



Dr. Zoe's AromaWellness Blends

Delight your senses and uplift your spirit with Dr. Zoe's AromaWellness Blends. Specially formulated by Dr. Zoe Wells, these essential oils blends heal physical ailments while also providing emotional balance and mental clarity. Essential oils awaken the brain, higher mind, and inner healer to gain a fresh perspective and embody the skills needed to move beyond life's challenges.

How to use AromaWellness Blends

AromaWellness blends can be used directly on the skin, in the bath, added to massage oil or put into a diffuser. Oils are for external application only. Oils should not be applied to tissue such as the mouth, inner nose, eye, vagina or rectum or any area where there is a rash or irritated skin. For application to the skin, open the essential oil bottle and allow 2-3 drops to fall into your palm. Rub your palms together to warm and mix the oils, bring your hands to your face and breathe in the oils then with a fingertip apply the oil to the skin. Add 3-5 drops to the bath. Drip 3 drops into water for steam inhalation.

Vibrant Energy

Cough Buster

Super Infection Fighter

Phoenix Rising

Immune Warrior

Soothing Balm

Restful Dreams

Sensual Embrace



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THE BLENDS

Vibrant Energy – We all need a pick me up from time to time. Whether you are looking for an increase in energy, a more active and engaging mind or an energetic mood elevator, Vibrant Energy will do the job. Peppermint, Balsam Peru, Frankincense, Cypress

Cough Buster – loosens up phlegm and calms coughs. Warming and soothing for the lungs, lymph nodes, and throat. Thyme, Eucalyptus, Pine, Sage, Roman Chamomile

Super Infection Fighter – Forget about smelling good, you want something that takes care of business! SIF is for those times when you can feel an infection coming on. You've got a fever or body aches, a headache or congested sinuses. This formula means business! Thyme, Tea Tree, Lemon, Palmarosa

Phoenix Rising – Life's challenges can sometimes leave us feeling beaten down. Like the mythical phoenix bird that rises from its ashes and is reborn, Phoenix Rising can help you take flight again. Balsam Peru, Neroli, Pine, Coriander, Frankincense

Immune Warrior – the kids are sick, your co-workers are coughing, arm yourself with Immune Warrior! This is for immune system stimulation and strengthening without the medicinal smell. If you're already sick or need something stronger, use Super Infection Fighter. Eucalyptus, Lemon, Cypress, Frankincense, Sage

Soothing Balm – Sometimes the heart and soul need a little balm or a busy mind needs to be calmed. Soothing Balm is an aromatherapy blanket to cuddle up with and feel nurtured. Rose, Lavendar, Myrrh, Frankincense, Ylang

Restful Dreams – Say nighty night to insomnia, Restful Dreams is here to float you into a good night's sleep. Restful Dreams leaves you calm and content. Roman Chamomile, Vetiver, Neroli, Jasmine, Ylang

Sensual Embrace – Our busy lives can over stimulate our minds. When you're ready to come into the heart space and remember your sensual side, it's time for Sensual Embrace! Ylang, Jasmine, Myrrh, Basil