

katybugs Medicine Boxes have been created for physical, mental, and emotional rejuvenation. Our pure organic essential oils are therapeutic quality and guaranteed for purity & holistic healing. The oils are beautifully presented with organic jojoba carrier oil in biodegradable gift packaging.

Primary 12 Good Medicine Box®

Created for use in clinical introductory essential oil classes, and for personal use. The oils are selected by the National Aromatherapy Holistic Association (NAHA) as principal oils to be used in the NAHA approved Aromatherapy Introductory Training Curriculum. Kit includes the essential oils of: chamomile, clary sage, eucalyptus, geranium, lavender, lemon, peppermint, rose, rosemary, sweet orange, tea tree, ylang ylang, and jojoba oil carrier.



katybugs Good Medicine Box®

Created for use in the home for physical, mental, and emotional rejuvenation. Five essential oils include: lavender, tea tree, peppermint, sweet orange, and eucalyptus, with jojoba oil base. Includes oil characteristics and usage information.



katybugs Chakra Essential Oil Kit®

Created as a pure botanical help mate for Chakra healing sessions. Each oil blend is created with Chakra intention for healing physical, mental, emotional, and spiritual challenges. This kit includes 7 Chakra essential oil blends, Chakra Harmony Mist & jojoba oil. Blends are created by Katie, a Usui and Karuna® Reiki Master, and clinical Aromatherapist. Key Oils Include: rosewood, sandalwood, bergamot, ravensara, thyme, frankincense, and white lotus.



katybugs Vibratory Color Therapy Kit®

Color Healing is the use of color for the purpose of creating balance and health in the physical, mental, emotional, and spiritual aspects. These essences are created to use in therapeutic blending, energy treatments and for personal use. 100% organic.



katybugs Plant Wisdom Cards®

Introduces 32 indigenous healing plants, flowers, fruits, and trees. These plants were selected to offer the wisdom and life force benefits of the plant kingdom. All information contained in the deck results from in depth research on essential oils, two-decades of blending, and healing knowledge.



katybugs PLANTSENSE

Aromatherapy to heal the mind, body and spirit

Pure Essential Oils

Therapeutic Blending

Body Lotions & Massage Oils

Reiki Treatments

Holistic Classes

"I go to nature to be soothed and healed, and to have my senses put in order"

~ John Burroughs



katybugs Signature Essential Oil Blends

katybugs diffusing essential oil blends release oxygenating molecules with antiviral, antibacterial, and antiseptic properties. Our blends promote emotional well-being and body harmony. All the essential oils used in katybugs Signature Blends are high quality, organic and wildcrafted.

- Blue Moon**—jasmine, bergamot, ylang ylang
- Breathe Easy**— eucalyptus, ravensara, lavender
- Cellulite**—juniper, cypress, geranium
- Citrus Jubilee**—sweet orange, bergamot, mandarin
- Lavender Lullaby**—lavendula officinalis, lavandin supra
- Meditation**—frankincense, myrrh, sandalwood, mandarin
- Muscle Relaxer**—peppermint, ravensara, lavender
- Pain Relief**—chalophyllum, wintergreen, spikenard, g. chamomile, lavender
- Peppermint Breeze**—peppermint, spearmint, lavender
- Serenity**—lavender, german chamomile, sweet orange
- Transformation**— galbanum, may chang, rose geranium, rose bulgaria
- Zen**—cinnamon, ginger, frankincense, myrrh, fir, tangerine

All Signature Essential Oil Blends come in 7.5ml & 12ml sizes

katybugs Pure Essential Oils (7.5ml & 12ml)

Certified 100% pure, active and efficient as measured through GC/MS Laboratory testing. Essential oils release oxygenating molecules with antiviral, antibacterial, and antiseptic properties.

Angelica	Frankincense	Marjoram	Rosemary
Holy Basil	Galbanum	May Chang	Rosewood
Bergamot	Garlic	Melissa	Sage
Cedarwood	Ginger	Myrrh	Sandalwood
Chamomile	Grapefruit	Myrtle	Spearmint
Cinnamon	Immortelle	Neroli	Spikenard
Cistus	Juniper	Orange	Spruce
Clary Sage	Kunzea	Oregano	Tangerine
Clove Bud	Laurel	Patchouli	Tea Tree
Cypress	Lavender	Peppermint	Thyme
Davana	Lemon	Ravensara	Vanilla
Eucalyptus	Lemongrass	Rose	Wormwood
White Fir	White Lotus	Rose Geranium	Ylang Ylang

katybugs Body Lotion (2 oz & 4 oz)

katybugs 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. Available in all katybugs Signature Blends.

katybugs Massage Oils (2 oz & 4 oz)

Moisturizing base of jojoba oil and fractionated coconut oil. Available in the following synergistic blends:

Pain Relief—chalophyllum, wintergreen, spikenard, g. chamomile, lavender
katybugs pain relief blend addresses pain at a gentle yet deep and effective level.

Breathe Easy Blend—eucalyptus, ravensara, and lavender
This stimulating blend helps ease respiratory and sinus problems. Comforting, warm scent.

Cellulite Blend—juniper, cypress, geranium
This blend removes toxins in the body by draining the lymph. A good choice for circulation and stagnation including varicose veins, cold feet and hands.

Meditation Blend—frankincense, myrrh, sandalwood, mandarin
This calming blend heightens the senses and inspires contemplation.

Muscle Relaxer—peppermint, ravensara, lavender
This therapeutic blend is an effective pain reliever for muscles and joints, soothing tension in the connective tissue.

Serenity—lavender, german chamomile, sweet orange
Serenity creates a tranquil sense of well-being.

katybugs Mists (1 oz)

Energy balancing, refreshing, and rejuvenating. Available in all katybugs Signature Blends.

About Katie Buggs



Katie is a certified Clinical Aromatherapist, Reiki Master (Usui and Karuna®) and Holistic Educator living in Albuquerque, New Mexico. Owner of katybugs PlantSense since 1992, Katie is dedicated to offering pure essential oils, synergistic blends, and healing modalities contributing to planetary peace and harmony. She holds a degree in psychology and gerontology, as well as certifications in clinical aromatherapy, herbal studies, Bach Flower Essences & cranial sacral therapy.

804.307.4481 | www.katybugs.com | kbuggs48@gmail.com