

Stinky Yogi

Mindfully Using Essential Oils



The Story of Stinky

Stinky Yogi was founded in 2013 by Stacey Skala ~ Yoga Teacher, SoCal native, and enthusiast of yoga, music and road trips. After a life-changing experience at an ashram, Stacey headed East in a VW Golf with her clothes, a yoga mat and a pug named "Woo." Although she had a rewarding career as a social worker, something was missing – she longed for a sense of purpose and an authentic connection to life that she could only seem to find on the mat...

Meanwhile, a deep passion for aromatherapy was brewing: She started making essential oil blends, sprays, and natural perfumes at her kitchen table for her friends and students, and *Stinky Yogi* was born! Her products debuted at her home yoga studio in Northwest PA, and soon *Stinky* was online and getting into the hands of festival goers. By a stroke of luck, *Stinky Yogi* was featured on *Yoganonymous* in 2014 and included twice in the wellness subscription box, *BuddhiBox*.

Stacey finally took the leap, quitting her full-time job to grow her company, and *Stinky Yogi* is now a two woman operation based in Central California. Our mission is to uplift kindred spirits through our aromatherapy line, and we're excited to be part of a mindful movement and commit ourselves to making the products you want to get behind... #namastinky





Superstar Oils Snapshot: Health & Well-Being

Antibacterial/Antiviral & Immune Boosting Oils: *Tea Tree, Eucalyptus, Rosemary, Cinnamon, Oregano, Lemon*

Antidepressant Oils: *Lavender, Bergamot, Ylang Ylang, Sandalwood, Grapefruit*

Pain Relieving Oils: *Frankincense, Peppermint, Marjoram, Helichrysum*

Superstar Oils Snapshot: Energetic & Mood Boosting

Grounding: *Frankincense, Sandalwood, Cedar, Patchouli*

Uplifting: *Grapefruit, Sweet Orange, Lime, Vanilla*

Cleansing: *Sage, Lemon, Rosemary, Ginger, Clary Sage*

Calming: *Lavender, Chamomile, Bergamot, Marjoram*

Heart-Centered: *Rose, Ylang Ylang, Geranium, Neroli*



The Stinky “Core Four” on Using Essential Oils

Inhalation: Our sense of smell and olfactory nerves are a direct pathway to the brain and emotional/mood responses. How? Simply inhale directly from the bottle or use a diffuser.

Topical: Our skin is our largest organ, and anything we apply to our skin is absorbed into the blood stream for health/medicinal benefits. How? Dilute 3-5 drops of essential oils per tablespoon of carrier oil (coconut, jojoba, grapeseed, sweet almond) and apply into your bath or massage on your hands/feet. Aromatherapy rollers are also convenient for topical application to pulse points. For example: peppermint diluted in a carrier oil provides great headache relief.

Household: Essential oils kill viruses, mold, bacteria, and make excellent cleaners. Plus, your home will smell good without the use of harsh chemicals! How? Use room diffusers or make your own sprays for the air, linens and surfaces. For example: add 20-25 drops of oils to a spray bottle. For disinfectant sprays: tea tree and lemon are great. For linen/room sprays: try lavender mixed with citrus.

Yoga/Meditation: Essential oils are an awesome aid to your yoga and meditation practice! How? Make your own yoga mat spray: add 20-25 drops of oils in a spray bottle to mist and wipe down your mat. Other tips: start your diffuser in your home yoga/meditation space (frankincense is an excellent oil). Sniff citrus oils just before practicing sun salutations. For a quick centering/pranayama exercise, use peppermint, rosemary, or eucalyptus (diluted in your palms or in a diffuser) to take several mindful breaths. During savasana, apply a few drops of lavender to a folded tissue and place over your eyes, mindful that the essential oil drops are near your nose.



Stinky Quick Tips: Body/Health & Household

- **Diffusers:** Diffusers vaporize essential oils and disperses them into the air, where they disinfect, stabilize emotions and soothe health ailments (for example, eucalyptus is excellent for respiratory health).
- **All Purpose Household Spray:** Add 25 drops of tea tree with 25 drops lavender, lemon, and/or tea tree into an equal mixture of white vinegar and water in a 16 oz spray bottle.
- **Scrubbing Paste:** Mix together 1 cup baking soda with 1/4 cup liquid soap and 1 tablespoon white vinegar. Add 20-25 drops total of tea tree, eucalyptus and/or rosemary. Store in a an airtight jar (add water if the mixture is too thick).
- **Baths:** Add several drops of essential oils into your bath along with baking soda, dead sea and/or epsom salts.
- **Compresses:** Applying compresses can be very therapeutic. Hot is soothing for cramps whereas cold eases sprains/swelling. Fill a bowl with hot or cold water and mix in 5-10 drops of essential oil. Dip a cloth into the water, ring out excess, and place on the affected area. Repeat as needed.
- **Body Spray:** Add 20-25 drops of essential oils into a 4 oz spray bottle and mist on your skin (avoid eyes). Shake with each use.
- **Hand Sanitizer:** Add 20-25 drops total of lavender, tea tree and/or lemon mixed with witch hazel into a small 1 oz spray bottle. Mist onto your hands/feet or surfaces.
- **Facial Toner:** Mix together one tablespoon of apple cider vinegar or witch hazel with two tablespoons aloe vera juice (or water) in a small bottle. Add 5-10 drops of essential oils, shaking with each use. Suggested oils: tea tree & lavender (oily); chamomile & sandalwood (soothing); frankincense & geranium (mature/aging). Avoid citrus oils on the face/body due to photosensitivity in sunlight.
- **Face & Body Oil:** For each 1oz of carrier oil (coconut, jojoba, grapeseed, sweet almond) add 10-15 drops essential oils. Massage onto skin after bathing. For a facial serum, try rosehip oil as the carrier. For hair/nails, use argan oil.
- **Body Scrub:** Mix 1/2 cup sugar with 1/4 cup carrier oil into an airtight jar. Mix in 10-15 drops essential oils. Try grapefruit & sweet fennel for cellulite treatment.

The Essential Ten Breakdown

Lavender (Lavandula Angustifolia):

When in doubt, use lavender! In addition to being a natural antiseptic, sedative and antidepressant, it provides calming emotional support and induces sleep.

Lemon (Citrus Limon): *Citrus oils are known for their bright aroma and mood uplifting qualities. Lemon is a natural astringent and antiseptic. Use in your household cleaners/diffuser. It also aids in concentration and mental fatigue.*

Peppermint (Mentha Piperita):

Peppermint is cooling, refreshing and minty. It is a great digestive aid, sore muscle remedy and provides headache relief. It can also aid in mental focus via inhalation, or gargled with salt water as a mouthwash.

Eucalyptus (Eucalyptus Radiata):

Eucalyptus is primarily used to support the respiratory system. It has a penetrating aroma that aids in lung health, and is also a sore muscle and joint pain remedy. It mixes well with peppermint & rosemary.

Rosemary (Rosmarinus Officinalis):

Rosemary has a refreshing, herbal and camphorous aroma. It stimulates memory/mental activity, aids in concentration, and is great for the scalp. It shares similar qualities of peppermint and eucalyptus.

Tea Tree (Melaleuca Alternifolia): *Tea tree is known for its medicinal and antibacterial properties. It aids in treating wounds (cuts, blisters, fungus, head lice) and fighting viruses. Mix with lavender for skin treatment or eucalyptus, lemon and rosemary for cold/flu treatment.*

Frankincense (Boswellia Frereana):

Frankincense provides emotional support, reduces inflammation, and strengthens the immune system. It is also an excellent spiritual/meditation aid.

Geranium (Pelagonium Graveolens):

Geranium is a great female tonic: it balances hormones, treats PMS/menopause, and provides positive emotional support. It also supports liver health and soothes skin issues.

Marjoram (Origanum Majorana):

Marjoram is a healing oil and wonderful aid for aches/pains, joint swelling, muscle stiffness and cramps. It is also emotionally calming/relaxing and aids in cardiovascular health.

Ylang Ylang (Canga Odorata): *Like geranium, ylang ylang is primarily used to support emotional and hormonal balance. It reduces blood pressure and is a natural antidepressant. It has euphoric qualities, but is a heavy floral and therefore can be mixed with other oils to soften its aroma.*

Stinky Quick Tips: Yoga & Meditation

Diffusing / Inhalation: Prior to starting your yoga practice, start a diffuser in your space with oils of your choice. Set your intention. Or, simply choose oils to leave near your mat and inhale from the bottle throughout your practice.

Alternate Nostril Breath: Place 2-3 drops of Stinky Yogi's *Pranayama* blend (or peppermint) diluted in your palms and rub together. Inhale deeply, and then using one hand close your left nostril and breathe in through the right side, exhaling out of the opposite side. Begin your next inhalation from the left and continue for 3-5 rounds.

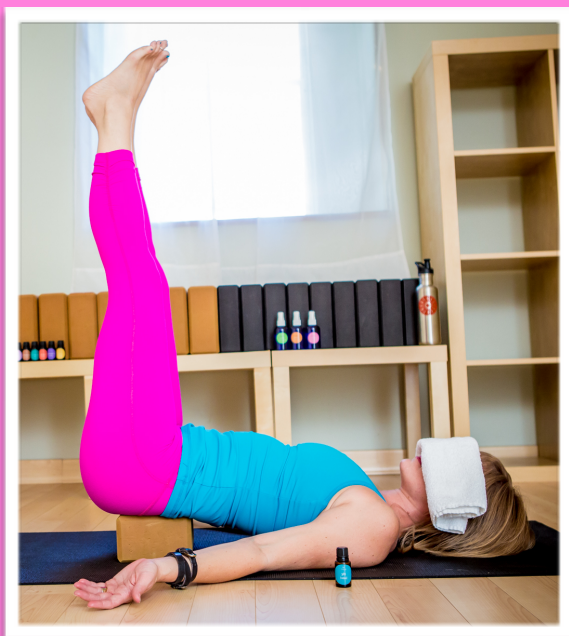
Sun Salutations / Flow: Place a few drops of Stinky Yogi's *Surya* blend (or a citrus oil of your choice) on a folded tissue at the top of your mat. As you lower through a pushup, inhale deeply. Lower to the belly for repeated cobras, locust or bow pose.



Restorative / Savasana: During restorative postures, add a few drops of Stinky Yogi's *Yin* blend (or lavender) to a folded tissue and keep near your nose to inhale as you hold your postures for several minutes. During savasana, place the folded tissue over your eyes, mindful that the oil blot is near your nose.

Meditation: Using Stinky Yogi's *Savasana* blend (or frankincense), take several, mindful breaths from the bottle. Apply a drop (diluted) to your heart center or third eye and set your intention.

Yoga Off The Mat: Take the aroma of your practice with you. Choose oils that make you feel centered, present and grounded. Inhale directly from bottles or use aromatherapy rollers for topical application throughout the day.



The Stinky Signature Seven

Tadasana {Ground}: Inspired by the root chakra, this nourishing blend contains cedar, spruce, patchouli, juniper and rosewood. Mood: Grounding. Element: Earth/Wood. Asana: Standing Postures, Down Dog.

Surya {Energize}: Inspired by the sacral chakra, this energizing and bright blend contains lemon, grapefruit, lime and sweet orange. Mood: Uplifting. Element: Water. Asana: Sun Salutations, Flow.

Saucha {Purify}: Inspired by the solar plexus chakra, this purifying blend contains eucalyptus, lemon, rosemary, tea tree and fresh ginger. Mood: Cleansing. Element: Fire. Asana: Twists, Warrior Poses.

Pranayama {Breathe}: Inspired by the heart chakra, this invigorating blend contains peppermint, eucalyptus, rosemary and lemon. Mood: Focused. Element: Air. Asana: Backbends, Fish Pose.



Yin {Relax}: Inspired by the throat chakra, this calming blend contains lavender, bergamot, sweet marjoram and clary sage. Mood: Calming. Element: Metal. Asana: Restorative Poses, Savasana.

Savasana {Bliss}: Inspired by the third eye chakra, this balancing blend contains frankincense, lavender, bergamot and ylang ylang. Mood: Centering. Element: Infinite Ether/Space. Asana: Savasana, Meditation.

Aura {Allure}: Inspired by the crown chakra, this seductive blend contains vetiver, vanilla, rose, bergamot, ylang ylang and geranium. Mood: Alluring. Element: Infinite Ether/Space. Asana: Aura/Energetic Exchange With All Beings.