

Metropolitan Aromatherapy Romance Reference Chart



SYMPTOM	RECOMMENDED PRODUCTS	ESSENTIAL OILS
Ambience	All candles, all color baths, diffusers, jasmine spray, rattan and velvet love kits, love towels, elephant food dishes, all cd's, video's and books, massager's, crystal tealight holders, velvet wine bags, bathbombs.	Cinnamon, Love Potion Blend, Rose
Togetherness	Secret garden massage oil, romance shampoo and conditioner, lavender tea, herb jelly's, flirtatious bath salts, playtime bubble bath, luscious bubbles, massager's, romantic relationship books and video's, white, pink and orange candles and color baths, rose quartz crystal tealight holder, love charm book, red book of love, bath time buddy, massage bars, lavender cookies and lemon pound cake.	Sandlewood, Neroli, Patchouli
Communication	Rose bath salts, 52 deck cards, art love cards, journals, couples picture book, and books that encourage couples to share, chai tea, green, blue, white and yellow candles, torquise color bath, pure quartz candle, relationship tape series.	Lavender, Chamomille, Geranium
Playtime	Chocolate body paint, wine jelly's, herb jelly's, honey dusting powders, coated almonds, crimson rose tea, fortune cookies, choc, lavender, lemon cake and cookie mixes, red and purple candles and color baths, slumber masks, elephant dishes, tantra cd's, video's, and books, tantra massage oils, massager's, exotic bubble bath, body jewellery, bath bombs, amethyst candles.	Frankincense, Before & After Blend, Champa Blend
Vital Health	Cellulite bath salts, massager's, massage video, detox kit, wellbeing books, reflexology and ayurveda book, spritzer bottles, diffusers, glycerin soap, natural shampoo & conditioner.	Cellulite Blend, Immune Blend, Tea Tree
Relaxation	Massage video's, oils, bars and books, bath time buddy, bath bombs, all candles and color baths except red and yellow, diffusers, scentballs and car diffusers, exotic bubble bath, all our cd's, chai and lavender tea, cinnamon and cherry jelly, rose bath salts, romance shampoo and conditioner.	Sweet Relaxation Blend, Bergamot, Chamomille
Sore Muscles	Lavender massage bar, scented/unscented massage oil, massage video and books, massager's, cellulite bath salts, bath time buddy, bath bombs.	Muscle Relief Blend, Rosemary

Specialness	lavender massage bar, relaxation cd adagio, chocolate fortune cookies and bars, lavender cookies, lemon pound cake, pure and rose quartz candles, all diffusers, silky shampoo, rose bath salts, romance love towel, secret garden massage oil, crimson rose and lavender tea, romance body jewelry, velvet journals, art love cards, 52 deck of cards, soft love and relationship books, bath bombs, glycerin soaps, pink, green, yellow, orange and purple candles, torquiose, pink & purple color baths, love art cards.	Myrtle, Lilac Blend, Sandalwood
Soft Skin	Secret garden massage oil, unscented massage oil, romance shampoo and conditioner, exotic bubble bath, both our massage bars, all our bath bombs, bath time buddy, spritzers, jasmine glycerin and lemongrass glycerin soaps.	Wrinkle Free Blend, Orange, Sandalwood
Tantric Feast	All of our chocolate cake, bars, fortune cookies and body paint, honey dusting powder, all of our herb teas iced or hot, chablis and cabernet wine jelly's, basil and clove, cinnamon and cherry herb jelly, honey sticks, tantra love towel, slumber mask, luscious bubbles, spritzers, amethyst crystal candle, purple candles, tantric massage, chakra candles, elephant food dish.	Violet Blend, Dharma Blend, Champa Blend, Frankincense, Rose, Again Blend
Energy	Peppermint candle, playtime bubble bath, chai tea, cinnamon jelly, massager's, massage video, reflexology book, spritzers, red and yellow candles and color baths, lemongrass candles, flirtatious bath salts, lime glycerin soap, all our diffusers, chai tea.	Rejuvenating Energy Blend, Grapefruit, Peppermint
Stamina	Chai tea, tantra massage oils, basil and clove jelly, amethyst candle, tantra books, cellulite bath salts, exotic bubbles, our chocolate line, our coated almonds, lemongrass candle, peppermint and ylang ylang candles, chakra candles, blue, red, yellow, and orange color baths, detox box.	Again Blend-Both, Lime-Both, Geranium-Women, Cinnamon-Men
Self Love	Lavender cookies, all our candles, chakra set, romance body jewelry, luscious bubbles, rose quartz candles, green, purple and pink color baths, lavender tea, rose bath salts, bath time buddy, hemp candles, jasmine soap, pink and purple bath bombs, romance shampoo and conditioner, love your body book and self esteem cd, our velvet and other journals, our relaxation cd's, massager's, secret garden massage oil, goddess and chakra card sets, mantra cd's, chablis wine jelly and honey sticks.	Esteem Blend, Myrtle, Geranium, Neroli

Sexual Confidence	Self esteem cd, love your body book, tantra video's, green, red, purple and white candles and color baths, lover massage towel, jasmine spray, mantra cd, romance body jewelry, exotic bubbles, cabernet wine jelly, sensuous candles, chai tea and our chocolate fudge cake.	Patchouli, Champa, Violet
Tantra	Amethyst candle, sensual candle, orange candle, chai tea, egg cups, elephant dish, velvet bags, vanilla bath bomb, tantra/romance love towels, chakra candles, grounding candle, jasmine spray, tantra books and video's, dance of dreams cd, trance cd, massage oils, jasmine soap, luscious bubbles, massager's, exotic and playtime bubble bath, sandalwood massage bar, crimson rose tea.	Frankincense, Jasmine, Champa, Love Potion #10
Healing From Heart Break	Rose bath salts, romance shampoo and conditioner, rose and lavender bath bomb, secret garden massage oil, body jewellery, adagio relaxation cd, breathing rythms CD, lavender and ylang ylang candles, chakra candles, relationship books and tape series, bath time buddy, honey sticks, lavender and rose teas, pink, torquoise and green color baths, lavender cookies and lemon pound cake.	Rose, Orange, Juniperberry
Companionship	52 card deck of love, glycerin soaps, chai &, lavender herb tea basil and clove jelly, honey sticks, lavender cookies and lemon pound cake, breathing rythms cd & adagio cd's, all our diffusers, love charm book, hemp candles.	Lavender, Vanilla, Lime, Bergamot
Fatigue	Playtime bubble bath, cellulite bath salts, pure quartz candles, spritzers, all diffusers, yellow, red and orange candles and color baths, lime glycerin soap, massager's, basil and clove jelly.	Grapefruit, Enthusiasm Blend, Lime
Courting	Dating art cards, glycerin soaps, courtship and romance books, red book of love, luscious bubbles, all our candles colors and types, lavender tea, romance body jewellery, journals, deck and card sets, romance foods as gifts, rose quartz candles, all our diffusers.	Love Potion Blend #10, Lilac Blend, Vanilla, Orange
Headache	Massage oil, spritzers, diffusers, pink and white candles, pink color bath, lavender massage bar, lavender tea, massager's.	Headache Relief, Peppermint

Foreplay	Romance shampoo and conditioner, massage oils, trance, breathing rythms and dance of dreams cd's, romance books, video's and tape series, chai tea, cabernet wine jelly, cinnamon & cherry jelly, lover towel, sandlewood massage bar, all candles especially red, pink, green and purple candles, all color baths, pure quartz and amethyst candles, jasmine spray.	Before & After Blend, Cinnamon, Rose, Myrtle
Increasing Desire	Cinnamon and cherry jelly, all romance towels, all candles and all scents especially grounding, exotic bubble bath, flirtatous bath salts, all chocolate products, rose & chai tea iced or hot, coated almonds, dance of dreams cd, breathing rythms cd, all tantra books and video's, massage video's, sandlewood massage bar.	Enthusiasm Blend, Rosemary, Ylang Ylang
Fantasy	Exotic bubble bath, trance cd, tantra massage oils, slumber masks, red & pink candles and color baths, cabernet wine jelly, cinnamon and cherry jelly's, tantra books.	Jasmine, Patchouli, Ylang Ylang
Decreasing Desire	Using all the relaxation products to shift the desire from intense desire to more of a balanced desire. This topic is covered in the art of sexual ecstasy book, The sacred sex video will also cover the topic of shifting the energy to a level of balance yet not removed completely.	Chamomille, Marjoram (in steady amounts)
Faithfulness	Flirtatous bath salts, diffusers, green, yellow & white candles, green color baths.	Lime