



***Aromatherapy to heal the mind,  
body and spirit...***

*Pure Essential Oils*

*Bath & Body Products*

*Premium Teas*

*Personalized Therapeutic Blending*

*Reiki Treatments*

*Natural Facials*



*Holistic Pet Line*

“True healing is found in the memory of wholeness”

—Deepak Chopra

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## Katie Buggs

Katie is a Reiki Master, Clinical Aromatherapist and Holistic Educator. She has worked in the social work field for 25 years and always finds joy and enrichment through working with people. As the owner of katybugs healingsense, she is a customized blender with a library of essential oils, flower essences, teas, and herbals. Her Reiki Treatments incorporate pure botanicals, relaxing music, and a tranquil atmosphere. Holistic Facials are offered with an experienced, licensed, aesthetician incorporating skin consultation, customized facial treatment, and natural, gentle, and affordable products for aftercare. Reiki classes, aromatherapy classes and related topics are scheduled throughout the year.

## Signature Blends

**katybugs diffusing blends release oxygenating molecules with antiviral, antibacterial, and antiseptic properties. Additionally, the blends promote emotional well-being and body harmony. All the essential oils used in these blends are guaranteed as pure, therapeutic grade quality.**

**Blue Moon** – jasmine, bergamot, ylang ylang

**Citrus Jubilee** – sweet orange, clementine, mandarin

**Heartbeat** – cucumber, ylang ylang, clementine

**Joyful Melody** – lemongrass, lavender, clove bud, cinnamon leaf

**Kyphi** - neroli, cinnamon, clove bud, spikenard, vanilla, ylang ylang

**Lavender Lullaby** – lavender, lavandin

**Meditation** – sandalwood, myrrh, frankincense

**Peppermint Breeze** – peppermint, spearmint, lavender

**Soleil** – lemongrass, may chang, lavender, rose geranium

**Transformation** – galbanum, may chang, rose geranium, rose bulgaria

**Venus Whisper** – rosewood, palmarosa, jasmine, rose

**Zen** – cinnamon, ginger, frankincense, myrrh, fir, tangerine

## Mists (\$8.95)

(30 ml) Energy balancing, refreshing and rejuvenating. Available in all of the signature blends above.

## Essential Oil Blends (\$12.00)

(5–10 ml) All the essential oils used in these blends are guaranteed as pure, therapeutic grade quality.

## Body Lotions (\$12.95)

(4 oz) katybugs healingsense fine-textured penetrating lotion includes a blend of natural plant extracts and oils that help restore skin suppleness and vitality. They are enriched with pure essential oils in a natural botanical base containing aloe vera, wild pansy extract, safflower, avocado, and organic jojoba oil.

## Essential Oils (\$ varies according to oil)

(5 ml) Certified 100% pure, active and efficient as measured through GC/MS Laboratory Testing. Essential oils release oxygenating molecules with antiviral, antibacterial, and antiseptic properties. (Essential Oil Menu listed on web site, or call to request)

## Massage Oils (\$12.95)

(120 ml) Rich, luxurious and moisturizing base of jojoba oil and fractionated coconut oil.

**Breathe Easy Blend** – lavender, eucalyptus, ravensara

Stimulating blend helps ease respiratory and sinus problems; comforting, warm scent

**Cellulite Blend** – juniper, cypress, geranium

Removes the toxins in the body by draining the lymph. A good blend for circulation stagnation including varicose veins, spider veins, cold feet, etc.

**Energy Blend** – lavender, rosemary, peppermint

Stimulating blend boosts energy and senses; invigorating, revitalizing scent

**Muscular Relief** – lavender, peppermint, ravensara

Athletic blend is a wonderful pain relief for muscles and joints, soothing tension in the connective tissue

**Relaxing Blend** – lavender, roman chamomile, orange

Soothing and calming synergy to alleviate tension and stress held in your body and mind; sweet, warm scent

## Tea Blends (\$8.00)

(4 oz tins; yields 55 cups) Premium, quality teas imported from global holistic tea merchants.

Chamomile Tisane | \*Chocolat | \*Egyptian Gold | Yerba Mate | Zen Evening in Missoula | \*Flower Power (women's Brew) | \*Five Senses Jasmine Yin Ho | Raspberry Sunrise | \*Red Berries | Reena's Chai Relaxing Blend | White Tea (\*graded top-five teas)

# healingpaws

katybugs offers healingpaws to assist pet owners with discomforts affecting their pets. The beneficial properties of essential oils are easily absorbed by animals through the skin and the olfactory system. healingpaws products are blended with just the right minimal dosage—as an animal's sense of smell is so acute, smaller doses of essential oils are necessary to achieve effective results.

## Skin Blends: (\$12/30 ml cobalt mist bottle)

All blends contain 100% pure essential oils prepared in pure jojoba oil which is pure, soothing, and effective in penetrating the skin for responsible healing whether it be parasite control, emotional balance, or skin allergies.

- ❁ **Flea Beware** — keeps fleas away and stops the bite  
*-jojoba oil with lemongrass, tea tree & rosemary oils*
- ❁ **Skin Beloved** — soothes, heals irritated skin; harmonizing  
*-jojoba oil with lavender & german chamomile essential oils*
- ❁ **Total Relief** — relaxes, calms sore joints and muscles  
*-jojoba oil with cypress, birch & lavender oils*
- ❁ **Tick Off** — repels ticks, enhances immune system function  
*-jojoba oil with rose geranium, tea tree & lavender oils*

## Mists: (\$9/30 ml cobalt bottle)

Multifunctional sprays effective as a deodorizer, soothes insect bites and itching, cleans cuts and wounds, emotional balancer. Kosher vegetable glycerin, vitamin e and pure essential oils.

- ❁ **Peppermint Breeze** — rejuvenating & anti-parasite  
*-peppermint, spearmint & lavender*
- ❁ **Lavender Lullaby** — relaxing & calming  
*-lavender & lavandin*

## Shampoo & Conditioner: (\$16/8 oz cobalt pump bottle)

Ph-balanced; Pure and gentle

- ❁ **Natural Shampoo**—gentle cleansing  
*-coconut oil base with rosemary, myrrh, thyme, yarrow, chamomile, lavender flowers & red clover blossoms*
- ❁ **Natural Conditioner**—leaves coat lustrous  
*-water extracts of cherry bark, southernwood, horsetail, sage, rosemary, lavender flowers, burdock root, vegetable emulsifying wax & vitamin E*

We can certainly learn the art of unconditional acceptance of these pure products from animals, as they respond so quickly and favorably. With consistent application, gentle healing continues...

additional products on website  
[www.katybugs.com](http://www.katybugs.com)