



THE
SENSORY ALCHEMY
STARTER GUIDE

10 Original Blends Across the Five States

Cia...with Love



The Sensory Alchemy Starter Guide

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Sensory Alchemy is an intentional approach to essential oils. It works with scent, awareness, and the body's own intelligence to support how you feel.

This starter guide introduces you to the system through 10 original blends, two for each of the Five States: a luxury face oil and a body oil. Each blend is designed to support a specific quality; steadiness, warmth, clarity, softness, or stillness.

Choose by how you want to feel. Apply with care. The senses do the rest.

A Note on Ingredients

Some essential oils like Rose, Frankincense, Sandalwood, Neroli, and Jasmine, are valued for both their aromatic properties and their skin benefits, but can be expensive or difficult to source sustainably. Practical alternatives are noted throughout: Frankincense can be substituted with Elemi or Myrrh; Sandalwood with Cedarwood; Rose with Geranium or Palmarosa; Neroli with Petitgrain; and Jasmine with Ylang Ylang or Clary Sage.

Some oils are also adaptogenic, they respond differently depending on context. For example, Frankincense is deeply grounding when used quietly, yet clarifying when paired with focused breathwork. Lavender can be calming at night and emotionally balancing during the day. These versatile oils appear across multiple states in this guide. Trust what resonates for you in the moment.

Important

The blends in this guide do not substitute for medical advice. If you have a health condition and wish to use essential oils, please consult your doctor. Dilutions are for guidance, if you have sensitive skin or a particular oil doesn't feel right, use a lower dilution or choose an alternative. For contraindications, refer to the safety guide at www.ciaawithlove.com.

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Be Your Best. Live Beautifully.™



I. Be Grounded

For steadiness, presence, and inner calm.

When you feel restless, anxious, or too much in your head, these blends help you settle back into your body. Warm, earthy, and stabilising, they anchor you to the present moment while also nourishing the skin.

These blends are particularly suited to those who tend to feel scattered, restless, or emotionally unsettled. Due to sustainability concerns, Sandalwood can be replaced with Cedarwood or Benzoin.

Face Oil: Rose & Sandalwood

- 15ml sweet almond oil
- 2 drops Rose Otto (deeply hydrating, heart-centring)
- 2 drops Sandalwood (calming, grounding, skin-rejuvenating)
- Optional: 1 drop Vitamin E or Rosehip oil (for added skin nourishment)

How to use: Massage onto the face morning or evening. Cover the eyes and face with your hands for 10 seconds, breathing in the scent, and let go.

Body Oil: Damask Rose & Patchouli

- 30ml sweet almond oil
- 7 drops Damask Rose (luxurious, calming, promotes self-care)
- 4 drops Patchouli (deeply grounding, earthy, skin-balancing)
- 4 drops Sandalwood (restores balance and calm)

How to use: Massage onto damp skin after a bath or shower, focusing on the legs and feet to feel grounded and present.



2. Be Creative

For openness, warmth, and emotional flow.

When you feel blocked, emotionally flat, or disconnected from pleasure, these blends help restore openness and flow. Sweet Orange, Neroli, and Geranium are warming and uplifting, encouraging movement and a sense of ease.

Face Oil: Sweet Orange & Neroli

- 15ml jojoba oil (light, easily absorbed, suits all skin types)
- 2 drops Sweet Orange (uplifting, brightens the skin)
- 2 drops Neroli (soothes stress, deeply nourishing)
- Optional: 1 drop Vitamin E or Rosehip oil (for added skin nourishment)

How to use: Massage onto the face, cupping your hands to breathe in the sweet scent.

Body Oil: Sweet Orange & Geranium

- 30ml sweet almond oil
- 7 drops Sweet Orange (energising, uplifting)
- 4 drops Geranium Rose (calming, balancing)
- 4 drops Neroli (soft, floral, calming yet uplifting)

How to use: Apply in circular motions around the abdomen and hips, embracing flow and movement. Works well as a morning ritual.



3. Be Inspired

For brightness, clarity, and quiet confidence.

When you need clarity and focus, these citrus and spice blends support confidence and energy. Bright, clean, and enlivening, they are well-suited for times of self-doubt, hesitation, or low motivation.

Face Oil: Lemon & Sweet Fennel

- 15ml sweet almond oil
- 2 drops Lemon (brightens the complexion, sharpens the mind)
- 2 drops Sweet Fennel (soothes and balances)
- Optional: 1 drop Vitamin E or Rosehip oil (for added skin nourishment)

**As lemon is photosensitising, ensure you are wearing SPF to protect the skin.*

How to use: Massage onto the face, breathing in the bright, clean scent.

Body Oil: Lemon & Lemongrass

- 30ml apricot kernel oil (nourishing, vitamin-rich)
- 8 drops Lemon (energising, clears mental fog)
- 7 drops Lemongrass (stimulating, enhances circulation)

How to use: Massage onto the solar plexus area and arms. **As lemon is photosensitising, wear SPF if going outside.*



4. Be Loved

For softness, compassion, and connection.

When you feel guarded, closed off, or disconnected from warmth, these blends gently support emotional balance. Geranium, Rose, and Palmarosa are soft, floral, and heart-opening, encouraging ease with yourself and others.

Face Oil: Geranium & Rosehip

- 15ml rosehip oil (rich in vitamins, supports skin renewal)
- 2 drops Geranium (balances emotions, enhances radiance)
- 2 drops Palmarosa (hydrating, deeply softening)
- Optional: 1 drop Vitamin E (for added skin nourishment)

How to use: Massage onto the face and neck with gentle upward strokes.

Body Oil: Rose & Jasmine

- 30ml sesame oil (light, warming, nourishing) — or sweet almond oil
- 7 drops Rose (heart-opening, emotionally uplifting)
- 4 drops Jasmine (deeply feminine, confidence-building)
- 4 drops Geranium (balances emotions, enhances beauty)

How to use: Apply gently to the chest and shoulders, allowing the floral notes to uplift and soften.



5. Be Wise

For depth, intuition, and quiet focus.

When you feel distracted, mentally foggy, or unable to hear yourself clearly, these blends support stillness and focus. Lavender, Clary Sage, and Frankincense are calming, clarifying, and quietly grounding.

Face Oil: Lavender & Clary Sage

- 15ml evening primrose oil (soothing, anti-inflammatory) or sweet almond oil
- 2 drops Lavender (calms the mind, relaxes tension)
- 2 drops Clary Sage (enhances clarity and deep thought)
- Optional: 1 drop Vitamin E or Rosehip oil (for added skin nourishment)

How to use: Apply to the temples and back of the neck, inhaling deeply for stillness and clarity.

Body Oil: Lavender & Frankincense

- 30ml grapeseed oil (lightweight, fast-absorbing)
- 7 drops Lavender (calming, restful)
- 4 drops Frankincense (enhances focus and meditation)
- 4 drops Sandalwood (supports inner quiet)

How to use: Apply to the temples and back of the neck, inhaling deeply for stillness and clarity.



Before You Begin

Before choosing your blend, take a moment. Ask yourself:

- What do I need most right now?
- How does this scent make me feel?
- What intention can I set for the day ahead?

Let your senses guide you.

With love...

Clia.

Explore the full Sensory Alchemy system; 30 original blends, five states, and a complete guide to intentional aromatherapy.

www.cliawithlove.com

Disclaimer

The information, recipes, and guidance provided by Clia...with Love are intended for educational and informational purposes only. They are not a substitute for professional medical advice, diagnosis, or treatment. Always perform a patch test before using any essential oils topically. If you are pregnant, nursing, have a medical condition, or are taking medication, please consult a qualified healthcare practitioner before using essential oils.

All suggested blends and applications are based on general safety standards. Clia...with Love takes no responsibility for adverse reactions, misuse, or outcomes resulting from the use of these materials. Use essential oils mindfully, and always follow recommended dilution guidelines.

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