



Formulations  
by Sheila Kern

Aleish  
**Health & Beauty**  
Report

'Truly a Blessed Day  
when I discovered  
Aleish.'  
- California

P.O. Box 297, Penn Laird, Virginia 22846 540-269-4005 Aleish.com



Using Essential Oils  
to  
**HEAL**



Essential Oils can be far  
more powerful than  
**Herbs & Vitamins.**



1/3 oz

Helps to **HEAL** these Conditions - and mor e...

Colds, Flu, Pain, Arthritis, Asthma, Infections,  
Respiratory Problems, Cystitis, PMS, Depression,  
Eczema, Sciatica, Insomnia, Headaches.

Aleish uses the *highest* quality Essential Oils.  
Higher quality oils usually cost more than inferior versions.  
Cheaper, adulterated oils may not be as effective.

**Essential Oils** are extracted  
from plants, roots and flowers.

They concentrate the healing  
properties of the plant into a few  
drops of precious, *living* oil.

Can be used in baths, mixed with base oils, or in diffuser.  
Do *not* take internally. Do not apply these oils directly  
to the skin, except lavender, tea tree and ylang.

Essential Oil	Health Properties	Uses	Emotion & Spirit
#1. Basil	Increases mental concentration. Balances Hormones. Anti-Depressant.	Insomnia, nervousness, Regulate menstrual cycle. Foggy brain. Oily, congested skin.	Restores Harmony Relieves stress. Calming.
#2. Birch	Relieves Pain. Relieves Inflammation.	Arthritis, inflammation. Nice addition to massage oil. (muscles.)	Use: Few drops in bath. Must dilute. Contains methyl salicylate. Not for fragile, elderly, pregnant.
#3. Black Pepper	Pain killer Anti-viral, anti-bacterial Expectorant.	Fibromyalgia, fatigue Stomach ache, gas, Congested cough, muscle ache.	Aphrodisiac Warming
#4. Cedarwood	Anti-bacterial. Breaks up mucous congestion. Calms nervous tension.	Eczema, memory Oily Skin/Scalp. Colds/Congestion.	Anxiety Stress Grounding. Aphrodisiac
#5. Chamomile	Anti-inflammatory. Anti-spasmodic. Safe for children	Children's ailments. Colic, teething, temper tantrums. Stomach ache.	Calming. Sedative. Promotes Sleep
#6. Cinnamon	Kills bacteria, fungus, Kills viruses, mold Herpes, warts.	Flu, sluggish digestion. Diarrhea, constipation. <i>* Irritating to Skin, dilute or diffuse in air spritzer.</i>	Air Purifier Viruses can't live in cinnamon oil.
#7. Clary Sage	Estrogen-like, calming Cell regenerator. Reduces Blood Pressure.	PMS, menstrual pain. Hormonal problems. Skin Care. Frigidity.	Calming, Sedative. Post natal depression. <i>* Potent! Use in tiny amounts.</i>
#8. Cypress	Stimulates circulation Powerful anti-spasmodic Estrogen Balance	Asthma, hacking cough, Respiratory tonic, rheumatism Ovarian Disorders, varicose veins.	Eases nervous tension. Emotional trauma
#9. Eucalyptus	Tonic, stimulant, anti-bacterial Decongestant, anti-viral Lowers blood sugar.	Asthma, coughs, cold. Flu, sinus congestion., Fever, fatigue, muscle ache.	Energizing Cleansing. Air Purifier
#10. Fennel	Digestive tonic Diuretic, parasites. Anti-inflammatory.	Sluggish digestion, stomach gas. Menstrual problems, PMS. Kidney Stones, cystitis, gums.	Stimulating Avoid if epileptic.
#11. Frankincense	Anti-Inflammatory Wound Healing. Anti-cancer.	Coughs, colds, congestion. Skin & wound care. Cystitis. Depression	Calming, meditation Creates happiness. Soothing, grounding.
#12. Geranium	Anti-inflammatory, anti-bacteria Cell regenerator Hormone balancer	PMS, Skin Problems Sinusitis. Tonic for liver-pancreas.	Calming. Uplifting. Creates inner joy.



Essential Oil	Health Properties	Uses	Emotion & Spirit
#13. <b>Ginger Root</b>	Digestive tonic, pain Increases circulation.	Indigestion, gas, nausea Stomach problems. Rheumatism	Warming Mental stimulation
#14. <b>Grapefruit</b>	Lymphatic problems Diuretic, Gall stones	Tonic for lymph system Cellulite, obesity, acne.	Uplifting. Great air purifier.
#15. <b>Juniper</b>	Diuretic Blood purifier Pain reliever	Rheumatism, Skin disorders Detoxifier, gout, acne Urinary tract infections,	Tonic for nerves. Fatigue Poor memory 
#16. <b>Lavender</b> <small>Hydrates Skin Safe to use undiluted.</small>	Cell regenerator Anti-bacterial, anti-fungal Anti-inflammatory Emotional tonic	Wounds, cuts, fever, insomnia Skin care, acne, migraines Burns, infections, insect bites <i>* The oil vapor often destroys bacteria within 24 hours.</i>	Calms, reduces stress. Great for elderly. Increases happiness. Agitation, A.D.H.D.
#17. <b>Lemon</b>	Anti-bacterial, Anti-rheumatic 	Great for liver, nervous system Varicose veins, infections.	Uplifting, Air purifier. Reduces depression.
#18. <b>Lemongrass</b>	Best deodorizer Anti-fungal. Anti-bacterial 	Odors, Insect repellent, Colitis, oily, clogged skin. Digestive system	Increases circulation <i>* Very Potent, must Dilute. Don't use on sensitive skin.</i>
#19. <b>Lime</b>	Digestive tonic, kills bacteria. Lymph Stimulant, anti-viral	Indigestion, lymph Aftershave Splash	Refreshing, Uplifting Room Deodorizer
#20. <b>Orange</b> <small>Photo sensitive</small>	Anti-cancer, anti-depressant Anti-inflammatory/anti-fungal Kills bacteria. Sedative.	Depression, colds, flu Nervous tension, chills Bronchitis, Children's Ills, A.D.D.	Uplifting Called, 'Happy oil.' Increases joy
#21. <b>Oregano</b>	Strongly anti-bacterial. Anti-viral, anti-fungal. Immune stimulant, anti-aging	Infections, nail fungus. Arthritis, rheumatism Respiratory infections.	<div style="border: 1px solid black; padding: 2px; display: inline-block;">Note: Very Strong. Potent. Must dilute.</div> Warming.
#22. <b>Patchouly</b>	Anti-bacterial. Anti-viral, anti-fungal. Cell regenerator	Skin care, eczema, nausea digestion, scars, dry skin Varicose Veins, perfume. 	Anti-depressant Calming Aphrodisiac
#23. <b>Peppermint</b>	Pain reliever Kills bacteria, inflammation Digestive tonic	Opens nasal passage, colds, sinus Headaches, digestion, gas Weak gums, eczema, bronchitis.	Curbs appetite <div style="border: 1px solid black; padding: 2px; display: inline-block;">Don't use at night. Can prevent sleep.</div> Energizing
#24. <b>Pine</b>	Kills bacteria, pain killer Decongestant, expectorant	Respiratory Diseases, mucous. Lung-liver tonic, rheumatism.	Relieves Stress. Anxiety, air purifier.
#25. <b>Rosemary</b>	Brain stimulant. Hair stimulant, Anti-inflammatory	Poor memory, brain fog #1 Heart Tonic, asthma, bronchitis. Thinning hair, fatigue.	Stimulant Anti-depressant
#26. <b>Rosewood</b>	Immune Tonic Anti-Viral, Anti-bacterial	Nervous tension Stress, depression Good Skin oil. 	Uplifting Relaxing Sadness
#27. <b>Spruce</b>	Stimulates Immune System Hormone stimulant	Sciatica, arthritis Respiratory Problems 	Releases emotional past. Creates spiritual peace.
#28. <b>Tangerine</b>	Anti-tumor Aids circulation Relaxant	Fights tumor growth Obesity, insomnia Parasites, fluid retention.	Promotes happiness Reduces depression. Helps anxiety
#29. <b>Tea Tree</b> <small>Safe to use undiluted.</small>	Strongly anti-bacterial. Anti-inflammatory Anti-fungal, kills pain.	Acne, Infections, nail fungus, warts. Respiratory infections, ring worm. Cold sores, weak gums, wounds.	Depression Hysteria Shock
#30. <b>Thyme (Red)</b>	Anti-bacterial, antiviral. Potent antiseptic Cough suppressant. 	Arthritis, colds, flu, Mouth wash, healthy gums. Rheumatism, laryngitis.	<div style="border: 1px solid black; padding: 2px; display: inline-block;">Skin irritant. Mucus irritant. Avoid if pregnant-nursing Avoid if have high blood pressure.</div>
#31. <b>Ylang Ylang</b> <small>Exotic Smell</small>	Lowers blood pressure Aphrodisiac, Relaxing. 	Hypertension, grief, stress. Nervous tension. Tachycardia	Anti-depression Reduces anger, fear.

### What is Aromatherapy.

**Aromatherapy** is the Art and Science of using Essential Oils for improving health and beauty.

The ancient Egyptians used Essential Oils over 5,000 years ago for skin care.

Modern aromatherapy began in the early 1900's. It was started by a French chemist, named Rene Gattefosse. He burned his hand in a laboratory explosion and developed gas gangrene. He found quick relief by placing his hand in lavender oil.

He then dedicated the rest of his life to the study of essential oils and coined the term 'aromatherapy.'

### What are Essential Oils?

**Essential Oils** are highly concentrated liquids which are extracted from plants. This includes grasses, leaves, flowers, roots, needles, wood, and the peel of fruit.

These oils have the ability to operate on the cellular and physical level, and also the emotional, mental, spiritual and aesthetic areas of our lives.

**Essential Oils contain the *Life Force* of the Plant.**

Essential oils are part of the plant's own immune system. Essential oils are highly antiseptic. Many have the ability to regenerate skin cell tissues. Essential oils are 75-100 times more concentrated than dried herbs. Therefore they should not be used internally and should be diluted for maximum safety.

On a **physical** level, essential oils are a potent form of herbal energy. They stimulate the immune system. They are excellent for daily first aid, colds and flu.

On an **emotional** level, the oils stimulate memories, basic drives and hormones. They can help with depression, grief and stress related disorders.

On an "**energy level**", they can be used on pulse points, acupuncture meridians, chakras, etc.

On a **cellular** level, they are good for wound healing, scar repairing, and tissue stimulation. They help to maintain the moisture level of the skin.

### Essential Oils...

Essential Oils are 75-100 times more concentrated than dried herbs.

'When you look at **Essential Oils** under the microscope, they *vibrate with LIFE!*'

The higher *vibrations* of **Essential Oils** gives them their Healing Power.

**Essential Oils** are precursors to Amino Acids -- the building blocks of *Life*.

**Essential Oils**, like a special song, can trigger memories from 20-30 years ago.

When a plant is injured, the essential oil flows to the injured site for Healing.

**Essential Oils** are reflections of Heaven -- and were put on Earth for Healing.



'Essential Oils are the Love of God -- in Liquid Form.'

-- Sheila Kern

Dear Friend,

I hope you enjoy this report.

Essential Oils have been a passion of mine for a long time. I get this special feeling just being around them.

Essential oils are *living* molecules from Nature. They nourish our skin, and feed our entire being -- each and every cell.

Most people would never believe that Essential Oils have spiritual properties - but they do.

A favorite Essential Oil can remind us that we are powerful, Spiritual Beings.

Essential oils radiate divine beauty, and we have to do the same.

**Essential Oils can uplift the Spirit.**

We need to appreciate these divine oils, and realize, that we - *like them* - have dignity and a purpose.

That purpose, can only be to give love and help others.

Love, Sheila



### How Essential Oils Penetrate the Skin.

**Essential Oils** have a fine molecular structure. They can easily penetrate the outer layer of skin, pores, and the capillaries within our nose. The molecules are then distributed throughout the body via the capillaries and our lymph system.

Another area to consider are the soles of the feet. If you stood on a clove of garlic, very shortly, your breath would smell of garlic.

The skin on the **sole of the feet** is thick. This can offer protection for anti-infectious oils that might irritate the skin, such as thyme or oregano.

**The scalp** is another good area for applying oils. The size of the follicles is larger than the pores in the skin.

**Essential Oils can last 12-24 hours in the body.**

The art of using essential oils is learning their individual properties and best methods of application. Be sure to use high quality essential oils that are of therapeutic grade such as those from Aleish.

**Lavender, Ylang** and **Tea Tree** are safe to use direct from the bottle. Other essential oils should be diluted.



Smell the *Magic of Nature!*

Essential Oils capture the Essence of Nature.

The **Bible...**  
Ask the Plants...  
and they will teach you.  
*Job 12:8*

### Comments from Readers...

**Facial Formula.** 'My daughter gave me a bottle of the Facial Formula. After a few days, I realized I would never use anything else on my skin. I never knew the ingredients could make such a difference. I do now.'

**Third Eye Oil.** 'I can't describe it, but during meditation, it seemed to bring me to a deeper level that I never experienced before.'



**How to use Essential Oils.**

- \* Body Oils
- \* Facial Oils
- \* Scalp Oils
- \* Inhalation
- \* Spritzers
- \* Steam
- \* Diffusers
- \* Compresses
- \* Perfumes
- \* Baths

#1. **Body Oils** for Moisturizing, Massage, and Medicinal agents. Use 15-30 drops of essential oil for each ounce of carrier oil. (See carrier oils, right column.)

*For body moisturizing.* Apply blend to damp body after bathing. May use a single oil or a combination of oils to equal 15 drops per oz. for body use. Lavender blend makes an excellent substitute for baby oils and baby lotions which are full of chemicals. (Avoid mineral oil.)

*Illness and Inflammation.* Use 30 drops of essential oils for specific use, i.e. indigestion, colds, fever, etc. Use 2-3 times per day when treating conditions. May apply to feet, underarms or directly to affected area; arthritic flare-ups.

#2. **Facial Oil.** Add 15 drops of essential oil to 1 oz. of pure, Aleish Jojoba oil. (Use either lavender, rosewood, frankincense or geranium.)

#3. **Scalp Oil.** Add 15-30 drops to each oz. of Aleish Jojoba oil. Massage into scalp and gently pull into hair. Wash after 20 minutes. This will impart shine to dull, coarse hair. Pick oils according to problems. Use lavender or rosewood for dry, damaged hair.

#4. **Therapeutic Baths.** A long lost art used by ancient Romans. Can be very healing. (Hydrotherapy)

Add 5-10 drops of pure essential oil to water after tub is full. Stir water and soak for 20 minutes. Use very warm water for relaxing, and slightly cool water for energizing. You may also add one cup of epsom salts for muscle benefits. The effects will last 6-12 hours. The bath method can be used for relaxing, energizing, muscles aches, flues, colds, etc.

#5. **Direct inhalation.** Add 1-2 drops to tissue or handkerchief and directly inhale. May also use special Aleish inhaler. Great for sinus, colds, energy.



Aleish Inhaler.

#6. **Steam inhalation.** Add 5 drops of pure oil to gentle steaming water. Form tent with towel and inhale. Great for coughs, sinus, clogged pores.

#7. **Compresses.** 4-6 drops in warm water. (1/4th cup.) Apply to affected site with cotton cloth.

#8. **Diffusers.** Electric, Clay Diffusers, Lamp Rings, etc. Follow directions on actual diffuser. Generally add water to diffuser and 5-10 drops of essential oil.

#9. **Facial Spritzer.** Use 15 drops per ounce of spring water or aloe juice combined in spray bottle. Spray face before moisturizing.

#10. **Perfumes.** Add 30 drops of your favorite Essential Oil blend to 1 oz. of pure Aleish Jojoba Oil.

**Aleish - Essential Oil Products. — The highest quality.**

1. Aleish **Health & Beauty Report**, Vol 1. Send \$2 plus 2 stamps.
2. Aleish **Natural Jojoba Oil.** (Hard to find.) 2 oz.....\$10
3. Aleish **Inhaler**.....Use on the go.....\$12
4. Aleish **Facial Formula.** Our best-seller...(1 oz.) .....\$24.50
5. Aleish **Wrinkle Formula** (Rose Hip Seed.)..1/2 oz. ..\$19.95

\* Shipping, \$7 First item, \$1 every extra item. \* Sales Tax, (VA only, 5 %)

**Aleish, P.O. Box 297, Penn Laird, VA 22846**  
540-269-4005 Sheila@Aleish.com Aleish.com

**Carrier Oils.** (The base oils for Essential Oils.)

These oils are to be used when diluting oils for body use. Always use cold pressed or expeller pressed oils. They are available at health food stores.



For body use, a few choices are:

- \* Sesame, \* Grapeseed \* Sweet Almond
- \* Apricot Kernel \* Sunflower \* Peanut Oil.

These oils are 100% natural and contain the vitamins and amino acids from the plant. Essential oils last indefinitely, however these carrier oils have a shelf life of only 9-12 months. You can tell when they go bad by the smell.

Once you blend your oils, best to use them within a year. They are great for the skin, and can be easily metabolized.

\* **Aleish Jojoba Oil.** This carrier oil never goes rancid and is advised for facial formulas, scalp formulas, perfume blends, and removing eye-make-up. 100% natural.



#11. **Air Fresheners** and Disinfecting Spray. Add 25-30 drops of essential oil to each ounce of water in spray bottle. This can be used in bathrooms, shower stalls, toilet seats, when traveling, shopping etc.

- \* Add a few drops to washing machine. (Lemon, orange.)
- \* Spray on cabinets, countertops, etc for natural cleaning and deodorizing. (Lemon Grass, Cinnamon.)
- \* Put a few drops in vacuum cleaner bag. (Orange.)
- \* Sprinkle a few drops in trash cans, toilet paper rolls.
- \* Place a few drops on cotton ball and place in drawers, closets, etc. (Lavender, Cedar, Ylang Ylang.)
- \* Insert a few drops with dried herbs into simmering water for a natural potpourri. (Cinnamon, orange, spruce.)

**Aleish Wrinkle Formula** (Rosa Mosqueta, jojoba oil, Vit E, rosewood.)

Formulated with oil extracted from the seeds of the Rose Hip plant which grows wild in Chile. (Rosa Mosqueta.)

Our rose hip is pure and unrefined. It has a reddish color and is rich in healing skin nutrients. Leaves no oily residue. Excellent for wrinkles, scars, stretch marks, sun damage, age spots, & eczema. (Not for active acne or oily skin.)



Proven to regenerate cells and reduce premature aging.



**Aleish Essential Oils.** Enjoy the Magic of Nature.

Bottles are 1/3 oz. 300 drops. Don't forget postage.

- |                               |                          |
|-------------------------------|--------------------------|
| 1. Basil.....\$11             | 17. Lemon.....\$8        |
| 2. Birch.....\$11             | 18. Lemon Grass.....\$8  |
| 3. Black Pepper.....\$12      | 19. Lime.....\$8         |
| 4. Cedar Wood.....\$8         | 20. Orange.....\$8       |
| 5. Chamomile.(1/8 oz.)...\$14 | 21. Oregano.....\$12     |
| 6. Cinnamon.....\$7           | 22. Patchouly.....\$12   |
| 7. Clary Sage.....\$14        | 23. Peppermint.....\$8   |
| 8. Cypress.....\$10           | 24. Pine.....\$8         |
| 9. Eucalyptus.....\$8         | 25. Rosemary.....\$8     |
| 10. Fennel.....\$9            | 26. Rosewood.....\$9     |
| 11. Frankincense..(ABS)..\$14 | 27. Spruce.....\$11      |
| 12. Geranium.....\$13         | 28. Tangerine.....\$8    |
| 13. Ginger Root.....\$12      | 29. Tea Tree.....\$11    |
| 14. Grapefruit.....\$8        | 30. Thyme (Red).....\$12 |
| 15. Juniper.....\$14          | 31. Ylang Ylang.....\$14 |
| 16. Lavender.....\$12         |                          |

\* Prices subject to change without notice.