

Which NECTAR to choose? All six, of course!

Aromatherapy will guide you in choosing the essence for your mood, but it is ideal to have all six NECTARS, and use them interchangeably.

Choose a NECTAR to impart a warming or cooling sensation on the skin, a more energizing or calming effect, or for a specific application of therapeutic oils for specific results.

This chart will guide you in how to use each MONSOON NECTAR.

Each MONSOON NECTAR is:

| | SOL Fresh Fruity Floral Minty | CASCADA Citrusy Earthy Floral Peppery- sweet | NUBE Fresh Citrusy Herbal | RIO Floral Herbal Woody Spicy-fruit | JARDIN Exotic Floral Honey-lime Sweet Herbal | EGYPTO Balsamic Fresh Woody |
|--|--|--|--|---|--|--|
| Anti-inflammatory Antiseptic Antioxidant | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| grounding and balancing | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| regenerative properties | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

The dominant characteristics of each NECTAR:

| | SOL | CASCADA | NUBE | RIO | JARDIN | EGYPTO |
|-------------------------------|------------|----------------|-------------|------------|---------------|---------------|
| Aphrodisiac | | ✓ | | | ✓ | ✓ |
| Warming / Cooling | W/C | W | C | W | W | W |
| Mental State | inspire | motivate | clarity | soothing | sensual | ritualistic |
| Muscles / Joints | | | ✓ | ✓ | | ✓ |
| Respiratory | ✓ | ✓ | ✓ | | | ✓ |
| Scar Healing (cicatrizant) | | | ✓ | ✓ | | ✓ |