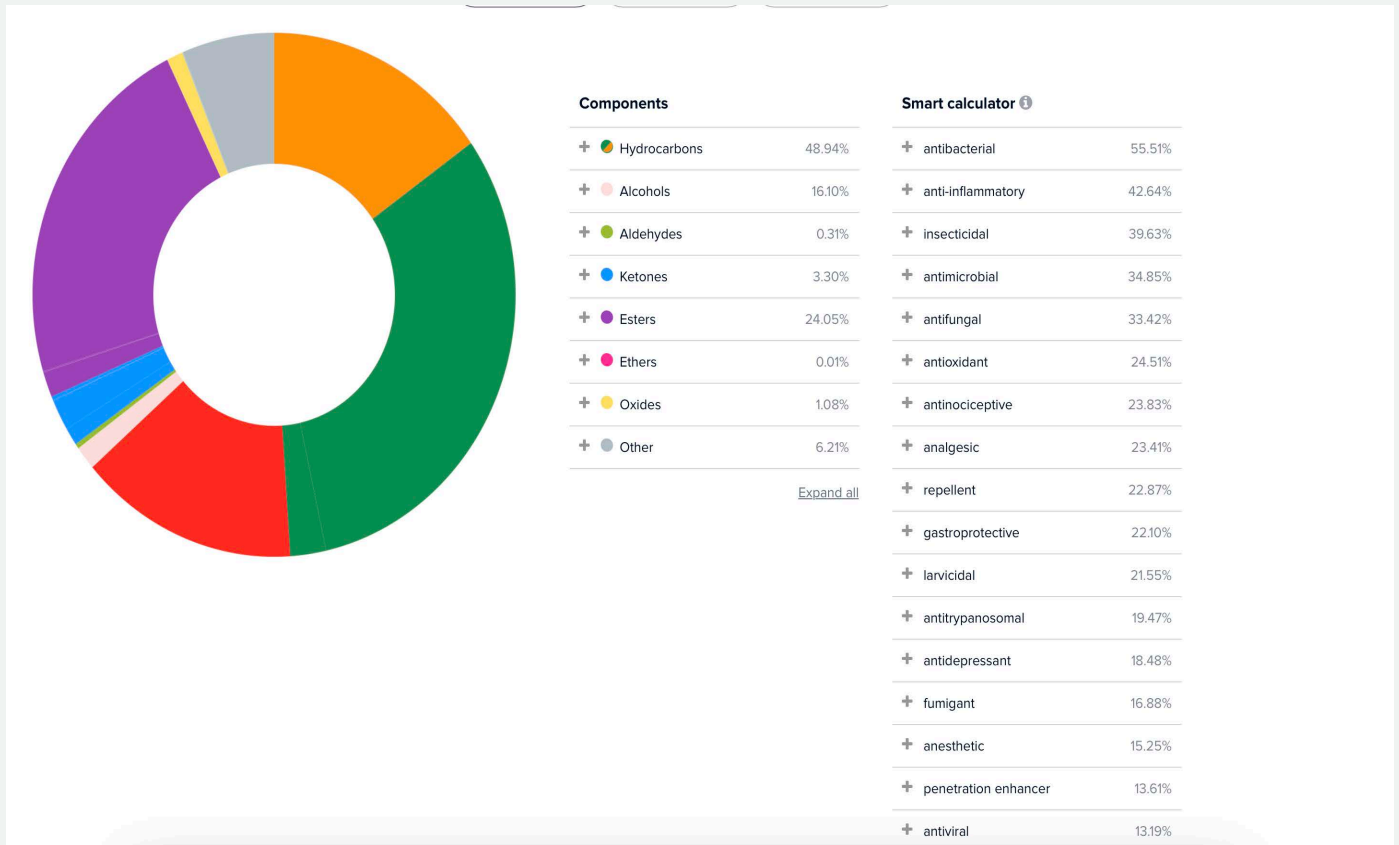


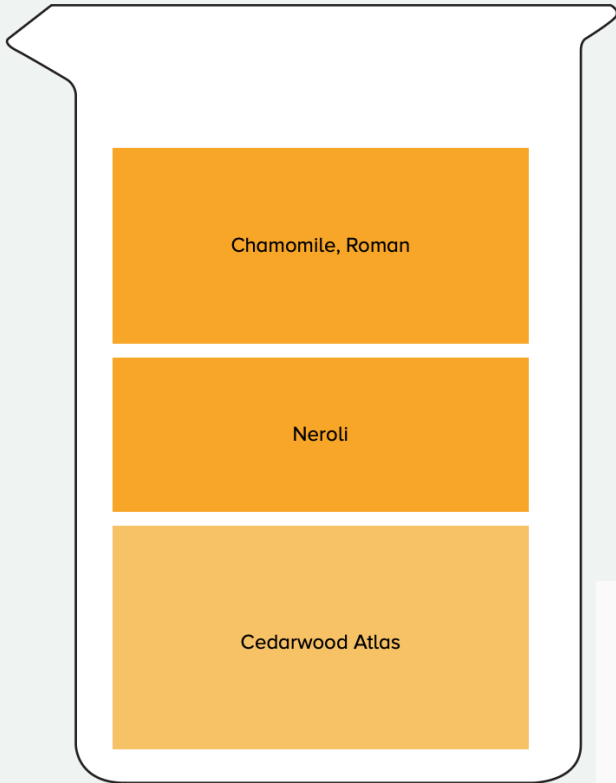
Blend name	Blend category	Tags
Miedo a las pesadillas	Emocional	pesadillas,manzanilla romana,neroli,cedro atlas

Final blend volume	Cost Estimate (100 drops)	Essential Oils
100drops	€8.04	100%

Complete breakdown

sesquiterpenes	47.7698%
monoterpenols	22.357%
monoterpenes	21.2898%
sesquiterpenols	4.9436%
esters	2.9551%
others	0.6041%
oxides	0.0805%





## Essential Oils (100%)

● Chamomile, Roman 5 drops	1.28 ml
● Neroli 4 drops	1.03 ml
● Cedarwood Atlas 6 drops	1.54 ml

## Ingredients (0%)

Scientific properties	Practical benefits	Safety
100% analgesic	100% anxiety	100% depression
100% antibacterial	100% antifungal	60% antioxidant
60% anxiolytic	60% muscle relaxant	73% repellent
60% sedative	40% acaricidal	27% anti-amnesic
27% anticonvulsant	33% antidiuretic	
40% antihyperalgesic	33% antimicrobial	
27% antinociceptive	40% antiproliferative	
33% antispasmodic	40% bactericidal	
27% hypotensive	33% inhibitory activity	
33% insecticidal	40% insecticide	33% nervine
27% vasodilator	100% emotional states	100% fear
	100% insomnia	100% mood
	100% relaxation	73% acne
	73% anger	73% arthritis
	67% atmosphere	60% asthma
	67% bronchitis	60% calmness
	60% communication	60% COPD
	73% coughs	60% cramps
	60% diarrhea	60% dry skin
	73% eczema	60% dyspnoea
	60% hypersensitivity	

[Show less](#)

## Complete breakdown

### sesquiterpenes

b-himachalene	0.9863%
α-himachalene	0.3959%
γ-himachalene	0.2565%
vestitenone	0.0775%
α-bisabolene	0.0436%
eudesma-2,4,11-triene	0.0163%
b-caryophyllene	0.0157%
curcumene	0.0125%
sesquiterpene	0.0122%
(e)-b-farnesene	0.009%
longifolene	0.0055%
b-farnesene	0.0033%

### monoterpenols

linalool	0.6783%
α-terpineol	0.0924%
geraniol	0.0592%
nerol	0.0223%
terpinen-4-ol	0.0077%

## monoterpenes

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d-limonene	0.3849%
b-pinene	0.1886%
trans-b-ocimene	0.1419%
b-myrcene	0.0418%
cis-b-ocimene	0.0165%
a-pinene	0.0139%
sabinene	0.0122%
terpinolene	0.0103%
y-terpinene	0.0048%
b-phellandrene	0.0039%

## esters

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geranyl acetate	0.0558%
neryl acetate	0.0279%
linalyl acetate	0.0256%
farnesyl acetate	0.0025%
terpinyl acetate	0.0019%

## oxides

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linalool trans-oxide	0.0031%
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## sesquiterpenols

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himachalol	0.0961%
nerolidol	0.0439%
farnesol	0.0327%
allo-himachalol	0.0174%

## others

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sesquiterpenone	0.0232%
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## Scent notes

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 Top middle

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Chamomile, Roman

 Middle

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Neroli


 Middle base

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Cedarwood Atlas

## Physical effects

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1. Skin 

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Chamomile, Roman (3)

Neroli (3)


Cedarwood Atlas (2)

2. Reproductive 

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Chamomile, Roman (3)

Neroli (2)

3. Neurological 

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Chamomile, Roman (2)

Neroli (2)

4. Muscular/Skeletal 


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Chamomile, Roman (3)

5. Digestive 

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Chamomile, Roman (2)

6. Urinary 

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Cedarwood Atlas (2)


7. Circulatory/Lymphatic 

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Cedarwood Atlas (2)

## Psychological effects

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1. Balancing 

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Chamomile, Roman (3)

Neroli (2)


Cedarwood Atlas (2)

2. Calming 

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Chamomile, Roman (2)


Neroli (2)

3. Meditative 

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Neroli (2)

Cedarwood Atlas (2)

4. Sensual 

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Neroli (2)

Cedarwood Atlas (1)

## Blend notes

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