



“Breathing in, I calm body and mind.  
Breathing out, I smile. Dwelling in the  
present moment I know this is the  
only moment.”

Thich Nhat Hanh, *Being Peace*

*Aromatherapy*  
and accessories.

**JBV DESIGN STUDIO**  
The Creativity Curator  
Jacqueline Burke Volpe



# Table of Contents

## PRODUCT LIST

Roll On - One Blend Oil

Roll On - Two Plus Blend Oil

Body Mists

Hand Gels

Air sprays

Soaps

Clay Accessories

Aromatherapy Bracelets

Essential Oils to Balance Chakras

About - Samples

Order

Photo credits





# Classics

**ESSENTIAL OIL**  
**10ML/.34OZ**  
**ROLL ON BOTTLE**  
**TEN DOLLARS**



## **Lavender**

*lavandula augustigolia*

Floral

Soothes stress and anxiety



## **Peppermint**

*menthes piperita*

Minty and Herbal

Helps relieve fatigue

As with any essential oil product, please test on an inconspicuous area first. For topical use only; not for ingestion.



**ESSENTIAL OIL**  
**10ML/.34OZ**  
**ROLL ON BOTTLE**  
**TWELVE DOLLARS**



**CEDARWOOD**

*juniper mexicana*  
Woody  
Soothes stress



**GRAPEFUIT**

*Citrus paradisi*  
Citrus  
Soothes stress and anxiety.



**LEMONGRASS**

*Cymbopogon flexuosus*  
Citrus  
Soothes stress and  
nervousness



**LIME PEEL**

*citrus aurantifolia*  
Citrus  
Soothes anxiety



**ESSENTIAL OIL \* 10ML/.34OZ \* ROLL ON BOTTLE \*  
FOURTEEN DOLLARS**

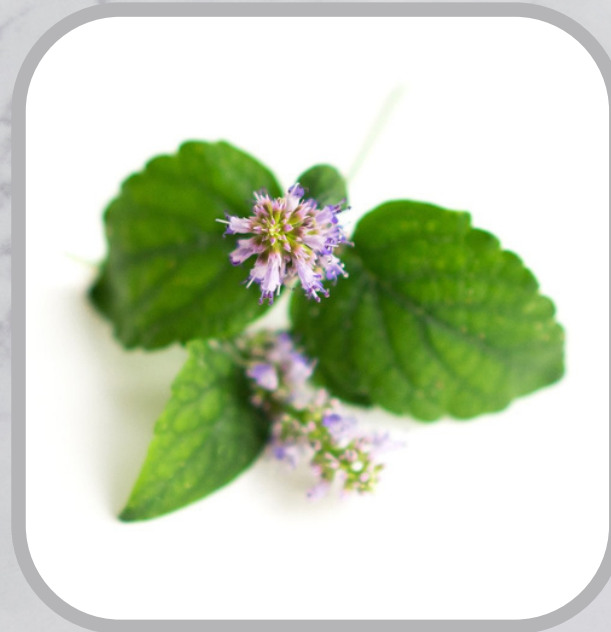


**BERGAMOT**

*citrus aurantium* (Bergapten Free)

Sweet citrus scent

Soothes stress and anxiety.



**PATCHOULI**

*pogostemon cablin*

Spicy and Woody

Soothes stress & anxiety



**CLARY SAGE**

*salvia sclera*

Herbal and Sweet

Soothes stress and anxiety



**JUNIPER BERRY**

*j. communis*

Woody

Soothes stress and anxiety



**YLANG YLANG**

*cananga odorata*

Floral

Soothes stress and anxiety



# Essential Oil Blends

**10ML/.34OZ  
ROLL ON BOTTLE  
EIGHTEEN DOLLARS**



## **Thieves**

Spicy, citrus, woody, and herbal all at once. One of my favorite blends. *A mix of clove, lemon, wild orange, cinnamon, eucalyptus, and rosemary.*

USE: Thieves is uplifting and helps reduce stress or anxiety. Emotionally soothing and pleasant. Diffuse or apply to a chakra bracelet.



## **Earth**

*A blend of frankincense, peppermint, and lavender.*

USE: Massage into the bottom of your feet to relax and soothe aches. Diffuse on chakra bracelet for spiritual grounding and harmony.



## **Repose**

*A blend of bergamot, clove, cinnamon.*

USE: Massage onto bottom of feet or ankles to soothe and relax. Can be effective for RLS (restless leg syndrome).



# Body Mists

Essential Oil Blends \* Non- aerosol

60ml/2oz

Fifteen Dollars



## Lemon Eucalyptus

Use: For body or airspace especially during outdoor summer activities and as a refresher year-round. Contains: Vanilla, eucalyptus, citronella, grapefruit, cedarwood, water.

## Lavender Mint

Use: Store in refrigerator for a cooling body mist. Contains: jojoba oil, lavender, peppermint, spearmint.

## Spearmint & Ylang Ylang

Use: Nourish your skin and spirit with ylang ylang and gently energize your mood with spearmint. Contains: water, spearmint, ylang ylang

As with any essential oil product, please test on an inconspicuous area first.



# Hand Gels Airsprays

## Essential Oil Blends



As with any essential oil product, please test on an inconspicuous area first.

### **Hand Rub Gel Spray Size: 60ml/2oz \$16.00**

Use: For pocketbook, beach bag, or car. Shake well. Spray as needed on hands and rub. Contains: 91% isopropyl alcohol, aloe vera gel, rosemary, lavender, tea tree, cinnamon leaf

### **Room/Patio/Car Sprays. Non- aerosol. Size: 60ml/2oz \$15.00**

**Lemon Vanilla.** A bug spray for patio/deck. Use: If spray will land on a surface please test an inconspicuous area first. Contains: water, lemon juice, vanilla, citronella, clove, lavender, tea tree.

**Bergamot Cinnamon.** An uplifting scent of warm spice cookies and tea. Use: If spray will land on a surface please test an inconspicuous area first. Contains: Bergamot, water, vanilla, cinnamon, cardamom.





# Soap and Clay Accessories

**Custom made soaps, crafted with herbs from our garden and essential oils.**

## **Soap Hand/Bath Bar \$4.00**

Sea salt and Lavender

Sage & Citrus Smudge Bar

Goat Milk Juniper

## **Kitchen Soap \$10.00**

Olive Oil and Rosemary Kitchen Block

**Custom clayware, made on commission.**

## **Soap Dish \$15.00 - \$35.00**

Handcrafted from earthenware or stoneware or polymer clay.

## **Incense Holder \$15.00 - \$35.00**

Handcrafted from earthenware or stoneware or polymer clay.





# Bracelets

## GEMSTONE AND LAVA BEADS

### Seven Chakra Bracelet \$27.00

Wearing all seven Chakra stones at once is said to create a physical and spiritual balance. Place scented oil on the lava beads as a personal diffuser / aromatherapy. **Includes 10ml essential oil roll-on of your choice scent.** This is a popular bracelet!

Materials: Gemstone and Natural Stone Chakra Beads, Metal Beads, Lava Beads. Strong elastic stretch cord. Length: 7 inches; can be made larger or smaller on request; price may then vary. Bead size: 8 mm. Chakra Beads (gemstones may vary per bracelet). Contact me for special requests.

Sample string - your bracelet could be made with the following:

Ruby Red Jade • Spine

Tiger's Eye or Carnelian • Sacral / Lower abdomen

Yellow Jade or So Chow Jade • Solar Plexus

Rhodonite Jade or Aventurine • Heart & Chest

Howalite Turquoise • Throat Lapis

Lazuli • Forehead / Third Eye

Amethyst • Crown

Black & Brown • lava stones.

Metal spacer and end beads.







## **SINGLE CHAKRA GEMSTONE BRACELETS**

**One Chakra Stone and Lava Stones Bracelet.**

**Price varies per stone: \$27.00-\$40.00**

**Includes 10ml essential oil roll-on of your choice scent.**

Focus on one Chakra mixed with lava stones for aromatherapy. Choose one chakra gemstone as the focal point mixed with lava stones and metal spacer beads.

Length: 7 inches; can be made larger or smaller on request; price may vary. Bead size: 8 mm. Can include a larger focal bead. Stretch or clasp closure. Create your own personal chakra bracelet. Contact me to begin creating it together.



**One Chakra Stone Bracelet.**

**Price varies per stone: \$60.00-\$80.00**

**Includes 10ml essential oil roll-on of your choice scent.**

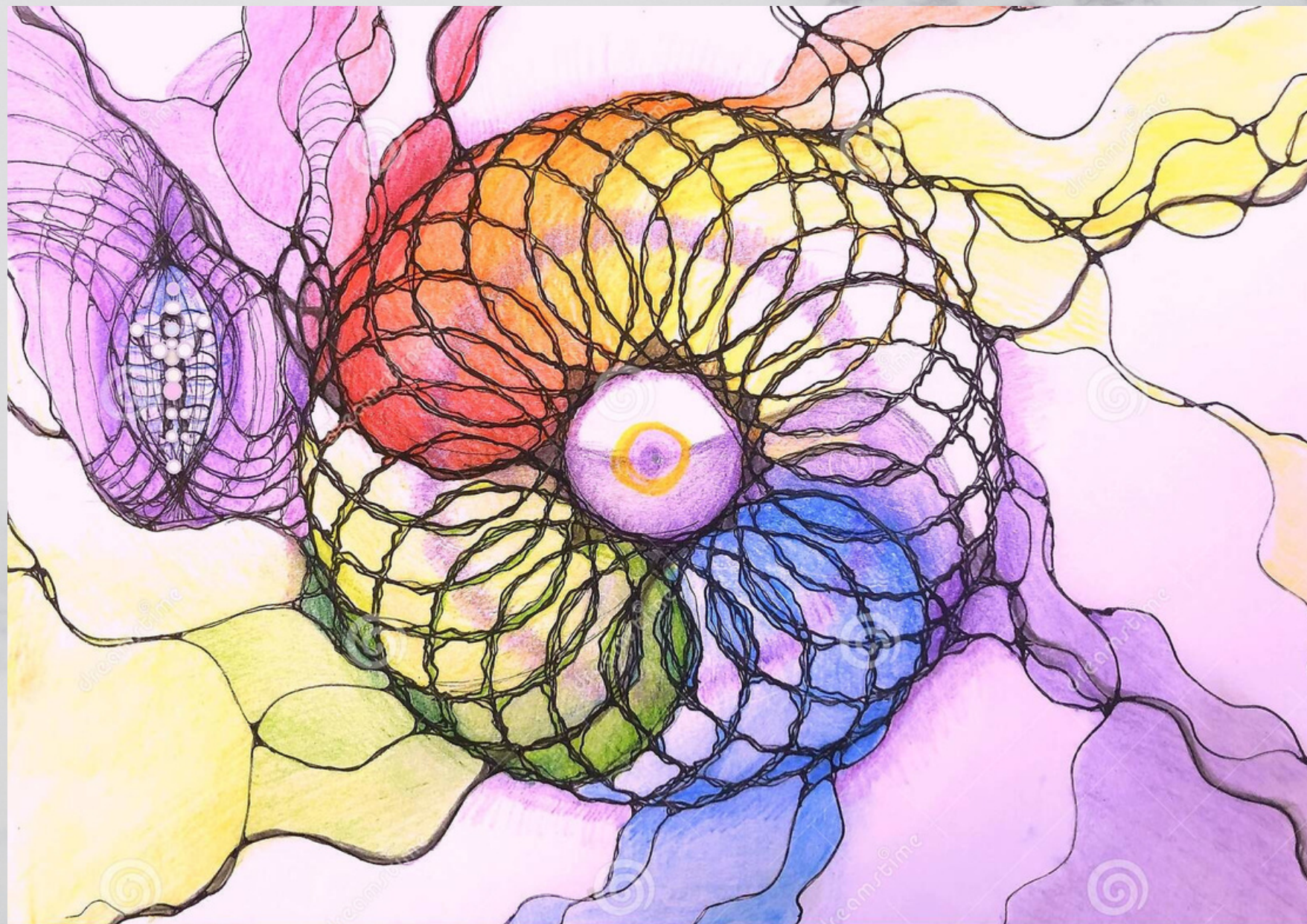
Choose one chakra as your focal point and create a bracelet with the corresponding gemstone for that chakra to create your own personal bracelet. Can be mixed with metal clasps and spacer beads. One gemstone without lava beads; the bracelet is not for aromatherapy, but an essential roll-on of your choice is included that you may like to use on your pulse points.

Length: 7 inches; can be made larger or smaller on request; price may vary. Bead size: 8 mm. May include a larger focal bead or group of beads mixed with metal beads. Stretch or clasp closure. Contact me to begin your custom creation.





# Balance



## ESSENTIAL OILS TO BALANCE CHAKRAS

For best results apply essential oil on or near the chakra area. For example, apply a single oil or a blend to the soles of your feet to balance the root chakra: Patchouli and jojoba oil for balance. The Earth blend for grounding. The Repose blend for soothing and relaxation.

**Root Chakra (base of spine)**

Patchouli or Cypress

**Sacral Chakra (lower abdomen)**

Neroli or Ylang-ylang

**Solar Plexus Chakra (above navel)**

Pine or Ginger

**Heart Chakra (low center of the chest)**

Rosewood or Rose or Neroli or Jasmine

**Throat Chakra (throat, neck, shoulders)**

Lavender or Roman Chamomile

**Third Eye Chakra (center of the forehead)**

Sandalwood or Rosemary

**Crown Chakra (top of head)**

Lime or Frankincense

Ask me about my inventory of essential oils and ratios.



# ABOUT – SAMPLES

## **SAMPLES: 1mL roll-on. Three for Ten Dollars Mix and Match or Multiples**

**10ml / .34 fl oz. sized roll on oils are in colbalt blue glass bottles.**

**Approximately 4 inches tall including the cap.**

**1ml / .03 fl oz sized roll on oils are in amber glass bottles.**

**Approximately 1 inch tall including the cap.**

**The rollers for both size roll-ons are stainless steel.**

**Bracelets include a 10ml essential oil roll-on. The rollers are great for applying EO on lava bead jewelry and pulse points for aromatherapy.**

**The oils and blends are mixed with either jojoba oil or fractioned coconut oil unless noted.**

**Contact me to chose a carrier oil such as, jojoba, fractioned coconut oil, almond, or apricot kernal.**

**As with any essential oil product, please test on inconspicuous area first. For topical use only; not for ingestion. Be cautious when exposing skin to sunlight after using essential oil since some oils are photosensitizers / sun sensitive. Descriptions and information are based on my own personal experience and research.**

**Make your own bracelet with one of my kits. I present virtual workshops that include a kit and tutorial to make a bracelet and talk on how it relates to chakras.**

**Contact me to discuss custom designs and kits for personal and business gifts and special events.**

**Shipping is USPS best rate; free shipping for orders over \$59.00 (Based on the total after discounts. Not including shipping).**

**Discounts apply to a mix and match of products and multiples of one item. Discounts not applicable to clay accessories.**

**Payment is by cash, credit card, or invoice via either Paypal, Venmo, Apple Pay. Digital Gift Cards available.**

**All items are special order.**



To place an order

Contact me at  
[jacqueline@jbvdesignstudio.com](mailto:jacqueline@jbvdesignstudio.com)  
for info about my upcoming  
art & creativity workshops visit  
[www.thecreativitycurator.com](http://www.thecreativitycurator.com)



Photo and Illustration Credits:

**Dreamstime**

**Unsplash**

Katherine Hanlon

Sarah Gualtieri

Anna Hliamshyna

Ibrahim Al Jarushi

Jacqueline Burke Volpe

*list in formation*

*Thank you to Theresa O. for the cover quote - keep breathing.*