

PARADISE

in a bottle

7 ESSENTIAL OIL BLENDS FROM
THE COOK ISLANDS



Kia Orana

Ko Sylvie tōku ingoa!

I'm Sylvie!

I'm qualified in Aromatic Science and Formulation. Living in the Cook Islands for 16 years now, and not done yet with transcending what I know to create the best products to support the well-being of my community and beyond.

This guide is your passport back to paradise.

I've carefully crafted seven authentic Cook Island essential oil blends to capture the essence of different islands and experiences.

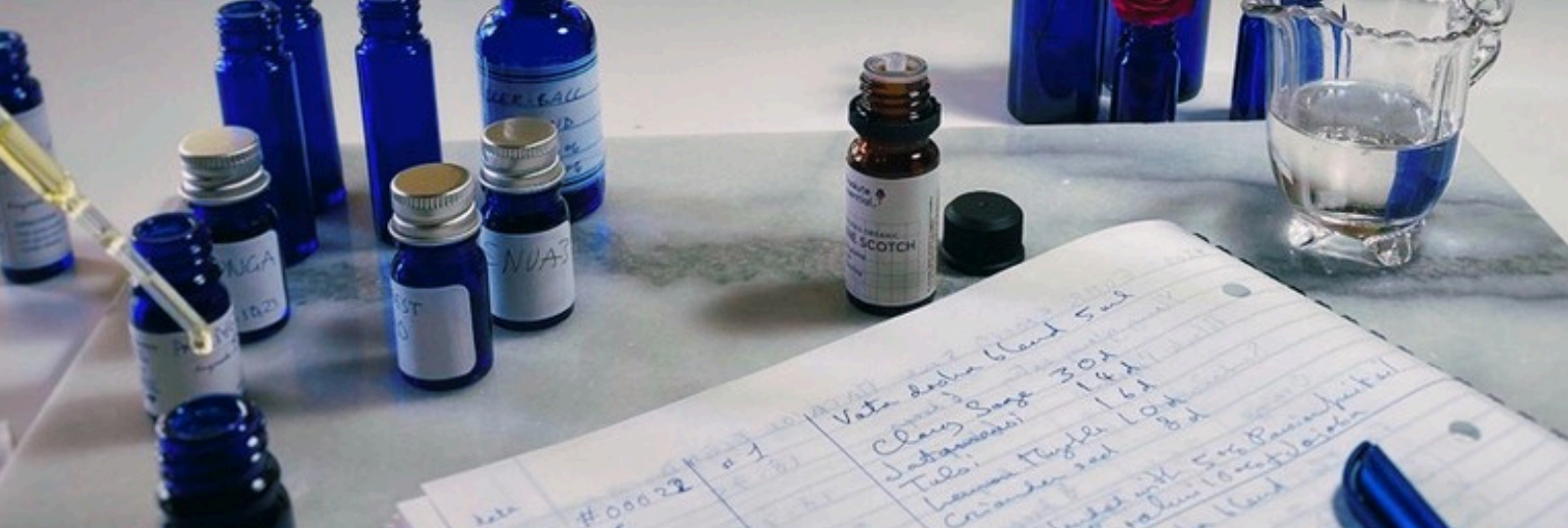
Designed with intent, these blends harness the most powerful memory trigger we have—our sense of smell—to truly transport you back to those perfect island moments whenever you need a mental escape.





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WHAT YOU NEED

You don't need everything at once.
For your first blend, you'll need:

- The essential oils for your chosen blend
- Fractionated Coconut or Jojoba oil for your roller bottle
- A small roller bottle and 10ml bottle with a driplulator cap
- A label or piece of tape to mark your creation
- Kitchen scales to measure in ML
- Disposable pipettes to measure in drops
- A notebook to write down any variations you may make

Many of these oils can be found at local organic food stores, specialty aromatherapy shops, or online retailers. If you're missing one or two oils, it's okay to make substitutions or simplify the blend—the most important element is your intention and the memory association.

At the end of this booklet I've listed a few suppliers in the Cook Islands, New Zealand and Australia.



MURI LAGOON MORNING

01 / MURI LAGOON MORNING

This blend captures the fresh, invigorating feeling of an early morning walk along Muri Lagoon, with its crystal-clear waters and gentle sea breeze.

INGREDIENTS

- | | |
|------------------------------|-------------------|
| • Lime essential oil | 4.5 ML / 90 drops |
| • Spearmint essential oil | 2.7 ML / 54 drops |
| • Eucalyptus essential oil | 1.8 ML / 36 drops |
| • Frankincense essential oil | 1.0 ML / 20drops |

INSTRUCTIONS

1. Measure all essential oils to a 10ML bottle.
2. Place a dripulator closure or lid
3. Shake gently to blend.
4. Label with "Muri Lagoon Morning" and the date.

APPLICATIONS

- Add 5-7 drops to a diffuser
 - Add 6-8 drops to a 10ML roller bottle
- Top up with Fractionated Coconut or Jojoba oil

MEMORY ANCHORING

The next time you use this blend, close your eyes and visualize the sunlight dancing on the turquoise waters of Muri Lagoon. Feel the gentle morning breeze on your skin and remember the sense of peace and possibility that comes with a new day in paradise.



RAROTONGA MARKET SPICE

02/ RAROTONGA MARKET SPICE

This warm, exotic blend evokes the vibrant atmosphere of the Punanga Nui Market in Rarotonga, with its array of colourful tropical fruits, flowers, and spices

INGREDIENTS

- Orange essential oil 4.5 ML / 90 drops
- Ginger essential oil 2.7 ML / 54 drops
- Cinnamon Leaf essential oil 1.8 ML / 36 drops
- Ylang Ylang essential oil 1.0 ML / 20 drops

INSTRUCTIONS

1. Measure all essential oils to a 10ML bottle.
2. Place a dripulator closure or lid
3. Shake gently to blend.
4. Label with "Rarotonga Market Spice" and the date.

APPLICATIONS

- Add 5-7 drops to a diffuser
 - Add 6-8 drops to a 10ML roller bottle .
- Top up with Fractionated Coconut or Jojoba oil

MEMORY ANCHORING

As you inhale this spicy, fruity blend, recall the colorful stalls of the market, the friendly vendors, and perhaps a special purchase or conversation you had there. Remember the sounds of ukulele music and the taste of fresh tropical fruits



AITUTAKI
LAGOON BLISS

03/ AITUTAKI LAGOON BLISS

This blend captures the unparalleled tranquility and beauty of Aitutaki's famous lagoon, often described as the most beautiful in the world.

INGREDIENTS

- | | |
|---------------------------------|-------------------|
| • Bergamot essential oil | 4.5 ML / 90 drops |
| • Ylang Ylang essential oil | 2.7 ML / 54 drops |
| • Roman Chamomile essential oil | 1.8 ML / 36 drops |
| • Sandalwood essential oil | 1.0 ML / 20 drops |

INSTRUCTIONS

1. Measure all essential oils to a 10ML bottle.
2. Place a dripulator closure or lid
3. Shake gently to blend.
4. Label with "Aitutaki Lagoon Bliss" and the date.

APPLICATIONS

- Add 5-7 drops to a diffuser
 - Add 6-8 drops to a 10ML roller bottle .
- Top up with Fractionated Coconut or Jojoba oil

MEMORY ANCHORING

When using this blend, imagine yourself floating in the warm, crystal-clear waters of Aitutaki Lagoon. Feel the gentle support of the water and the complete relaxation of body and mind that came with that perfect moment of island bliss.



TROPICAL SUNSET

04/TROPICAL SUNSET

This warm, sensual blend evokes the magical moments as the sun sets over the Pacific, painting the sky in spectacular colors while you enjoy a tropical cocktail.

INGREDIENTS

- | | |
|------------------------------|-------------------|
| • Sweet Orange essential oil | 4.0 ML / 80 drops |
| • Benzoin essential oil | 3.0 ML / 60 drops |
| • Ylang Ylang essential oil | 2.0 ML / 40 drops |
| • Patchouli essential oil | 1.0 ML / 20 drops |

INSTRUCTIONS

1. Measure all essential oils to a 10ML bottle.
2. Place a dripulator closure or lid
3. Shake gently to blend.
4. Label with "Tropical Sunset" and the date.

APPLICATIONS

- Add 5-7 drops to a diffuser
 - Add 6-8 drops to a 10ML roller bottle .
- Top up with Fractionated Coconut or Jojoba oil

MEMORY ANCHORING

As you enjoy this blend, visualize the spectacular colors of a Cook Islands sunset. Remember the feeling of gratitude and awe as day turned to evening, perhaps with someone special by your side or a moment of peaceful solitude.



ISLAND RAINFOREST

05/ ISLAND RAINFOREST

This fresh, earthy blend captures the lush interior landscapes of Rarotonga, with their verdant vegetation and hidden waterfalls

INGREDIENTS

- Cedarwood essential oil 4.0 ML / 80 drops
- Lemongrass essential oil 3.0 ML / 60 drops
- Patchouli essential oil 2.0 ML / 40 drops
- Vetiver essential oil 1.0 ML / 20 drops

INSTRUCTIONS

1. Measure all essential oils to a 10ML bottle.
2. Place a dripulator closure or lid
3. Shake gently to blend.
4. Label with "Island Rainforest" and the date.

APPLICATIONS

- Add 5-7 drops to a diffuser
 - Add 6-8 drops to a 10ML roller bottle .
- Top up with Fractionated Coconut or Jojoba oil

MEMORY ANCHORING

When using this blend, recall the adventure of exploring the island's interior—perhaps a guided nature walk or a hike to the Needle. Remember the sounds of birds, the feeling of humid air rich with oxygen, and the sense of discovery as you connected with the natural heart of the island.



JASMINE
FLOWER
DREAM

06/JASMINE FLOWER DREAM

This floral, exotic blend celebrates the iconic Cook Islands flowers used in traditional ei (flower garlands) and monoi oil.

INGREDIENTS

- | | |
|-----------------------------|-------------------|
| • Jasmine absolute (3%) oil | 3.6 ML / 72 drops |
| • Ylang Ylang essential oil | 2.8 ML / 56 drops |
| • Neroli essential oil | 1.8 ML / 36 drops |
| • Mandarin essential oil | 1.8 ML / 36 drops |

INSTRUCTIONS

1. Measure all essential oils to a 10ML bottle.
2. Place a dripulator closure or lid
3. Shake gently to blend.
4. Label with "Jasmine Flower Dream" and the date.

APPLICATIONS

- Add 5-7 drops to a diffuser
- Add 6-8 drops to a 10ML roller bottle .
Top up with Fractionated Coconut or Jojoba oil

MEMORY ANCHORING

As you inhale this floral blend, remember the moment you received your first ei (flower garland) upon arrival, or the fresh flowers in your accommodation. Recall the tradition and meaning behind these beautiful welcome gifts and the feeling of being honored as a valued guest.



MOANA BREEZE

07 / MOANA BREEZE

This fresh, clean blend captures the invigorating scent of the ocean breeze carrying hints of salt, coconut, and tropical vegetation

INGREDIENTS

- | | |
|----------------------------|-------------------|
| • Eucalyptus essential oil | 4.2 ML / 84 drops |
| • Lemon essential oil | 2.8 ML / 56 drops |
| • Peppermint essential oil | 1.5 ML / 30 drops |
| • Cypress essential oil | 1.5 ML / 30 drops |

INSTRUCTIONS

1. Measure all essential oils to a 10ML bottle.
2. Place a dripulator closure or lid
3. Shake gently to blend.
4. Label with "Moana Breeze" and the date.

APPLICATIONS

- Add 5-7 drops to a diffuser
- Add 8-6 drops to a 10ML roller bottle.
- Top up with Fractionated Coconut or Jojoba oil

MEMORY ANCHORING

When using this blend, imagine yourself standing on the beach, feeling the refreshing ocean breeze against your skin. Remember the sound of the waves, the feeling of your feet in the sand, and the sense of expansiveness that comes from gazing out at the vast Pacific Ocean.



A FEW RESOURCES

IF YOU ARE FROM NEW ZEALAND & AUSTRALIA

Here are a few recommended websites where you can purchase your supplies from. I recommend, if possible, to buy organic products or from reputable sources who offer guarantees and transparency for the quality of their products.

[AROMAFLEX](#)

NELSON, NEW ZEALAND

[ZURMA](#)

CHRISTCHURCH, NEW ZEALAND

[SYDNEY ESSENTIAL OIL COMPANY](#)

ONLINE STORE, AUSTRALIA

[PERFECT POTION](#)

BRISBANE, AUSTRALIA

AND IF YOU ARE IN THE COOK ISLANDS

Manongi doesn't just offer aromatherapy products; we also provide a range of organic and wildcrafted essential oils from small, artisan producers from around the world.

[CONTACT US FOR OUR LIST & PRICES](#)

Bringing Organic Wellness to the Cook Islands



Experience the difference that truly natural, island-inspired aromatherapy can make in your daily routine. Join the growing number of wellness enthusiasts who have made Manongi their go-to for organic essential oils.

FIND US AT OUR AROMATIC
SANCTUARY IN MATAVERA
OR AT
PUNANGA NUI MARKET ON
SATURDAYS



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MEITAKI

The magic of the Cook Islands doesn't have to end when your plane touches down back home. Through the simple alchemy of these essential oil blends, you've created something truly special—a sensory time machine that can transport you back to those perfect moments of island bliss whenever you need them.

Remember that these blends are more than just pleasant scents—they're powerful tools for wellbeing. In moments of stress, when winter seems endless, or when you need a reminder of your capacity for joy and relaxation, your Cook Islands blends can provide an instant mental vacation.

The science of scent memory is on your side. Each time you use these blends mindfully, you're not just reminiscing—you're actually strengthening those neural pathways, making your memories more resilient against the passage of time.

KIA MANUIA

Gylvie xo

[MANONGI.COM](https://manongi.com)