# care

## **Clary Sage Oil - Hormonal Balance and Skin Clarity**

Clary sage essential oil balances hormonal fluctuations affecting the skin. It regulates sebum production, making it excellent for oily or acne-prone skin when combined with CBD-rich cannabis extracts. - Aroma: Fresh, herbaceous, slightly sweet, floral, earthy

- Common Names: Clary Sage, Clear Eye, Clarywort
- Method: Steam distillation
- Plant Part: Flowering tops and leaves
- INCI: Salvia Sclarea (Clary) Oil
- Terpenes: Linalool, Linalyl acetate, Germacrene D
- Complementary Strains: Do-Si-Dos, Zkittlez, Amnesia Haze

- Emotional: Reduces stress, balances mood swings, eases depression
- Physical: Balances hormones, alleviates cramps, supports sleep
- Skin Care: Clears oily skin, soothes inflammation
- Hair Care: Balances scalp, strengthens follicles, reduces dandruff

## Myrrh Oil - Deep Nourishment and Antioxidant Boost

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Myrrh oil is revered for skin rejuvenation. Rich in antioxidants and anti-inflammatory properties, it enhances the calming effect of cannabis on mature and sensitive skin.

- Aroma: Warm, rich, smoky, sweet-balsamic
- Common Names: Myrrh, African Myrrh, Gum Myrrh
- Method: Steam distillation
- Plant Part: Resin
- INCI: Commiphora Myrrha Oil
- Terpenes: Curzerene, Furanoeudesma-1,3-diene, Lindestrene
- Complementary Strains: Afghan Kush, Master Kush, Kosher Kush

- Emotional: Grounding, spiritual connection, eases grief
- Physical: Anti-inflammatory, immune boosting, wound healing
- Skin Care: Heals cracked skin, reduces wrinkles, soothes eczema
- Hair Care: Moisturizes scalp, restores shine



## **Black Spruce Oil - Soothing and Anti-Inflammatory Properties**

Black spruce oil offers strong anti-inflammatory benefits, ideal for reactive skin, pairing perfectly with cannabis to create luxurious blends.

- Aroma: Fresh, woody, sweet-resinous
- Common Names: Black Spruce, Picea Mariana, Canadian Spruce
- Method: Steam distillation
- Plant Part: Needles and twigs
- INCI: Picea Mariana (Black Spruce) Leaf Oil
- Terpenes: Bornyl acetate, Camphene, Alpha-Pinene
- Complementary Strains: Jack Herer, Blue Dream, OG Kush

- Emotional: Grounds emotional exhaustion
- Physical: Relieves muscle aches, supports breathing
- Skin Care: Calms eczema, refreshes stressed skin
- Hair Care: Strengthens strands, refreshes scalp

### Elemi Oil - Skin Revitalization and Healing

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Elemi oil revitalizes stressed skin with bright, peppery aroma notes. It's a perfect match for cannabis balms aiming at healing and youthfulness.

- Aroma: Fresh, lemony, peppery, resinous
- Common Names: Elemi, Manila Elemi, Canarium
- Method: Steam distillation
- Plant Part: Resin
- INCI: Canarium Luzonicum (Elemi) Gum Oil
- Terpenes: Limonene, Elemol, Alpha-Phellandrene
- Complementary Strains: Super Lemon Haze, Durban Poison, Tangie

- Emotional: Uplifting, mental clarity
- Physical: Stimulates immunity, mild pain relief
- Skin Care: Revitalizes dull skin, heals fine lines
- Hair Care: Boosts scalp circulation



## **Hinoki Oil - Calming and Protective Benefits**

Hinoki oil from Japanese cypress heartwood brings tranquility and protection to cannabis skincare, enhancing calm and clarity.

- Aroma: Soft, woody, citrus nuances
- Common Names: Hinoki Cypress, Japanese Cypress
- Method: Steam distillation
- Plant Part: Heartwood
- INCI: Chamaecyparis Obtusa Oil
- Terpenes: Alpha-Pinene, Delta-Cadinene, Terpinolene
- Complementary Strains: Dutch Treat, Jack Herer, Golden Goat

- Emotional: Deep relaxation, mindfulness
- Physical: Antimicrobial support, relieves aches
- Skin Care: Purifies pores, calms sensitivity
- Hair Care: Clarifies scalp, strengthens roots