THE
QUANTUM AROMATHERAPY MINI GUIDE

Clia...with Love

10 Energy-Infused Recipe Blends for
Mind, Body & Spirit

The *Clia…with Love* Quantum Aromatherapy System™ Mini Guide:

10 Energy-Infused Recipe Blends for Mind, Body & Spirit

When I started my professional aromatherapy journey many years ago, I witnessed firsthand the incredible way organic essential oils can influence emotions, restore balance, and support wellbeing. When I began blending for myself and clients, I realised that essential oils not only work on a physical level but also on an energetic level—aligning beautifully with our emotions, intentions, and inner vitality. It is this energetic holistic aspect of aromatherapy that really fascinated me and made me want to explore further.

Today, a more recognised term to reflect the multi-dimensionality of Aromatherapy is Quantum Aromatherapy; integrating concepts from quantum physics, energy healing, and traditional aromatherapy. It operates on the idea that essential oils not only have biochemical effects on the body but also influence energy fields, emotions, and consciousness.

Aroma-Psychology & The Energetic Influence of Scent

Beyond their energetic and vibrational properties, essential oils can also influence **mood, personality, and emotional balance**. This is the essence of **aroma-psychology**—understanding how certain scents enhance confidence, joy, sensuality, or introspection. The limbic system, the brain's emotional centre, is directly affected by aroma, shaping our thought patterns, subconscious behaviours, and overall sense of wellbeing. Throughout this guide, we'll explore how each blend not only supports your **energy field** but also harmonises with your **emotional and cognitive state**.

The *Clia… with Love* Quantum Aromatherapy System™

When I launched Clia with Love Aromatherapy Blends in 2012, I wanted clients to have a holistic mindful experience using essential oils for personal healing and growth as well as the obvious beauty benefits. By blending oils with **colour, energy, and intention**, I believed we can create powerful skincare rituals that nourish not only the skin but also the **mind and soul**.

In this guide, I'll introduce you to the ***Clia with Love* Quantum Aromatherapy Blend System**—each aligned with a core energy that we all need at different times in life. This is a simple energetic approach, whether you need **grounding, inspiration, or wisdom**, these blends will become a **luxurious, healing ritual** for your skin and spirit.

Some essential oils are known as **adaptogenic**, meaning they can respond to your body's unique needs at any given time. For example, Frankincense can be deeply grounding when used in meditation yet also elevating and spiritually awakening when used with breathwork and intention. Similarly, Lavender can be calming and restful at night but also heart-opening and emotionally balancing during the day.

These versatile oils are used across **multiple energy categories** in this guide, depending on their primary effects. Trust your **intuition** when selecting a blend—what resonates for you in the moment is what you need most.

Also some essential oils, like **Frankincense, Sandalwood, Rose, Neroli, and Jasmine**, are highly valued for their vibrational energy and skincare benefits, but they can also be expensive or difficult to source sustainably. Fortunately, there are accessible alternatives that offer similar therapeutic and energetic effects. For example, Frankincense can be substituted with Elemi or Myrr; Sandalwood with Cedarwood; Rose with Geranium or Palmarosa; Neroli with Petitgrain; and Jasmine with Ylang Ylang or Clary Sage. These alternatives allow you to experience the essence of Quantum Aromatherapy in a cost-effective and practical way without compromising the quality of your blends.

Please be advised that the recipe suggestions below do not substitute for medical advice. I would encourage you that if you're suffering from a condition where you want to use essential oils, please discuss with your doctor. Also the blend dilutions are for guidance. If you have sensitive skin or the fragrance of a particular essential oil does not resonate for you, you should opt for the lower dilution range or an alternative essential oil. For contraindications for using essential oils, you can check out our guide here. I would encourage you to review this before applying your preferred blends.

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1. Be Grounded (Root Energy – Red)

For Stability, Strength & Inner Peace

When we're too much in our head, overly anxious and feel disconnected, it's important to come back into our bodies and reconnect with our stability and inner safety. So when life feels chaotic, grounding brings you back to stability and presence. A variety of essential oils can help you do this however rose, sandalwood and patchouli are my go-tos. Due to the increasing demands of the cosmetic industry and sustainability concerns, sandalwood has become difficult and expensive to purchase so benzoin or other 'leafy' essential oils such as cedarwood could be used as an alternative.

From an **aroma-psychology perspective**, grounding blends are particularly beneficial for individuals who tend to feel **ungrounded, restless, or anxious**. They are ideal for those who overthink or feel emotionally unstable. These blends are deeply warm and earthy, anchoring you to the moment while also nourishing dry or mature skin.

🌹 **Luxury Face Oil Blend: 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 Blend: Damask Rose Body Oil**

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

✨ **How to Use:** Massage onto damp skin after a bath or shower, focusing on the legs and feet to feel fully rooted and present.

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2. Be Creative (Sacral Energy – Orange)

For Passion, Sensuality & Flow

Some individuals feel creatively blocked, emotionally stagnant, or disconnected from their sensuality and joy. This blend awakens **self-expression, movement, and vitality**, making it perfect for those who need to reconnect with their emotions and creative flow.

🍊 **Luxury Face Oil Blend: Sweet Orange & Neroli**

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

💆 **Body Oil Blend: Sweet Orange & Geranium Body Oil**

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

✨ **How to Use:** Apply in circular motions around the abdomen and hips, embracing flow and movement. Perfect for a morning self-care ritual.

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3. Be Inspired (Solar Plexus Energy – Yellow)

For Confidence, Motivation & Inner Fire

When you need motivation and clarity, these citrus-spice blends ignite **confidence, energy, and focus**. They are ideal for those struggling with **self-doubt, hesitation, or low motivation**.

🍋 **Luxury Face Oil Blend: 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.

💆 **Body Oil Blend: 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 to awaken strength and self-belief. *As lemon is photosensitising, ensure you are wearing SPF to protect the skin if going outside.

4. Be Loved (Heart Energy – Green/Pink)

For Compassion, Emotional Healing & Self-Love

Some individuals are naturally open-hearted and emotionally expressive, while others may struggle with **emotional walls, self-doubt, or an inability to receive love**. This blend is ideal for those seeking **greater self-acceptance, emotional healing, or deeper relationships**.

Essential oils like **Geranium, Rose, and Palmarosa** gently support the heart, **balancing emotions and fostering inner peace**.

🌸 **Luxury Face Oil Blend: Geranium & Rosehip**

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

💆 **Body Oil Blend: Love & Harmony Blend**

- 30ml sesame oil (light, warming, nourishing), can also use sweet almond oil
- 7 drops Rose (heart-opening, emotionally uplifting)
- 4 drops Jasmine (deeply feminine, confidence-boosting)
- 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 your energy.

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5. Be Wise (Third Eye Energy – Indigo)

For Clarity, Intuition & Deep Focus

Some people naturally connect with their intuition and wisdom, while others may feel **mentally foggy, distracted, or disconnected from their inner guidance**. This blend is ideal for those who seek **clarity, inner vision, and deep spiritual connection**.

Essential oils like **Lavender, Clary Sage, and Frankincense** enhance deep thought, meditation, and mental stillness.

🌿 **Luxury Face Oil Blend: Lavender & Clary Sage**

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

💆 **Body Oil Blend: Insight & Stillness Blend**

- 30ml grapeseed oil (lightweight, fast-absorbing)
- 7 drops Lavender (calming, restful)

- 4 drops Frankincense (enhances meditation and focus)
- 4 drops Sandalwood (connects to inner wisdom)

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

Self-Reflection Exercise

Before you decide on your blend, take three deep breaths and ask yourself:

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

Let your intuition guide you to what you need!

With Love…

Clia.

👉 **Ready to master Quantum Aromatherapy and elevate your energy?** Unlock 30+ exclusive *Clia…with Love* blends, energy rituals, guided meditations, and step-by-step tutorials to create your own signature Quantum Aromatherapy practice. Get the complete guide at www.cliawithlove.com