing spray, apply to crown and third eye

GATHERING – Lavender, Spruce, Geranium, Frankincense, Royal Hawaiian Sandalwood, Ylang Ylang, Vetiver, Cinnamon Bark, Rose
Connects heart and mind, opens third eye and enhances connection and communication with spirit, great to use with SHK and HSZSN in Reiki as it helps with fractured energy. Helps to focus, ground, connect, and keep clear.
Diffuse or apply to crown, third eye and heart
Make sure your intention is clear when using this oil, as whatever you intend, intentionally or subconsciously, will be amplified

HOPE – Melissa, Myrrh, Juniper, Spruce

Reconnects us with the feeling of strength and grounding. Promotes feelings of peace, security, hope and achievement
Diffuse, apply to heart, use during Reiki for emotional support

INSPIRATION—Cedarwood, Spruce, Myrtle, Coriander, Royal Hawaiian Sandalwood, Frankincense, Bergamot, Vetiver, Ylang Ylang, Geranium

Increases connection with spirit, diffuses negative thoughts, enhances spiritual awareness. Creates a space for prayer and inner awareness during meditation
Diffuse, apply to crown, third eye, base of neck

JOY – Bergamot, Ylang Ylang, Geranium, Lemon, Coriander, Tangerine, Jasmine, Roman Chamomile, Palmarosa, Rose

Promotes feelings of self love and confidence. Great to use during meditation and accessing the Akashic Records.
Diffuse, apply to heart, third eye, crown

MAGNIFY YOUR PURPOSE – Sacred Sandalwood, Sage, Coriander, Patchouli, Nutmeg, Bergamot, Cinnamon Bark, Ginger, Ylang Ylang, Geranium

Empowering, uplifting, helping us rise above our doubts. Great for accessing the Akashic Records when used in conjunction with Joy and Dream Catcher
Diffuse, apply to crown, third eye, heart and solar plexus

PEACE & CALMING – Tangerine, Orange, Ylang Ylang, Patchouli, Blue Tansy

Helps settle the nervous system and mind so a peaceful state can be reached during meditation and/or sleep.
Diffuse and/or apply to solar plexus.

STRESS AWAY - Copiaba, Lime, Vanilla, Ocotea, Lavender

Calming, uplifting, reduces stress. Great for healing work. Helps client to relax and receive. Also good for sleep.
Diffuse and/or apply to throat chakra

3 WISE MEN –Sandalwood, Juniper, Frankincense, Spruce, Myrrh

Opens the crown chakra, Helps with grounding, Helps release lower energies. Diffuse or apply on crown and solar plexus

VALOR – Spruce, Camphor, Blue Tansy, Frankincense, Geranium

Balances the electrical energies in the body, as well as the emotional centers. Diffuse and/or apply to base of skull and sacral chakras.

Source: Reference Guide for Essential Oils Android App and J.T. Baptista

YOUNG LIVING PRICE LIST

Effective 8/31/2018. Prices subject to change

ESSENTIAL OIL	MEMBERSHIP PRICE	RETAIL PRICE
Abundance 15ml	\$38.00	\$50.00
Believe 15ml	\$38.50	\$50.66
Build Your Dream 5ml	\$60.50	\$79.61
Dream Catcher 15ml	\$74.25	\$97.70
Envision 5ml	\$19.25	\$25.33
Gathering 5ml	\$30.50	\$40.13
Hope 5ml	\$58.75	\$77.30
Inspiration 15ml	\$62.00	\$81.58
Joy 15ml	\$43.00	\$56.58
Magnify Your Purpose 5ml	\$36.50	\$48.03
Peace & Calming 5ml	\$34.75	\$45.72
Stress Away 15ml	\$30.50	\$40.13
3 Wise Men 15ml	\$90.50	\$119.08
Valor 5ml	\$39.75	\$52.30

Benefits of membership – Wholesale pricing, Essential Rewards, member only blends

Cost of membership - Starter kits range from \$45 - \$200.

Only purchase requirement is \$50 per YEAR to keep wholesale discount!

Contact me if you want more information! info@bridgetohealing.com