



*Love*  
**POTIONS**



Pacific Coast Naturopathic Health  
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# Love Potions

# THEN & NOW

For centuries, love potions have captured the imagination of poets, healers, mystics, and romantics alike. From ancient Egypt and Greece to medieval Europe and traditional herbal cultures around the world, plants, flowers, resins, and spices were lovingly combined to inspire connection, passion, calm, and balance.

Historically, these potions were never just about romance. They were self-care—designed to soften the heart, quiet the mind, and invite a sense of presence and calm. Roses symbolized love and beauty. Spices like cardamom and cinnamon warmed the senses. Aromatic resins grounded emotions and created feelings of safety and connectedness.

## **FAST-FORWARD TO TODAY, AND THE MAGIC CONTINUES—JUST WITH A MODERN, SCIENCE-INFORMED TWIST.**

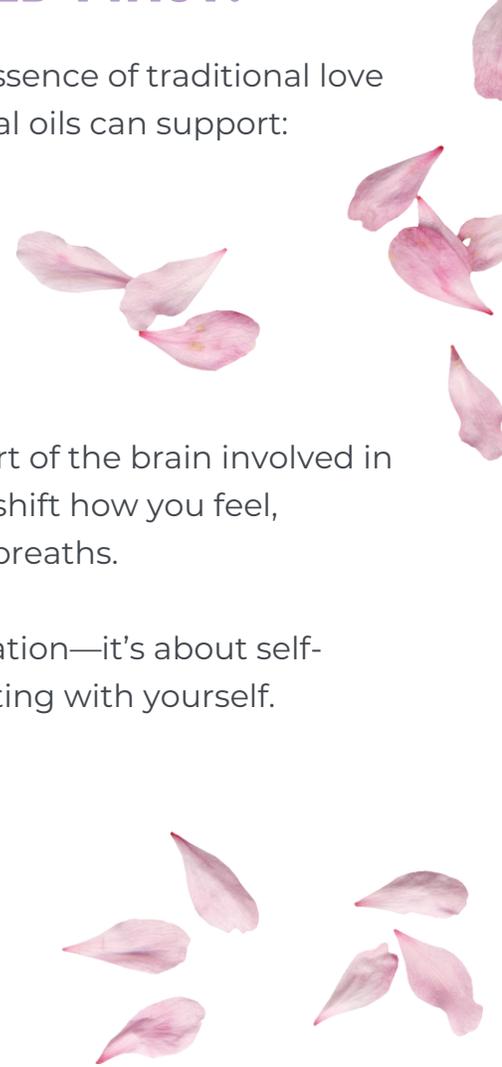
Essential oils offer a beautiful, accessible way to recreate the essence of traditional love potions in a safe, intentional way. When used properly, essential oils can support:

- Stress reduction
- Nervous system relaxation
- Emotional balance
- Mood elevation
- Sensory and ritual

Aromas communicate directly with the limbic system—the part of the brain involved in emotions, memory, and mood. This is why scent can instantly shift how you feel, bringing calm, comfort, confidence, or sensuality in just a few breaths.

This collection of Love Potions is not about control or manipulation—it's about self-connection, self-care, and inviting more love into your life, starting with yourself.

Roll the oils.  
Breathe deeply.  
Let love begin within.



# HOW TO MAKE A MODERN *Love Potion with Essential Oils*

Creating your own love potion with essential oils is both simple and deeply nourishing when done with intention and care.

## STEP 1: CHOOSE HIGH-QUALITY ESSENTIAL OILS

Not all essential oils are created equal. Quality matters—for both safety and effectiveness. When sourcing essential oils, look for:

- Organic or wild-crafted plants
- Oils that are 100% pure, not diluted or adulterated
- Transparent companies that provide batch testing or GC/MS reports
- Oils sourced sustainably and ethically

Avoid oils labeled as “fragrance oils” or those with vague ingredient listings. True essential oils should list the botanical name of the plant.

## STEP 2: MAKE A LOVE POTION ROLLERBALL

Rollerballs are one of the easiest and most luxurious ways to enjoy your love potion blends. How to make a rollerball:

1. Choose a 10 ml glass rollerball bottle
2. Add the essential oils listed in the recipe
3. Fill the rest of the bottle with a carrier oil
4. Cap tightly and gently roll between your hands to blend

Always dilute essential oils.

Use one of the following carrier oils:

- Jojoba oil
- Sweet almond oil
- Fractionated coconut oil





**Never apply essential oils neat (undiluted) to the skin. Essentials should never be taken internally.**

Where to apply your love potion rollerball:

- Temples
- Wrists
- Collarbone
- Heart center

Before first use, always perform a patch test:

- Apply a small amount to the inner forearm
- Wait 24 hours
- Discontinue use if redness or irritation occurs

## STEP 3: DIFFUSING YOUR LOVE POTION

Diffusing essential oils is a beautiful way to set the mood for a room, ritual, or evening.

How to diffuse:

1. Use a high-quality ultrasonic diffuser
2. Fill with clean water to the fill line
3. Add the essential oil drops listed in the recipe
4. Turn on and enjoy for 30–60 minutes

What to look for in a diffuser:

- Ultrasonic (uses water, not heat)
- BPA-free plastic or ceramic
- Auto shut-off feature
- Easy-to-clean design

Diffusing oils allows the aroma to gently fill the space, supporting relaxation, emotional openness, and sensory pleasure without direct skin contact.

# MY HEART'S DESIRE

My Heart's Desire is a grounding, heart-soothing aromatherapy blend created to support relaxation, emotional balance, and stress relief. Scent works directly with the nervous system, which is why a few intentional breaths can help the body soften and the mind slow down.

Roll it on.

Breathe deeply.

Let your body exhale.

- 8 drops Ylang Ylang
- 6 Clary Sage
- 2 Bergamot
- 2 Sandalwood

## HOW TO USE

- Add the above oils to a 10 ml rollerball
- Fill with jojoba oil, sweet almond oil, or fractionated coconut oil
- Gently roll between palms to blend

Apply to: temples, wrists, collarbone, or heart center

Diffuse: Use the same oil ratio in a diffuser with water for a soft, romantic atmosphere

*Always dilute essential oils, never take internally, never apply neat, and perform a patch test before first use.*





# LOVE POTION NO. 9

Love Potion No. 9 is a beautifully layered blend designed to support mood, connection, and emotional resilience. When stress is reduced, clarity improves. When the nervous system calms, hormones and focus often follow. This is aromatherapy as daily medicine—simple, gentle, and intentional.

- 10 Geranium
- 5 Lemon
- 5 Lavender
- 3 Bergamot
- 4 Passion
- 4 Ylang Ylang
- 4 Patchouli
- 2 Sandalwood

## HOW TO USE

- Add the above oils to a 10 ml rollerball
- Fill with jojoba oil, sweet almond oil, or fractionated coconut oil
- Gently roll between palms to blend

Apply to: temples, wrists, collarbone, or heart center

Diffuse: Use the same oil ratio in a diffuser with water for a soft, romantic atmosphere

*Always dilute essential oils, never take internally, never apply neat, and perform a patch test before first use.*

# PASSION

Passion is about presence, warmth, and feeling alive in your body. This Love Potion blend combines uplifting citrus and grounding botanicals to support mood, focus, and emotional connection—whether diffused or used as a rollerball. Let your senses lead.

- 10 Citrus Bliss
- 6 Cardamom
- 4 Patchouli
- 4 Passion

## HOW TO USE

- Add the above oils to a 10 ml rollerball
- Fill with jojoba oil, sweet almond oil, or fractionated coconut oil
- Gently roll between palms to blend

Apply to: temples, wrists, collarbone, or heart center

Diffuse: Use the same oil ratio in a diffuser with water for a soft, romantic atmosphere

*Always dilute essential oils, never take internally, never apply neat, and perform a patch test before first use.*





# CALM & CONNECTED

A gentle, heart-opening blend designed to calm the nervous system, melt tension, and invite emotional connection—perfect for winding down, self-love rituals, or intimate evenings.

Calm & Connected was created for moments when life feels full and your nervous system needs support. This blend encourages relaxation, focus, and emotional steadiness—especially during stressful or transitional seasons. Sometimes calm is the most powerful medicine.

## ESSENTIAL OIL BLEND (NO MORE THAN 6 OILS):

- 6 drops Rose – emotional comfort, heart opening, self-love
- 4 drops Lavender – relaxation, nervous system support
- 4 drops Bergamot – mood lifting, stress relief
- 3 drops Clary Sage – emotional balance, sensual grounding
- 2 drops Sandalwood – warmth, intimacy, emotional depth

## HOW TO USE

- Add the above oils to a 10 ml rollerball
- Fill with jojoba oil, sweet almond oil, or fractionated coconut oil
- Gently roll between palms to blend

Apply to: temples, wrists, collarbone, or heart center

Diffuse: Use the same oil ratio in a diffuser with water for a soft, romantic atmosphere

*Always dilute essential oils, never take internally, never apply neat, and perform a patch test before first use.*

# A FINAL NOTE ON

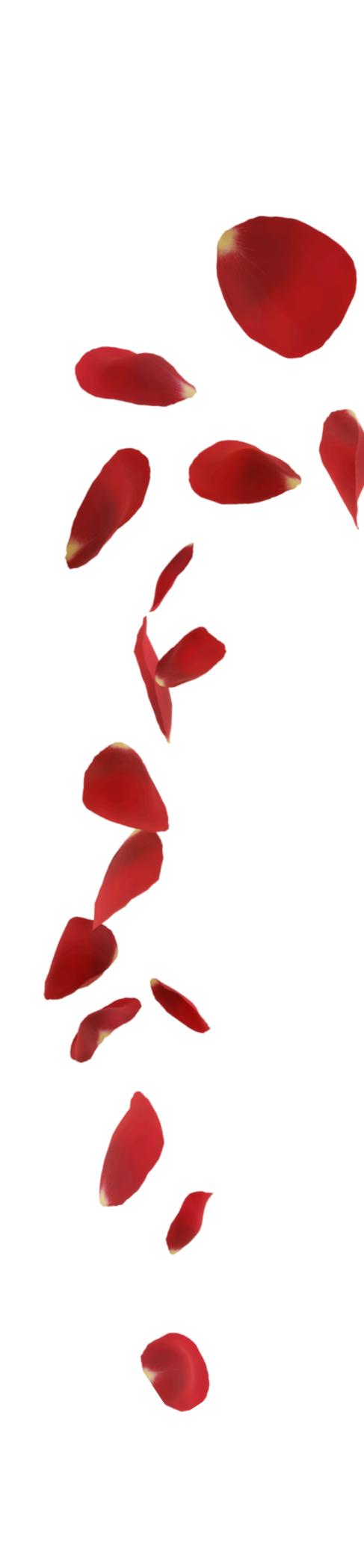
## *Ritual & Intention*

Your love potion becomes even more powerful when paired with intention. Take a moment to breathe deeply, set a loving thought, and enjoy the experience.

This is not about perfection—it's about presence.

And love, after all, begins there.





*Yours In Health.*

**Dr. Helene Pulnik ND**

[www.pcnaturopathichealth.com](http://www.pcnaturopathichealth.com)

Disclaimer:

Essential oils are intended for aromatic and topical wellness use only.

- Always dilute essential oils properly before skin application and perform a patch test prior to first use.
- Essential oils should not be applied neat (undiluted) to the skin.
- Essentials should never be taken internally
- Avoid contact with eyes and mucous membranes.
- If you are pregnant, nursing, have a medical condition, or are taking medications, consult your healthcare provider before use.
- Discontinue use if irritation or sensitivity occurs.

This information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease.

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