



SUPPORT and RELIEF

# CUSTOMER GUIDEBOOK

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## **LET ME HELP YOU**

JUST A REMINDER:

Thank you for attending the **Essential Oils Academy Class!** My goal is to provide you with the best customer service in guiding you to choose the Essential Oils that you would like to order.

I want to be here for your questions, but I do not want to be like that annoying sales person in the department store that keeps coming over to you every seven minutes asking you if there is anything I can help you find.

There are more than 150 products to choose from – that can be quite overwhelming!

The best thing that I can recommend for you to do is to write down on a piece of paper **five issues** for which you or your loved ones would like to find **natural support**.

If you can think of more than five, that's fine too.

These are five *issues*, not necessarily five Essential Oil *products* that you would need to purchase. There may even be a single oil that will cover all five of the issues you wrote down!

Send me the list of those five through email or Facebook.

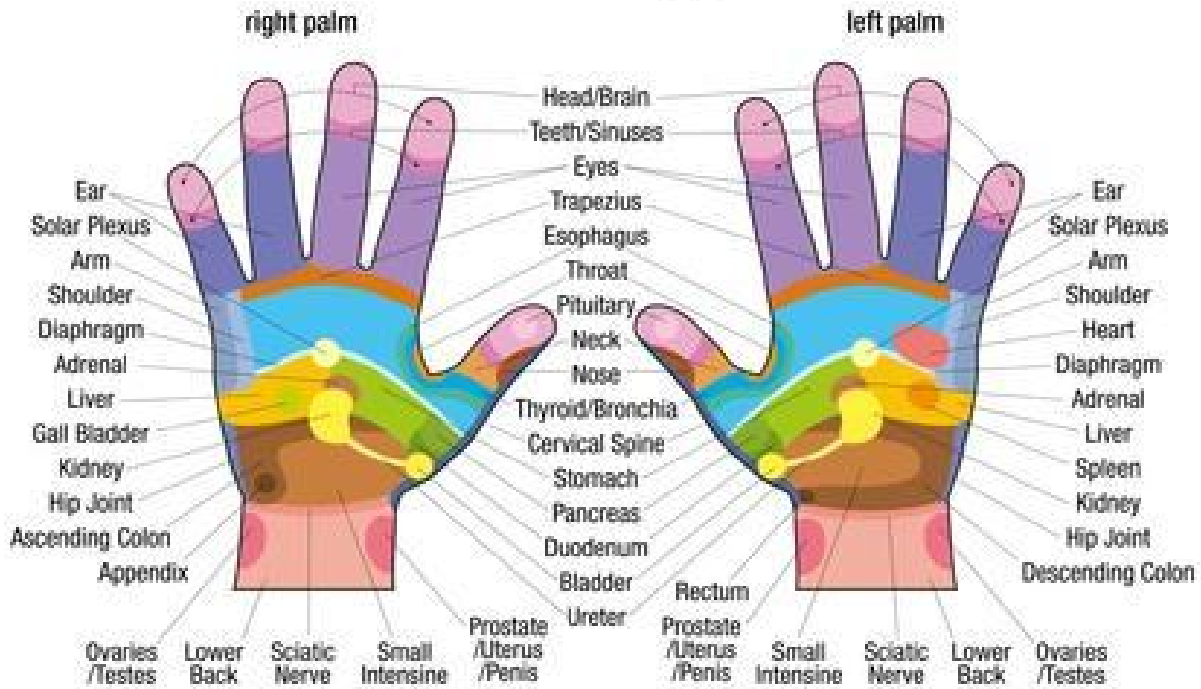
I will give you back a list of oils that can help give you that natural support you're looking for.

You can decide how many you would like to order at this time, and what oil may be on your next purchase. So, let me help you by giving you the specialized treatment or let me know that you will decide about the oils on your own.

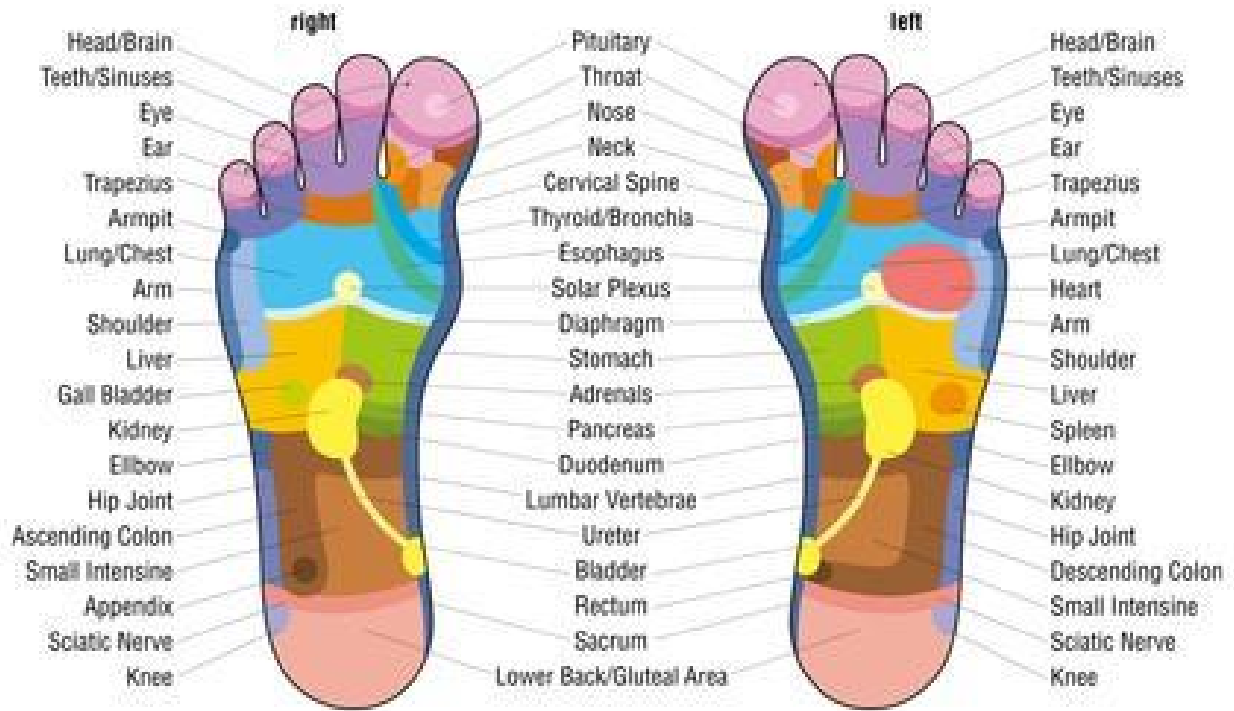
I look forward to helping you if you need me too!

# REFLEXOLOGY CHARTS

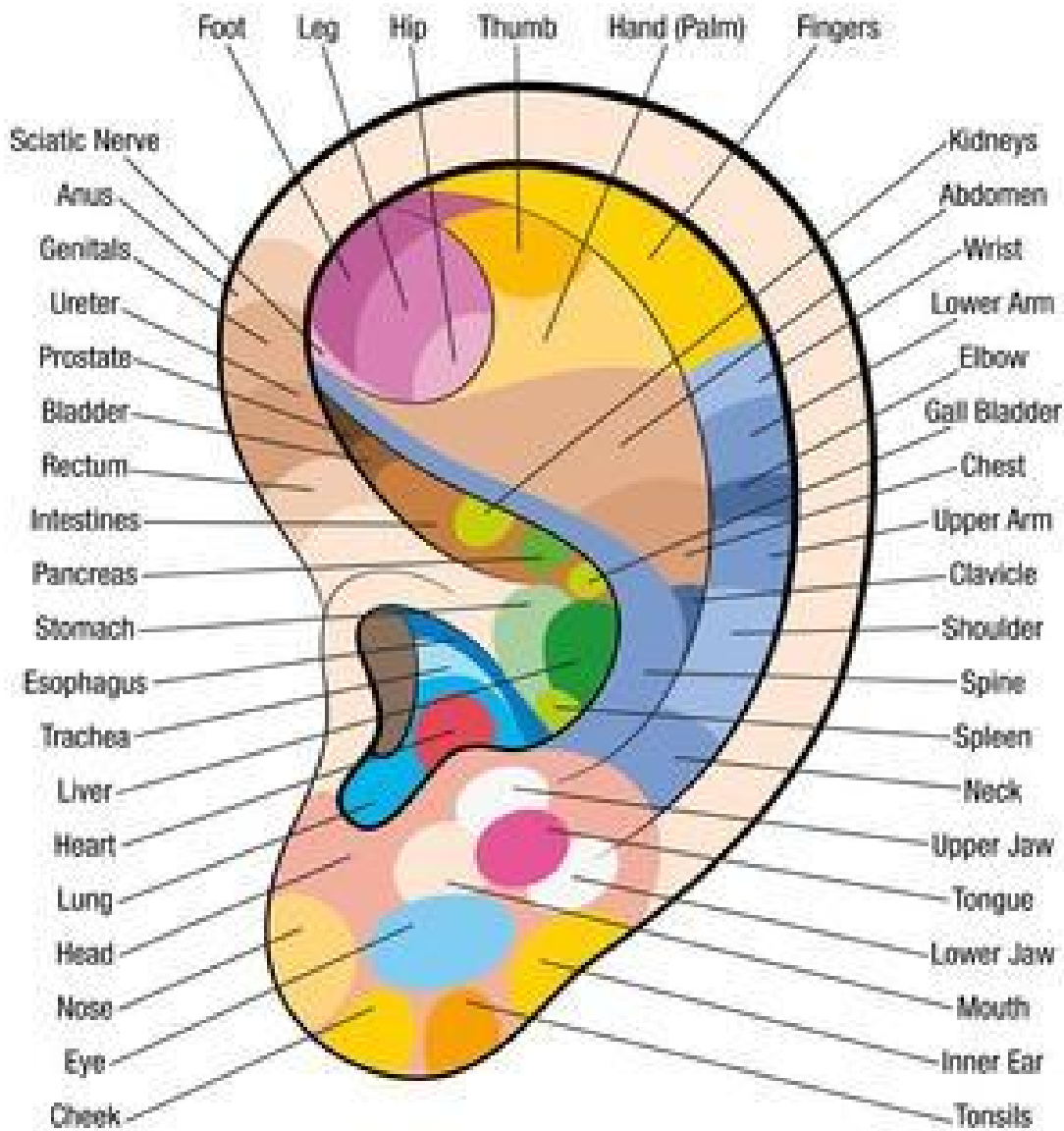
## Hand Reflexology Chart



# Foot Reflexology Chart



# Ear Reflexology Chart



## **OIL SAFETY**

Medical Expert, Dr. David K. Hill, D.C.

“Among the greatest attributes of essential oils is that their safety and benefits extend to all members of the family—no one is excluded, even young children and infants. Because of their potency, you will find that essential oils are capable of offering immediate benefits and relief to your child. For the same reason, a very low dose is all that is needed to induce powerful therapeutic effects.

“Topical application is perhaps the most controlled method for administering essential oils to children because it allows for treatment of targeted concerns. Some oils can be sensitive to the skin and should be diluted with Fractionated Coconut Oil before applying topically.

“Another effective mode of administration is diffusion, which is simple to integrate into your family’s health regimen. Consistent use of essential oils is a safe yet effective method for your family’s health.”

Dr. David Hill

Topical application is one of the ways you can experience the benefits of essential oils. This form of application is unique because it allows for localized effects in the area of the application in addition to providing whole body support. Additionally, you can use essential oils topically when you want an easy way to target specific areas on your body.

### **DILUTION BASICS**

Dilution is a process in which essential oils are mixed with a carrier oil—a pure vegetable oil that helps “carry” the essential oil onto the skin. There are many benefits to dilution, including increasing the surface area of absorption, enhancing absorption through dry skin, and preventing sensitivity responses. One of the best carrier oils of choice is Fractionated Coconut Oil due to its long shelf life and lightweight texture.

## **CLASSIFICATIONS OF OILS FOR TOPICAL USE**

Neat: Oils categorized as “neat” can be applied topically without dilution because of their exceptionally mild chemistry. Frankincense, Lavender, Melaleuca, Melissa, and Sandalwood are good examples of “neat” essential oils. Dilute: Oils in this category have potent chemistry and should be diluted with a carrier oil before topical application in every case. “Dilute” oils include Cassia, Cinnamon, Clove, Oregano, and Thyme. Sensitive: “Sensitive” oils are those that should be diluted before use on young or sensitive skin. Bergamot, Black Pepper, Eucalyptus, Ginger, and Peppermint are examples of “sensitive” oils.

## **APPLICATION SAFETY**

Although unusual, occasionally it is possible to have a sensitivity response to an essential oil. This occurs when there is heightened reactivity of an essential oil that may result in an unwanted response in the body or on the skin. Awareness of your body and how it reacts to different essential oils, amounts applied, and location applications can help minimize risk and ensure safe usage.

### *Essential Safety Tips:*

Citrus oils contain a unique category of photosensitive compounds called furocoumarins, so it is important to avoid exposure to sunlight, sunlamps, or other sources of UV light for up to 12 hours after topical application of these oils.

More is not always better! Essential oils are very potent, so a little goes a long way. Start with 1–2 drops and then increase the dosage as necessary.

Dilute, dilute, dilute! Dilution in no way diminishes the efficacy of essential oils and offers many benefits that can enhance your application experience.

Conduct a simple sensitivity test when trying a new oil by applying a small amount of essential oil to an inconspicuous area. Check the spot each hour for several hours to ensure no sensitivity has occurred.

### *Other Effective Methods of Topical Application:*

Add a few drops of oil to a warm bath.

Make a hot or cold compress by soaking a towel or cloth in water, adding essential oils, and then applying to the desired area.

Add oil to a lotion or moisturizer and then apply to the skin Mix with water and use as a mouth and throat rinse.

## **FACE**

Use essential oil as part of your regular skincare regimen to beautify the skin and promote a clear, healthy looking complexion.

## **ROOF OF THE MOUTH (SOFT PALATE)/BASE OF THE SKULL**

Applying oils to these areas is an excellent way to help transform your mood and balance your emotions.

## **NECK/FOREHEAD/TEMPLES**

These areas are good to target if you have tension in the head or neck.

## **CHEST**

Rubbing oils onto the chest promotes a healthy respiratory tract and helps maintain clear breathing.

## **ABDOMEN**

Application of essential oils, especially over major digestive organs, supports healthy function and can help alleviate occasional digestive discomforts.

## **LIVER**

Apply essential oils over the liver in conjunction with a cleanse protocol or to support healthy function of the body's cleansing organs.

## **ARMS/LEGS/BACK**

Massage onto the arms, wrists, legs, feet, or back to soothe tired, achy muscles and joints and to promote healthy circulation.

## **BOTTOMS OF FEET**

The feet have large pores that rapidly absorb essential oils, making this an ideal application site for generalized effect. Apply and massage in 2–4 drops of essential oil.

- Dr. David Hill



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## LifeLong Vitality (LLV) PACK



A comprehensive dietary supplement foundation for a lifetime of vitality and wellness, these capsules provide potent levels of antioxidants, vitamins, minerals, essential fatty acids, co-factors of cellular energy production, and a proprietary blend of Therapeutic Grade essential oils—your first step toward a lifetime of looking, feeling, and living younger, longer.

### LLV BENEFITS\*

- General wellness and vitality
- Antioxidant and DNA protection
- Energy metabolism
- Bone health
- Immune function
- Stress management
- Cardiovascular health
- Healthy hair, skin, and nails
- Eye, brain, nervous system
- Liver function and digestive health
- Lung and respiratory health
- Gentle on stomach
- Non-GMO, gluten-free, dairy-free

## WHOLESALE MEMBERSHIP



How would you most like to shop? **Full price** or at a **discount**?

Our special discount is through a **wholesale membership**.

A wholesale membership is like SAM'S or COSTCO: you pay a flat fee of \$35 for the year and get to shop at a discount of 25% off.

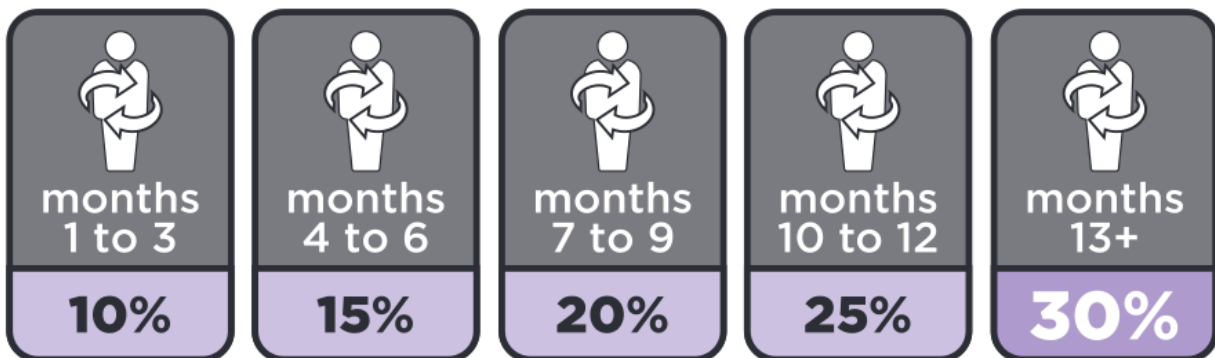
In addition to the annual fee, there is only **one** requirement for your wholesale membership. You must purchase **one** item during the year (no matter how big or small) to remain active. As a gift, at the end of your first year of membership, when you renew for **\$25**, you will receive a **free**

bottle of Peppermint Essential Oil (a \$27 value).

## **REWARDS PROGRAM**

The Rewards Program provides free product credits for monthly purchases ordered on the program.

As a participant in the Rewards Program, you will immediately begin to earn product credits that can be used as cash to purchase essential oil products. The longer you participate, the more credits you can earn—up to 30% of your total monthly Rewards purchases!



**ADDITIONAL BENEFIT:** Product of the Month

One monthly Rewards order totaling 125 PV or more, that is scheduled to ship on or before the 15th of each month, will include a free product!

### Rewards Highlights

- No-hassle, automatic shipment of the products you use on a monthly basis
- Receive up to 30% of the PV value of your monthly order
- Use your product credits as cash to purchase products
- Freedom to change your order up to your monthly ship date
- Convenient way to meet monthly PV and bonus qualification requirements
- Powerful loyalty incentive for new customers and consultants that you personally sponsor
- View Rewards points online

- LRP orders can be set to ship any day between the 1st and the 28th of the month.

## **MAKING MONEY WITH ESSENTIAL OILS**

Making money with essential oils can be EXTREMELY easy. When you become a customer with a WHOLESALE MEMBERSHIP you receive a FREE website.

This means that whenever your friends ask about essential oils that you can tell them they can order easy by going to your website...you then make money when they purchase products. I

TOLD you that it's easy to earn money!

You post on Facebook a picture of your oils and someone says they want some - you send them to your website.

You talk to a friend about the difference oils are making in your family's health, they want some oils - you send them to your website.

You give someone a sample of Peppermint for their head tension, they want more - you send them to your website. Easy!

If you would like to take it to the next level, then you might consider becoming more active in earning income by holding IN-HOME or FACEBOOK CLASSES.

ASK me if you would like to see more information about this exciting opportunity.

## **CATALOGUE**

I bet you can't wait to see all the oils that are available!

Please contact the EO Expert who sent you this Guide so that they can assist you in finding the best essential oils for your personal needs.

Make a list of oils on a separate sheet of paper that you would like to purchase. We will call this your Wellness Wishlist. If you are looking for an oil to help support a certain issue, then you can search within the document.

Press Control-F and a small box will pop-up to enter a search box. Type tension, stomach, sleep, etc., in the box, and all references to that word will be highlighted in the entire document.

Please check your email for the link to this online catalogue.

## **VALUE KITS for SAVING MONEY**

For details on kit options, please email me

## **CLASS SUMMARY**

Thank you for attending the Essential Oils Class!

I wanted to make sure that you have a resource for all of the oils that we discussed so that you can have a reference.

Enjoy this review and make sure to write down your favorites.

## **LOOK, FEEL, AND LIVE YOUNGER, LONGER**

Making sure you have a powerful supplement full of antioxidants, omegas, and core nutrients, allows the body to do what it needs to do well on a daily basis. Along with so many other benefits, this trio is another way to help reduce and manage physical stress providing a way to COOL and SOOTHE those target areas.

The three core products of the LLV Program is formulated to provide you with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity.

If you only get ONE PRODUCT, make VITALITY PACK it! It has the most benefits for your body than ANY OTHER item we offer!!!

+++++

### **LLV BENEFITS\***

- General wellness and vitality
- Antioxidant and DNA protection
- Energy metabolism
- Bone health
- Immune function
- Stress management
- Cardiovascular health
- Healthy hair, skin, and nails
- Eye, brain, nervous system
- Liver function and digestive health
- Lung and respiratory health
- Gentle on stomach
- Non-GMO, gluten-free, dairy-free

## **ARCTIC BLAST**

In supporting the body in overall wellness it is so crucial to rest and manage stress. The body tends to manage physical stress through the muscles and joints.

Occasional soreness in your knees?

Occasional soreness in your back?

Occasional soreness in your head?

We've got you covered! There are several essential oils that can calm and soothe target areas. Give your body a localized ARCTIC BLAST!

Start with the most suggested oils (+++) or blend using even a (+) oil.

+++

Basil  
Bergamot  
Frankincense  
Myrrh  
Roman Chamomile  
Rosemary  
Wintergreen

++

Helichrysum  
Lavender  
Lemongrass  
Peppermint

+

Cassia  
Cinnamon  
Eucalyptus  
Fennel  
Geranium  
Melaleuca  
Patchouli  
Wild Orange

## **DEEP BLUE BLEND ESSENTIAL OIL**

The Deep Blue BLEND is a soothing solution for sore & tired muscles & joints. Thanks to the benefits of wintergreen, camphor and peppermint, Deep Blue BLEND's cooling therapeutic benefits are like a strong ARCTIC BLAST! The benefits will be felt almost immediately. Its effects are deep and penetrating with sustained results.

### **USES**

- Rub on muscles before and after exercise to reduce discomfort
- Use diluted onto the shoulders & neck to recover and ease muscle tension.

- Massage, diluted with a carrier oil, onto growing kids' legs before bedtime to help with occasional aches associated with growth spurts.
- Roll onto lower abdomen and lower back to ease cramping associated with the monthly women's cycle.

Possible skin sensitivity, so make sure to dilute the Deep Blue BLEND oil. Also, avoid contact with your eyes, inner ears and sensitive areas. Only apply this essential oil blend topically.

## **DEEP BLUE BLEND SERIES**

Deep Blue BLEND comes in a variety of support.

- (1) Deep Blue Blend 5ml oil BOTTLE
- (2) Deep Blue Blend 10ml ROLL-ON
- (3) Deep Blue Blend 4oz RUB (lotion)
- (4) Deep Blue Polyphenol COMPLEX (supplement)

The 5ml BOTTLE of essential oil can be diluted to apply to areas of sore achy muscles and joints.

The 10ml ROLL-ON is pre-diluted for easy application. This is great to have on-the-go.

The RUB is a lotion that is ready to deliver a powerful cooling effect to calm and your target area in seconds.

The Polyphenol COMPLEX is a supplement that delivers polyphenol extracts (water soluble antioxidants) of frankincense, turmeric, green tea, ginger, pomegranate, and grape seed, and is designed to provide soothing support to aching muscles and to other occasional discomfort. Take as needed when discomfort presents itself, or take it every day for long-lasting benefits. This supplement does not contain any of the Deep Blue Blend essential oil blend, but does contain our tummy tamer blend that aids with absorption into the body.

## **AROMATOUCH TECHNIQUE**

The AROMATOUCH BLEND combines the unique benefits of oils known to provide relaxing and comforting effects.

It combines our essential oils of Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender in a perfect blend that adds many important benefits to various massage techniques.

This popular blend is a vital part of the AROMATOUCH Technique, a proprietary method for applying essential oils to produce a profound whole body wellness experience. This wonderful blend is also great as an ARCTIC BLAST!

#### USES

- Apply to neck and shoulders to promote feelings of relaxation and lessen tension or use with a carrier oil for massage.
- Give your loved one a hand massage using the AROMATOUCH Hand Technique.
- Add to Epsom salts and enjoy soaking in a hot bath.

"I love this blend because it has many beneficial uses. I personally use this blend after a heavy day of strenuous activity to promote feelings of relaxation and lessen tension. The creation of this blend contains the perfect balance between mint, herb, floral, and citrus aromas." -Dr. Hill

## ROSEMARY ESSENTIAL OIL

ROSEMARY is an aromatic, evergreen shrub whose leaves are frequently used to flavor foods such as stuffings, pork, roast lamb, chicken and turkey. Along with its culinary applications, this Hungarian sourced essential oil has amazing benefits for supporting occasional aches and soreness.

The Monoterpene Hydrocarbons and Sesquiterpene Hydrocarbon compounds found in *rosmarinus officinalis* are a great support for soothing irritated tissues, improving circulation, and soothing occasional soreness.

ROSEMARY is also helpful in supporting healthy digestion and internal organ function.

#### USES

- Diffuse while studying to maintain concentration and reduce nervous tension.
- Diffuse to support healthy respiratory function.
- Add 1-2 drops to meats and favorite entrees for flavoring and to support healthy digestion.
- Add a couple of drops to a rice bag. Warm and apply to lower abdomen to ease cramping associated with the women's monthly cycle.
- Dilute and blend with Basil, Frankincense, Lavender, Peppermint, Eucalyptus, and Marjoram and massage into sore areas that are swollen or irritated.

Possible skin sensitivity so dilute to use topically. Avoid contact with contact with eyes, inner ears and sensitive areas. Not for use by people who have low seizure thresholds. Avoid if dealing with high blood pressure.

## **WINTERGREEN ESSENTIAL OIL**

WINTERGREEN essential oil is derived from the leaves of a creeping shrub found in coniferous areas.

The main chemical component in WINTERGREEN, methyl salicylate, is used in topical creams and massage blends because of its soothing properties.

In fact, WINTERGREEN and Birch are the only plants in the world that contain methyl salicylate naturally.

WINTERGREEN is another favorite essential oil that creates an ARCTIC BLAST for occasional sore, tired and achy muscles or joints. This single oil is so soothing!

Our new source of WINTERGREEN comes from Nepal where it is wild harvested by rural villagers then distilled by community-owned distillation facilities. This process creates increased economic opportunity for very remote regions in rural Nepal.

### **USES**

- Wintergreen has a warming effect when applied to skin and is excellent to use as a soothing massage. A little goes a long way, so use sparingly and dilute with Fractionated Coconut Oil to minimize any skin sensitivity.
- For a soothing bath, add 1–2 drops of Wintergreen essential oil to warm bath water.

### **DIRECTIONS FOR USE**

Diffusion: Use three to four drops in the diffuser of your choice.

Topical use: Apply one to two drops to desired area.

Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.

### **CAUTIONS**

Has blood-thinning benefits. Avoid if on blood-thinning medications. Keep out of reach of children or babies. **DO NOT INGEST!**

## **BERGAMOT ESSENTIAL OIL**

BERGAMOT is the most delicate of the citrus plants, requiring special climate and soil in order to thrive. Italians have used BERGAMOT for years to reduce feelings of stress and to soothe and rejuvenate skin.

In Greece, the unripe fruits are used as sweetmeats, eaten by the spoonful as a dessert or with coffee.

BERGAMOT is unique among citrus oils due to its ability to be both uplifting and calming, making it ideal to help with anxious and sad feelings. It is also purifying and cleansing for the skin while having a calming effect.

### **USES**

- Diffuse in the classroom, at work, or at home when stress levels or tension is high.
- Apply to the skin while showering and inhale deeply to experience its calming aroma while enjoying its purifying skin benefits.
- Change regular tea to Earl Grey with the addition of Bergamot.
- Apply to the feet before bedtime or use with Fractionated Coconut Oil for a calming and relaxing massage.
- Add one to two drops to your DIY skin care cleanser.
- Diffuse with Lavender, Vetiver & Cedarwood to promote a restful sleep.

This citrus oil blends well with Cypress, Eucalyptus, Geranium, Lavender, Lemon, and Ylang Ylang.

Avoid direct sunlight for up to 12-36 hours after topical use.

## **HEAD and NECK TENSION**

Over 3.7 million Americans suffer from many forms of HEAD and NECK TENSION. There can be so many causes including occasional stress, seasonal changes, nutritional deficiencies, fatigue, hormones, poor posture, and even unhealthy blood sugar levels.

There are also several different types of HEAD TENSION. Realizing which type you are experiencing, can help you find the proper natural support your body needs.

### **SEASONAL TENSION**

>Respiratory Blend

>Eucalyptus

- >Peppermint
- >Lavender

#### STRESS TENSION

- >Deep Blue Blend
- >PastTense Blend
- >Frankincense
- >Lavender
- >Aromatouch Blend
- >Marjoram

#### BRAIN TENSION

- >Frankincense
- >Peppermint
- >Bergamot
- >Lemongrass

Some people find diet change, chiropractic, massage therapy & hormone support can also be helpful with easing HEAD TENSION.

### **PASTTENSE BLEND**

Stress is just a natural part of life. It can actually be a good thing. It can motivate us to action. It can also help us react to an emergency need.

Stress can also have a negative impact on our overall health. It can lower our immune system, alter our sleep patterns, cause stress to vital organs, and lead to a change in mental health.

PastTense is a distinctive blend of essential oils known to help provide grounding and balanced emotions.

Known for their soothing effects on both the mind and body, the essential oils in PastTense quickly, promote feelings of relaxation and calm emotions. It comes in a convenient 10mL roll-on for easy application when at work, school, or home.

Simply apply to the neck, shoulders, or behind the ears to help calm emotions while breathing in the cooling, distinctive aroma of PastTense.

#### PRACTICAL USES

- Eases feelings of tension.
- Helps reduce stress and anxious feelings.

- Helps provide grounding and balanced emotions.
- Add to temples and back of neck before taking a test.
- Apply to bottom of feet before an important meeting to help ease stressful feelings.
- Apply to wrists while traveling to help calm emotions.
- Massage into shoulders, neck, and back for a cooling, soothing sensation.
- Calms emotions.
- Packaged for convenient application in a roll-on bottle.

Here are some other options to relieve tension or stress:

BERGAMOT  
 EUCALYPTUS  
 LAVENDER  
 MYRRH  
 PEPPERMINT  
 ROSEMARY  
 SANDALWOOD  
 RESTFUL BLEND

## **FRANKINCENSE ESSENTIAL OIL**

Renowned as one of the most prized and precious essential oils, FRANKINCENSE has extraordinary internal and external health benefits.

In addition to its notoriety in the New Testament, the Babylonians and Assyrians would burn Frankincense in religious ceremonies and the ancient Egyptians used Frankincense resin for everything from perfume to salves for soothing skin.

This centuries-old knowledge contributes to the modern uses of FRANKINCENSE today. It's soothing and beautifying properties are used to rejuvenate skin and reduce the appearance of scars and stretch marks.

As the king of oils, FRANKINCENSE is known to promote cellular health and immunity and can be consumed daily for these internal benefits.

When inhaled or diffused, Frankincense induces feelings of peace, relaxation, satisfaction, and overall wellness.

- Known as the "KING of ALL OILS"
- Promotes cellular health and DNA integrity
- Supports healthy function of the nervous system
- Reduces appearance of skin imperfections

#### PRACTICAL USES:

- Diffuse during your yoga practice to focus your intention for the day.
- Take one to two drops in a Veggie capsule to support healthy cellular function.
- Add to moisturizer to reduce the appearance of blemishes and to rejuvenate the skin.
- When traveling somewhere dry, apply Frankincense to maintain healthy looking fingernails.
- Apply to the bottom of your feet to promote feelings of relaxation and to balance mood.
- After a day of outdoor activity, massage frankincense into hands and feet for a warming and soothing effect.
- Put a drop under the tongue or on the roof of the mouth when experiencing head tension or joint discomfort.

### **CLARY CALM BLEND FOR WOMEN**

Women can experience all sorts of different types of occasional soreness associated with hormones, from head tension to cramping. With fluctuating estrogen levels and emotional stresses, it can be hard to hold it together. Essential oils to the rescue!

Clary CalmFOR WOMEN is a blend of essential oils that provide a soothing and calming effect during a women's menstrual cycle.

A topical blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, and Vitex,

It provides a cooling effect to the skin and help balance emotions.

#### USES

- Provides a soothing and calming effect during a woman's menstrual cycle
- Calming aroma helps soothe and balance heightened emotions.
- Helps balance mood throughout the month.
- During your menstrual cycle, apply to abdomen to experience a soothing and calming massage.
- During moments of heat, apply to the skin for a cooling, soothing effect.
- Diffuse for a calming aroma that helps soothe heightened emotions.
- Helps balance hormones
- Provides temporary respite from cramps, hot flashes, and emotional swings
- Apply to inner and outer of the right ankle 1-2 weeks prior to your cycle.

Even though this is called the MONTHLY BLEND FOR WOMEN. It can also be a great support to menopausal women as well. The Women's Kit features this essential oil along with the Phytoestrogen Complex and Bone Health Complex.

Jennifer just shared this the other day " MONTHLY BLEND FOR WOMEN is AMAZING. A serious lifesaver when that time of the month strikes. I was feeling completely witchy and emotional. Used some of this baby and felt like myself again within minutes! My boys sure are grateful mama has this tool in her purse!"

## **TRIEASE BLEND SOFTGELS**

TriEase SOFTGELS were developed to protect against seasonal and environmental elements and to promote a healthy respiratory system when needed most.

Each softgel contains equal parts of Lemon, Lavender, and Peppermint essential oils, known for their ability to maintain clear breathing and a healthy immune response when combined together. These oils help with symptoms of itchy throat, watery eyes, and runny nose.

Used by both veteran and novice essential oil users, this well-known blend is frequently mixed together for its respiratory health benefits.

### **KEY INGREDIENTS**

- Lemon Peel: cleansing to the body's systems and frequently used for respiratory discomfort\*
- Lavender Flower: renowned for its calming and balancing effects\*
- Peppermint Plant: promotes clear breathing and healthy respiratory function\*

Now, with TriEaseSOFTGELS, this combination can be consumed quickly and easily when traveling, attending outdoor events, or when seasonal or environmental elements are particularly high.

It can be consumed safely on a daily basis during times of seasonal discomfort to promote clear breathing and overall respiratory health.

### **DIRECTIONS FOR USE**

Take 1–2 per day as needed.

### **CAUTIONS**

Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.

**QUESTION - WHAT TIME OF YEAR DO YOU TEND TO SEE ONE OF YOUR LOVED ONES STRUGGLE WITH ENVIRONMENTAL OR SEASON THREATS?**

## TURMERIC AND THE NERVES

Both TURMERIC Essential Oil and powder are helpful for supporting the Central Nervous System. When healthy neurons are in the presence of TURMERIC, they demonstrate improved neuronal response and have a greater resilience.

What's even more fascinating is that stressed neurons will demonstrate greater health and activity when exposed to TURMERIC Essential Oil.

TURMERIC Essential Oil can be used aromatically, topically, and internally. When using topically, dilute for sensitive skin, but it can generally be used NEAT (without dilution).

### GENERAL USES:

- Add one to two drops to water or a warm cup of milk to promote a healthy digestive tract.
- Rub two to four drops over chest or ingest in a capsule to support the cardiovascular system.
- Apply topically to support healthy joints or muscles.
- Combine to a natural moisturizer and apply to promote healthy skin.
- Apply to back of head and spine to support the nervous system.
- Apply to reflex points and bottoms of the feet.
- Diffuse to uplift and promote reassurance.

Our science team successfully created a double capsule delivery system that combines the botanical form and the Essential Oil of TURMERIC together in one capsule. Inside the innermost capsule they placed the botanical form of TURMERIC. Inside the outer capsule they placed the TURMERIC Essential Oil.

The enhancements of putting these two together exceeded their highest expectations. Being of the same plant, created an amazing synergy. Synergy is when two or more things are combined, and their combined effects or benefits are far better than they were on their own.

### PRIMARY CAPSULE BENEFITS:

- Combines the curcuminoids of turmeric extract and the tumerones of the Essential Oil to enhance the benefits of each in this unique delivery system.
- Supports a healthy inflammatory response.
- Fights free radicals that cause oxidative stress in the body.

### DIRECTIONS FOR CAPSULES:

Take two capsules daily as needed to support an active lifestyle. It is recommended to take with food.

## COPAIBA ESSENTIAL OIL

Beta-caryophyllene (BCP) is a cannabinoid and the main constituent found in COPAIBA Essential Oil. Cannabinoids interact with the body's endocannabinoid system and are expressed through the Nervous System.

The endocannabinoid system may be involved in cognitive functions, pain management, pre-natal development, fertility, memory, appetite, and mood management.

Cannabinoids, in general, are neuroprotective. This means that they protect nerves from damage that can be caused by a variety of circulatory, mechanical, metabolic, or toxicity factors.

BCP is a very safe and effective cannabinoid. Unlike other cannabinoids, it safely interacts with the brain and Nervous System without any psychoactive side effects and absorbs quickly for fast-acting results; in as little as 30 minutes.

The therapeutic benefits of using Essential Oils with BCP include:

- promoting a healthy inflammatory response
- soothing discomfort
- protecting cognitive function
- enhancing focus
- sustaining a proper immune response

COPAIBA Essential Oil contains 55% BCP. By comparison, other Essential Oils like Clove and Helichrysum contain between six and twelve percent.

COPAIBA can be used aromatically, topically, and internally. COPAIBA also comes in softgels for easy internal use.

COPAIBA blends well with Black Pepper, Helichrysum, Frankincense, Turmeric, Pink Pepper, and Renewing Blend.

### SUGGESTED ROUTINE:

Take one to two Copaiba softgels before bed, one to two Turmeric capsules each morning, and apply Turmeric and Copaiba Essential Oils topically throughout the day.

### PRACTICAL USES

- Diffuse three to four drops to encourage focus and attention during homework or work time.
- Add a few drops to an Essential Oil inhaler or diffuser jewelry to promote feelings of worthiness, forgiveness, and clarity.

- Add one to two drops to 8 oz. of water, juice, or tea to promote a healthy immune, cardiovascular, and digestive system. It is a powerful antioxidant.
- Add three drops to a capsule to promote cognitive function.
- Mix a few drops with a small amount of carrier or body lotion and apply to occasional sore and achy muscles. This is great blended with Turmeric and Frankincense.
- Add a drop to your moisturizer or body lotion to promote healthy skin.
- Dilute and roll on pulse points and over the heart for healthy cardiovascular function.
- Dilute and roll on the base of the neck to support the Nervous System.

## ADAPTIV BLEND SYSTEM

Oftentimes we can find our Nervous System in overdrive. You may experience a racing mind, inability to cope with life stresses, discomfort throughout the body, mental health challenges, irritated skin, and a lower immune system.

When we bring the Nervous System back into balance, the body has the capacity to focus on dealing with the everyday challenges and health conditions we may be experiencing.

Our science team created a whole system around sustaining neurotransmitters, Serotonin and GABA, levels in the brain. Serotonin regulates our mood, sleep, memory, sexual desire, and appetite. Gamma-aminobutyric acid (GABA) blocks certain brain signals to keep the Central Nervous System in balance.

This system includes a CAPSULE SUPPLEMENT, ESSENTIAL OIL BLEND, and PREMADE ROLLER. The products of this system all work together more effectively, in a synergistic manner, meaning that the results multiply when used collectively.

The CALMING BLEND CAPSULES are a combination of botanicals and Essential Oils that support these neurotransmitters with long-lasting advantages. These capsules contain Coriander, Fennel, Lavender, and Wild Orange Essential Oils, with the supporting benefits of Sceletium Root extract, Ahiflower oil, and Gamma-Aminobutyric Acid (GABA).

The ADAPTIV BLEND also supports these transmitters with fast-acting power. As you breathe in this citrusy and floral aromatic blend of Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum Essential Oils, you will experience a calming and relaxing effect. Diffuse or use topically to maintain focus, ADAPT to life changes, reduce feelings of anxiousness, and to encourage your mind and body to stay balanced.

You can also find this blend in the ADAPTIV ROLLER for simple or on-the-go topical use.

#### PRIMARY CAPSULE BENEFITS:

- Promotes mental wellness and improves state of mind.
- Nurtures healthy cognitive function.
- Encourages positive feelings and emotions.
- Promotes adaptability when facing new surroundings or situations that may be stressful.

#### DIRECTIONS FOR CAPSULE USE

Take one capsule daily, with food.

#### PRIMARY OIL BLEND BENEFITS:

- Increases mental alertness and attention.
- Soothes and calms when feeling wound up.
- Encourages positive feelings and emotions.
- Promotes adaptability when facing new surroundings or situations that may be stressful.
- Reminds us to let go of things we can't control and go more with the flow of life.
- Encourages tranquility when the mind is racing.

#### PRACTICAL OIL BLEND USES

- Diffuse three to four drops to encourage focus and attention during homework or work time.
- Add a few drops to an Essential Oil inhaler or diffuser jewelry to promote adaptability when facing new surroundings or stressful situations.
- Add four drops to one tsp. jojoba oil and 1 c. Epsom salt. Add to a warm bath to promote relaxation.
- Mix a few drops with a carrier or body lotion and use as a part of an abdominal or back massage.
- Dilute and roll on pulse points to reduce feelings of worry, tension, obsessing, and uneasiness.
- Dilute and roll into the web of your hand and on your shoulders.

#### DIRECTIONS FOR OIL BLEND USE

AROMATIC: Add to diffusing jewelry, natural dolomite, or lava diffusing rocks. TOPICAL: Dilute with carrier and apply to desired area.

## EUCALYPTUS ESSENTIAL OIL

EUCALYPTUS trees are tall, evergreen trees that grow up to 50 feet in height and are sometimes referred to as Gum Trees.

The main chemical components of EUCALYPTUS radiata are eucalyptol and alpha-terpineol, making it an ideal oil to promote feelings of clear breathing and open airways and for creating a soothing massage experience.

This Australian sourced essential oil has purifying properties that can be beneficial for the skin and for cleansing surfaces and the air.

Studies have shown that EUCALYPTUS is effective in helping lessen tension.

#### USES

- Add a few drops to a carrier & massage into areas of tension to soothe irritated tissue.
- Combine with Lemon and Peppermint in a spray bottle and use it to wipe down surfaces in your kitchen or bathroom.
- Add one drop to moisturizer and apply to skin for revitalizing benefits.
- While showering, place a few drops in the hands, place over nose, and inhale deeply to invigorate and promote vitality.
- Add a few drops to a wet towel. Freeze and use on the back of the neck.

### **MARJORAM ESSENTIAL OIL**

Also known as “wintersweet” or “joy of the mountains,” MARJORAM was known to the Greeks and Romans as a symbol of happiness.

MARJORAM has been used in culinary dishes, imparting a unique flavor to soups, stews, dressings, and sauces.

In Germany, this herb is known as the “Goose Herb” for its traditional use in roasting geese. In modern applications, MARJORAM is valued for its calming properties and its positive effect on the nervous system.

It also supports both healthy cardiovascular and immune systems.

#### USES

- Apply to the back of the neck to lessen feelings of stress.
- Apply to a fussy child’s feet prior to a nap.
- Replace Marjoram essential oil in your next recipe that calls for dried Marjoram. Usually 1 drop of essential oil is equivalent to 2 tsp. of dried herbs.
- Apply to muscles before and after exercising.
- Promotes healthy immune function.
- Add to a soothing massage blend for targeting tired, stressed muscles.

MARJORAM blends well with Bergamot, Cypress, Lavender, Wild Orange, Rosemary and Ylang Ylang.

## **BASIL ESSENTIAL OIL**

BASIL has a warm, spicy, yet herbal aroma known to reduce anxious feelings.

BASIL provides great benefits to both the mind and body due to its high linalool content, making it an ideal application to help reduce feelings of tension when applied to the temples and back of the neck.

It is commonly used in cooking to add a fresh, herbal flavor to meats, pastas, and entrée dishes, and it is also cooling to the skin.

When diffused, BASIL helps promote focus and a stress-relieving experience.

### **USES**

- Diffuse to promote a sense of focus while studying or reading.
- Massage with wintergreen and carrier oil on back of neck for a stress-relieving experience.
- Take a drop internally to provide soothing support during menstrual cycle.\*
- Add to your favorite Italian dishes for a refreshing taste.
- Add to water and use in watering your garden to improve plant growth and protect against environmental threats.

## **HELICHRYSUM ESSENTIAL OIL**

HELICHRYSUM italicum is a small perennial herb with narrow, silver leaves and flowers that form a cluster of golden yellow, ball-shaped blossoms.

The name “HELICHRYSUM” is derived from the Greek “helios” meaning sun and “chrysos” meaning gold, referring to the color of the flowers.

HELICHRYSUM has been used in herbal health practices since ancient Greece and the oil is highly valued and sought after for its many health benefits. It is best known for its restorative properties to the skin.

Also referred to as the Everlasting or Immortal Flower, HELICHRYSUM is used in anti-aging products for its rejuvenating benefits to the skin. It can help reduce the appearance of blemishes, and it promotes a glowing, youthful complexion.

#### USES

- Apply topically to reduce the appearance of blemishes.
- Apply to the face to reduce the appearance of wrinkles and to promote a glowing, youthful complexion.
- Massage into the temples and the back of the neck for a soothing sensation.

HELICHRYSUM blends well with Geranium, Clary Sage, Rose, Lavender, Spice oils and Citrus oils.

## THE POWER OF AROMA

One of the most well-studied areas of aroma research is the effect of smell on EMOTIONS and MOOD.

For example, there is convincing evidence demonstrating that simply inhaling the AROMA of an ESSENTIAL OIL is effective for calming nervous or anxious feelings in a variety of settings.

The SMELL receptors located on the upper surface of the nasal cavity make direct links with the limbic system of the brain, an area that governs the body's EMOTIONAL responses.

This close connection between AROMA and EMOTION becomes obvious in our everyday life as certain odors trigger MEMORIES or specific FEELINGS. Some AROMAS directly impact MOOD (for example calming, balancing, or invigorating), while others trigger memories of a specific experience, often one tied to a strong EMOTION.

Intriguing new research has also helped us recognize that the benefits of AROMA extend far beyond just EMOTIONAL regulation.

In addition to influencing the limbic region of the BRAIN, olfactory centers are also intricately linked with the hypothalamus, an area of the BRAIN more familiarly nicknamed the "visceral control center" because it controls physiologic functions throughout the body. The hypothalamus exerts its POWERFUL influence by interacting directly with the pituitary gland, or "master gland," a small gland located in the BRAIN.

The pituitary gland secretes hormones involved in the regulation of BLOOD PRESSURE, HUNGER and THIRST signals, THYROID function, SLEEP cycles, production of sexual HORMONES, and MEMORY, among other things.

Because of the direct link of the olfactory system to this area of the brain, AROMA is capable of interacting directly with the hypothalamus, influencing neurochemistry throughout the body, and, in turn, potentiating POWERFUL health outcomes.

There are many acceptable ways to use Essential Oils for their AROMATIC properties. One method is to DIFFUSE the oil into the air. Not only does diffusion make the oil accessible to the body, but research indicates that there are also AIR PURIFICATION benefits when diffusing oils.

When diffusing oils, use of cold air or hydrodiffusion is best because burning or heating Essential Oils can ALTER their delicate chemistry. If a diffuser is not available, simply DROPPING Essential Oils into the palm of the hand and then cupping around the nose and breathing deeply is a CONVENIENT METHOD for using Essential Oils at ANY time, in ANY situation.

## **FOR FURTHER INFORMATION**

Thank you again for attending the class, I look forward to offering you more classes for the opportunity to learn about NATURAL HEALTH and WELLNESS for you and your family.

If you have any questions, do not hesitate to message me.