

Spirit of Light Christmas 2018 Catalogue



NURTURE INSPIRE PEACE

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Welcome

Welcome to the Spirit of Light
Christmas 2018 Catalogue.

The 2018 Christmas Catalogue is full of great and unique ideas for gift giving or something special for yourself. Enjoy...

Be sure to check out all the new products (like the new new aromatherapy gift packs and new essential oil blends); and the return of the always popular Christmas Tree Mist and all the special prices sprinkled throughout the catalogue too. Gift certificates for Spirit of Light products are also available.

And as a special offer for Christmas, delivery is free in Australia for orders of \$150 or more when ordering from the 2018 Spirit of Light Christmas Catalogue*.

Your invited to take some time to wander through these pages. You are sure to find something here to nurture, uplift, inspire and instil peace.

With aromatic blessings,
Hannah

*Christmas Catalogue 2018 open until 31 December 2018. If your order is being mailed to you, to receive products by Christmas, the order form & payment to be received by 17 December 2018 (Australian Delivery Only).

All prices in Australian dollars.



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Products are available through:

- ≈ Mail order (phone or email to order)
- ≈ Markets:
 - Dumbo Feather Christmas Fete Saturday 1 December St Kilda
 - Emu Plains Christmas Market Saturday 15 December Balnarring
- ≈ At Flemington (by appointment)
- ≈ Selected products also available at Incube8r 321 Smith St Fitzroy

Contact Hannah:

Phone: 0405 981 251
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CHRISTMAS GIFT PACKS

Celebrate Pack

Contains: Joy Essential Oil Blend and Holiday Essential Oil Blend Price \$30.00

Christmas Pack

Contains: Christmas Tree Mist & Christmas Spice Essential Oil Blend Special Price \$20.00

Illuminata

Illuminata Gift Set: Illuminata Essential Oil Blend & Illuminata Mist Price \$30.00

Illuminata Pack: Illuminata Mist & Illuminata mini Balm Special Price \$20.00

Holiday

Holiday Gift Pack: Holiday Essential Oil Blend & Holiday Perfume Price \$30.00

Holiday Gift Set: Holiday Essential Oil Blend & Holiday Mist Price \$30.00

Holiday Kit: Holiday Essential Oil Blend & Holiday mini Balm Special Price \$20.00

Joy

Joy Gift Pack: Joy Essential Oil Blend & Joy Perfume Price \$30.00

Joy Gift Set: Joy Essential Oil Blend & Joy Mist Price \$30.00

Joy Kit: Joy Essential Oil Blend & Joy mini Balm Special Price \$20.00

Love

Love Gift Pack: Love Essential Oil Blend & Love Perfume Price \$30.00

Love Gift Set: Love Essential Oil Blend & Love Mist Price \$30.00

Love Pack: Love Mist & Love mini Balm Special Price \$20.00

New Beginnings Kit

Contains: Manifestation Mist and New Beginnings Essential Oil Blend Price \$30.00

Nurture Pack

Contains: Love Essential Oil Blend and Woman Essential Oil Blend Price \$30.00

Peace Pack

Contains: Relax Essential Oil Blend and Sleep Essential Oil Blend Price \$30.00

Practitioner Pack

Contains: Clear Space Mist & Healers Hand Lotion

Special Price \$25.00

Relax

Relax Gift Pack: Relax Essential Oil Blend & Relax Perfume

Price \$30.00

Relax Gift Set: Relax Essential Oil Blend & Relax Mist

Price \$30.00

Relax Kit: Relax Essential Oil Blend & Relax mini Balm

Special Price \$20.00

Relax Pack: Relax Mist & Relax mini Balm

Special Price \$20.00

Sleep

Sleep Gift Set: Sleep Essential Oil Blend & Sleep Mist

Price \$30.00

Sleep Kit: Sleep Essential Oil Blend & Sleep mini Balm

Special Price \$20.00

Sleep Pack: Sleep Mist & Sleep mini Balm

Special Price \$20.00

Study Pack

Contains: Focus Essential Oil Blend and Wake Essential Oil Blend

Price \$30.00

Wake

Wake Gift Set: Wake Essential Oil Blend & Wake Mist

Price \$30.00

Woman

Woman Gift Pack: Woman Essential Oil Blend & Woman Perfume

Price \$30.00

Woman Gift Set: Woman Essential Oil Blend & Woman Mist

Price \$30.00

Woman Kit: Woman Essential Oil Blend & Woman mini Balm

Special Price \$20.00

Woman Pack: Woman Mist & Woman mini Balm

Special Price \$20.00



MIST

Clear Space Mist.

Clears negative energy; balances, protects and purifies; Great for practitioners to clear, cleanse & purify themselves & the healing room. The mist can also be used in other places such as home, office, workplace, car, yoga mat, meditation area etc.

Holiday Mist

Invite bliss, play and fun when on holiday or to bring the joy of being on holiday into the home

Illuminata Mist.

An essential oil blend to let your inner light shine and to light the way during times of major transition, shock and life changes.

Joy Mist

This mist provides an uplifting blend of essential oils for joy, celebration and for finding your happy

Love Mist

For bringing in nurturing, self love and being in the heart space

Manifestation Mist

To manifest and create the life of your dreams.

Relax Mist

To be in peace, to soothe and for serenity for easing anxiety and stress

Sleep Mist.

A gentle spray to instill a gentle space of quiet, being calm and feeling still, soothing tiredness, restlessness and an overactive mind.

Wake Mist

To brighten and wake up with sparkle, energy and feel revived for the day ahead

Woman Mist

A nourishing blend of essential oils to bring in balance, nurturing and harmony



Each of the above mists comes in a 50ml amber glass spray bottle .

Price: \$15.00 each

Travel Mist

A refreshing and uplifting mist that balances & grounds the mind, body & spirit when travelling and is hydrating for skin (especially useful for air travel). The travel mist is in a 50ml amber plastic bottle (lightweight and suitable size for liquid limit for “carry on” baggage for international travel).

Price: \$15.00

Christmas Tree Mist

Evoke the fresh & inviting aromatic spirit of the Christmas tree in to your home with this seasonal mist. A blend that is uplifting and brings the traditional Christmas tree aroma into the home.

Special Price: \$10.00

SOAK

These bath salt blends are gentle, relaxing, soothing and peaceful. Add a scoop of the bath salts into warm bath water and gently swish through the water for a blissful and nurturing bath.

Holiday

Invite bliss, play and fun when on holiday or to bring the joy of being on holiday into the home

Love

For bringing in Nurturing, Self Love and being in the heart space

Sleep

To instill a gentle space of Quiet, being Calm and feeling still, soothing tiredness, restlessness and an overactive mind

Wake

To brighten and wake up with Sparkle, Energy and feel Revived for the day ahead

Woman

A nourishing blend of essential oils to bring in balance, nurturing and harmony

Contains essential oils and a gentle blend of healing herbs

Soaks are in glass test tubes.

Price: \$5.00 each or \$15.00 for set of 3 test tubes



BALMS & LOTIONS

Headache Balm.

A soothing balm that is comforting, balancing and clarifying and with the cooling, relaxing and analgesic actions of the essential oils the balm may assist in easing tension headaches.

Illuminata Balm.

An essential oil blend to let your inner light shine and to light the way during times of major transition, shock and life changes.

Sleep Balm.

A balm to encourage restful sleep. To instill a gentle space of quiet, being calm and feeling still, soothing tiredness, restlessness and an overactive mind.

Balms are in 30ml amber glass jars.

Price: \$10.00 each



Lotion

Love

For bringing in nurturing, self love and being in the heart space

Sleep

To instill a gentle space of quiet, being calm and feeling still, soothing tiredness, restlessness and an overactive mind

Healers Hand Lotion.

The key indicators for the healers hand lotion is grounding, boundary setting, peaceful, refreshing & renewing, nurturing & balancing.

Woman

A nourishing blend of essential oils to bring in balance, nurturing and harmony

Lotions are in 100ml amber jar with pump

Price: \$15.00 each



PERFUME

Holiday

Invite Bliss, Play and Fun when on holiday or to bring the joy of being on holiday into the home

Joy

An uplifting blend for Joy, Celebration and for finding your happy

Love

For bringing in Nurturing, Self Love and being in the heart space

Relax

To be in Peace, to Soothe and for Serenity for easing anxiety and stress

Woman

A nourishing blend of essential oils to bring in Balance, Nurturing and Harmony

Packaged in a stylish 15ml roll on applicator.

The applicator is lightweight, convenient and easy to use.



Price \$15.00 each



ESSENTIAL OIL BLENDS

≈ **Christmas Spice.**

Bring in the spirit of Christmas with this warm and joyful Christmas Spice oil blend

≈ **Focus.**

Promotes clarity, motivation and concentration for study and work

≈ **Holiday.**

Invite bliss, play & fun when on holiday & bring the joy of being on holiday into the home

≈ **Illuminate.**

An essential oil blend to let your inner light shine and to light the way during times of major transition, shock and life changes

≈ **Joy.**

An uplifting blend for joy, celebration and for finding your happy

≈ **Love.**

For bringing in nurturing, self love and being in the heart space

≈ **Meditate.**

For being present, for reflection & for spiritual practices like meditation

≈ **New Beginning.**

For freshness and a fresh start, creating space for new beginnings, expansion and growth

≈ **Relax.**

To be in peace, to soothe and for serenity, for easing anxiety and stress

≈ **Sleep.**

To instill a gentle space of quiet, being calm and feeling still, soothing tiredness, restlessness and an overactive mind

≈ **Wake.**

To brighten and wake up with sparkle, energy and feel revived for the day ahead

≈ **Woman.**

A nourishing blend of essential oils to bring in balance, nurturing and harmony



Essential oil blends are in 5ml amber bottles and are gift boxed.

Price: \$15.00 each

ESSENTIAL OIL KITS

The kits and manuals are made and written by a professional aromatherapist and each kit contains a set of 50 essential oils (see tables below) and the matching Essential Oil Manual. The oils are in amber 2ml vial bottles and all essential oils are of the very highest quality.

Essential Oil Kit 1

Angelica Root	Desert Rosewood	Jasmine	Melissa	Rosalina
Basil, Sweet	Eucalyptus Blue Gum	Juniper Berry	Mountain Pepper	Rose
Bergamot	Eucalyptus Radiata	Kunzea	Neroli	Rosemary
Cedarwood, Atlas	Everlasting	Lavender True	Nerolina	Rosewood
Chamomile, German	Fennel, Sweet	Lavender, Tasmanian	Orange, Sweet	Sandalwood, Australian
Chamomile, Roman	Fragonia	Lemon	Patchouli	Sandalwood, East Indian
Clary Sage	Frankincense	Lemon Myrtle	Peppermint	Tea Tree
Cypress	Geranium	Lemon Tea Tree	Petitgrain	True Niaouli
Cypress, Blue	Grapefruit	Mandarin	Pine	Yarrow
Cypress, White	Honey Myrtle	Marjoram, Sweet	Ravintsara	Ylang Ylang

Price: \$235.00

NEW Essential Oil Kit 2: Rare, exotic and unique essential oils

Aniseed	Cedarwood, Himalyan	Eucalyptus Peppermint	May Chang	Spikenard
Aniseed Myrtle	Cedarwood, Virginian	Fir	Myrrh	Spruce
Bay	Champa	Galbanum	Myrtle	Tangerine
Benzoin	Cinnamon Leaf	Ginger	Nutmeg	Thyme
Black Pepper	Cistus	Guaiacwood	Orange Bitter	Turmeric
Cajeput	Clove Bud	Kanuka	Palmarosa	Valerian
Calendula	Coriander	Lavender Spike	Ravensara	Verbena
Caraway	Dill	Lemongrass	Rose Geranium	Vetiver
Cardamom	Elemi	Lime	Sage	Violet leaf
Carrot Seed	Eucalyptus Lemon	Manuka	Spearmint	Wintergreen

Price: \$290.00

Testimonials for the Spirit of Light Essential Oil Kit:

"The Spirit of Light Essential Oil Kit is an integral part of my Kinesiology Practice, being of the highest quality. The Manual is beautiful, wise & always meaningful & brings valuable & precise awareness to the client to assist their healing journey, & I would not be without it. Thank you to Hannah for her much treasured insights, & for putting so much love into all that she does". RG - Professional Kinesiology Practitioner

"I trust, use and recommend the oils and products from Spirit of Light both as a therapist and a consumer. Hannah's extensive knowledge and understanding of the qualities and use of essential oils means I can rely on her suggestions and recommendations to be both effective and safe. I often refer clients to Hannah for advice on oils and blends and the feedback I receive is always positive". M. Russo Kinesiology Integrative Therapies

"Hannah's Essential Oil kit & manual are invaluable tools in my Kinesiology practice. The fragrant, healing vibration of the oils combined with the accurate, insightful & intuitive messages allow for deeper understanding & greater energetic shifts toward wholeness & well-being for each of my clients (& me!) Thank you Hannah". B O'D. Professional Practitioner.

INDIVIDUAL ESSENTIAL OILS

Prices for 5ml amber bottles with dripper insert. Contact Hannah for quote for larger bottle sizes

Essential Oil	Message of the Oil	Unit Cost
Angelica Root	Divine Strength	\$20
Aniseed	Limelight	\$11
Aniseed Myrtle	Definitive Steps Forward	\$24
Basil, Sweet	Rejuvenation	\$10
Bay	Boundless Potential	\$12
Benzoin	Nourishing Glow	\$14
Bergamot	Illumination	\$11
Black pepper	Assertive Energy	\$19
Cajeput	On Purpose	\$11
Calendula	Radiance	\$15
Caraway	Commitment	\$12
Cardamom	Generous Support	\$14
Carrot Seed	True to Self	\$18
Cedarwood Atlas	Majesty	\$11
Cedarwood, Himalyan	Ceremony	\$12
Cedarwood, Virginian	Soul Security	\$11
Chamomile German	Release	\$12
Chamomile Roman	Gentle Calmness	\$12
Champa	Bliss	\$22
Cinnanmon leaf	Warmth	\$11
Cistus	Serenity	\$11
Clary sage	Vision	\$15
Clove Bud	Action	\$10
Coriander	Flow	\$10
Cypress	Transformation	\$10
Cypress Blue	Spiritual Courage	\$26
Cypress White	Kindred Spirit	\$12
Desert Rosewood	Belonging	\$12
Dill	Clear	\$14
Elemi	Harmony	\$19
Eucalyptus Blue Gum	Pioneer	\$9
Eucalyptus Lemon	Alive	\$10

Essential Oil	Message of the Oil	Unit Cost
Eucalyptus Peppermint	Invigorate	\$10
Eucalyptus Radiata	Renewal	\$9
Everlasting	Expanding grace	\$22
Fennel Sweet	Free Expression	\$11
Fir	Expansion	\$12
Fragonia	Miracle	\$20
Frankincense	Stillness	\$15
Galbanum	Unveil	\$12
Geranium	Balance	\$14
Ginger	Achieve	\$12
Grapefruit	Sparkle	\$9
Guaiacwood	Cherish	\$16
Honey Myrtle	Abundance	\$14
Jasmine	Awakening Senses	\$12
Juniper berry	Purify	\$11
Kanuka	Understanding	\$20
Kunzea	Body	\$20
Lavender Spike	Yin Yang	\$15
Lavender Tasmanian	Soothe	\$15
Lavender True	Mother Earth	\$10
Lemon	Brightness	\$9
Lemon myrtle	Inspiration	\$11
Lemon tea tree	Independence	\$12
Lemongrass	Zing	\$10
Lime	Taste for Life	\$9
Mandarin	Sweetness	\$9
Manuka	Nature	\$20
Marjoram sweet	Comfort	\$15
May Chang	Revitalise	\$12
Melissa	Heart Delight	\$20
Mountain pepper	Manifestation	\$15
Myrrh	Grace	\$20
Myrtle	Worth	\$12
Neroli	Peaceful Light	\$15
Nerolina	Rest	\$11
Nutmeg	Enthusiasm	\$9
Orange Bitter	Holistic	\$9

Essential Oil	Message of the Oil	Unit Cost
Orange, sweet	Joyful Radiance	\$9
Palmarosa	Softness	\$12
Patchouli	Present Moment	\$12
Peppermint	Stimulate	\$10
Petitgrain	Ponder	\$11
Pine	Awakening identity	\$10
Ravensara	Fortune	\$18
Ravintsara	Pyschic Protection	\$18
Rosalina	Gentle Relief	\$11
Rose	Unconditional Love	\$15
Rose Geranium	Inner Tapestry	\$12
Rosemary CT1 Camphor	Wise Warrior	\$9
Rosewood	Sustainability	\$12
Sage	Sacred Journey	\$11
Sandalwood, Australian	Grounded Bliss	\$14
Sandalwood, Indian	Being	\$14
Spearmint	Breezy Cheer	\$10
Spikenard	Deep peace	\$26
Spruce	New Beginning	\$10
Tangerine	Community	\$9
Tea Tree	Fortify	\$9
Thyme	Quest	\$18
True Niaouli	Calm Collection	\$9
Turmeric	Trust	\$10
Valerian	Replenish Rest	\$26
Verbena	Receive	\$14
Vetiver	Zen Garden	\$14
Violet leaf	Sweet Heart	\$22
Wintergreen	Flexibility	\$10
Yarrow	Protection	\$16
Ylang Ylang	Verve	\$15

Prices for 5ml amber bottles with dripper insert. Contact Hannah for quote for larger bottle sizes

PUBLISH

Books

Essential Oil Manuals

These unique publications offer distinctive, informative, thoroughly researched & comprehensive aromatherapy resources. They include an introduction into aromatherapy including application methods, quality of essential oils, chemotypes, storage of essential oils, doctrine of signatures, safety, chakras & fragrant notes & 50 detailed essential oil. Each essential oil profile includes: A key healing message of the essential oil, Soul reflection, healing characteristics, blessings, therapeutic actions & properties of the essential oil (including energetic and subtle aromatherapy).

Essential Oil Manual: A Soul Wellspring Of Healing

(See oils in Essential Oil Kit 1 for the essential oils that are in this manual). Price: \$30.00

Essential Oil Manual: Rare, exotic and Unique Essential oils

(See oils in Essential Oil Kit 2 for the essential oils that are in this manual). Price: \$30.00

Essential Oil Recipes for Mind, Emotion & Spirit

This manual provides over 400 wonderful essential oil recipes for the oil burner for the mind, emotion and spirit. It includes a very comprehensive key word indicator to aid in selecting the right recipe, as well as an introduction to aromatherapy. Price: \$30.00

Calendar

2018 Calendar Aromatherapy Inspiration

A unique wall calendar with 12 beautiful aromatherapy photos with essential oil inspiration. All photos are taken by Hannah from Spirit of Light. A great gift idea (A good size for posting & would also be a lightweight - fantastic for sending interstate or overseas). Price \$20.00

Magnet

Mini Ways to Wellness Magnet

A postcard sized magnet that contains a wonderful list of many different activities and ideas for bringing joy, nurturing, comfort, light and fun into your daily life. Price: \$5.00

BOTANICAL ALCHEMY

As well as the products that are in this catalogue we can tailor make specific products for your needs. Aromatherapy and flower essences may assist with a range of different emotional, mental, physical and spiritual issues.

Just a few examples from just some of the body systems include:

- ≈ Nervous: Anxiety, depression, sleep, shock, grief
- ≈ Respiratory: Colds, flu, hay fever, sinusitis
- ≈ Musculoskeletal: aches and pains, bruises, arthritis
- ≈ Integumentary: burns, eczema, acne, wounds, scars
- ≈ Digestive: nausea, constipation, IBS, diarrhoea
- ≈ Reproductive: Menopause, Pre-menstrual syndrome

And

- ≈ *Aromatherapy products, essential oil blends and gift packs can also be custom made for gifts. Let us know if there is something specific that you are after.*

Product types will be dependent on the need/condition but can include: balms, gels, lotions and creams, essential oil blends (for the oil burner, steam inhalation etc), massage oil blend, bath oil/salt blend, mists, perfume blends, flower essence blends etc.

Contact Hannah to discuss your needs:

Phone: 0405 981 251

Email: spiritoflight@live.com.au

Testimonial

"Just wanted to let you know how much your aromatherapy blends helped with my labour and birth! We found the massage oil especially useful in the weeks leading up to the birth. During labour, it was great to have the blend of oils burning, I found it very relaxing and calming. Fortunately, I didn't experience any nausea or vomiting so didn't get to test out the inhaler, but I have put it aside to use another time! My labour and birth was everything that I was hoping for and I really appreciate how much you were able to help with this." CL

