

# BREATHE RELIEF

respiratory blend 10ml & AromaStix

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## application

Aromatic • Bath • Topical

## safety group #2

## ingredients

Eucalyptus citriodora (Eucalyptus Citriodora),  
Lavandula angustifolia (Lavender, vera),  
Cinnamomum camphora ct. 1,8 cineole  
(Ravintsara) **Note:** AromaStix contain Cocos  
nucifera (Fractionated Coconut)

## suggested use

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.\*
- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale as needed.\*
- Diffuse 10-15 drops 15 minutes per hour as needed to minimize coughing. May be especially helpful at night to ease breathing and make sleep possible.\*
- Mix 5-6 drops with 1 tablespoon of carrier oil and massage over the lung area on chest & back.\*
- Apply to the sinus reflex points on the hands and/or feet.\*

## product summary

Breathe Relief is formulated with Essential Oils known to have properties to assist and support the body with asthmatic reactions.

## ingredient highlights

**Eucalyptus Citriodora**, also known as Lemon Eucalyptus, has been used in traditional Aboriginal bush medicine for thousands of years. It is a powerful fungicidal and bactericidal, and is especially effective for use in treating asthma, laryngitis, sore throat, colds, and other respiratory illness.

**Lavender Vera** is an increasingly rare and valuable Essential Oil. Grown and wild-harvested from high in the mountains, it is becoming scarce due to weather and disease. It can be used in the same manner as Lavender Fine, but has an added benefit of increased ability to work at the emotional and energetic levels in a way that far exceeds other varieties of Lavender.

**Ravintsara** is the Essential Oil we would recommend as the most indispensable, as it is without a doubt the most versatile. It is potent, yet safe and gentle. Like True Lavender, Ravintsara can be used for ailments which do not normally fall within its recommended usage and still achieve great results.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

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# HEPADETOX

detoxification blend 10ml & AromaStix

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## application

Internal • Topical

## safety group #3

## ingredients

Daucus carota (Carrot Seed), Mentha piperita (Peppermint), Citrus limon (Lemon), rosa canina (Rosehip Seed) **Note:** AromaStix contain Cocos nucifera (Fractionated Coconut)

## suggested use

- Rub 1 to 2 drops on the liver reflex area of the right foot. Massage in thoroughly.\*
- Apply 1 to 2 drops, neat, to the skin directly over the liver area. Massage in thoroughly.\*
- Add 2 to 3 drops to the juice of ½ or 1 whole organic lemon. Mix and drink.\*

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Do not exceed recommended dosages.

## product summary

HepaDetox is a blend of Essential Oils that are known to help the liver detox and also to regenerate and rebuild liver cells.

The liver must deal with everyday toxins such as drugs and alcohol, food additives, and any other poisons that find their way into the digestive system, along with toxins that we breathe in or are exposed to through the skin.

It is important to protect the liver and to help it detox when possible. Drugs and alcohol are known to cause cirrhosis of the liver. Fatty Liver Disease and Hepatitis may also cause damage to the liver that is life-threatening.

HepaDetox is best used after the initial phase of an acute attack of illness rather than during the attack.

## ingredient highlights

**Carrot Seed** has diuretic and purifying properties that make it excellent for detoxifying and supporting the liver. It is extremely helpful in fighting jaundice and hepatitis, being most effective following, rather than during, an illness as it aids in regeneration by stimulating the growth of new cells and tissue.

**Peppermint** encourages bile formation, which is essential for optimal fat metabolism, while regulating the liver.

**Lemon** encourages bile secretion, aids liver function, and helps to decongest.

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# NIAOULI

*melaleuca quinquenervia* bs. *viridiflora* 10ml

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## application

Aromatic • Bath • Internal • Topical

## properties

### Wildcrafted

**Producing Organ:** Leaves

**Extraction:** Steam Distillation

**Country of Origin:** Australia

**Safety Group:** #1

**Main Chemical Constituents:** cineol, terpineol, pinene

**Therapeutic Properties:** Analgesic, anthelmintic, anticatarrhal, antirheumatic, antiseptic, antispasmodic, bacterial, balsamic, cacatrizant, diaphoretic, expectorant, regulator, stimulant, vermifuge

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Store away from sunlight, at room temperature, with the lid securely tightened.

## product summary

Niaouli is gentle and seldom irritates, which makes it suitable for use on children.

The capacity of Niaouli to promote the formation of new tissue should not be underestimated, and it should be the first choice when treating abrasions, cuts, and skin blemishes.

Historically, Niaouli has been used for aches, acne, bronchitis, colds, coughs, cuts, dull skin, flu, oily skin, sore throat, and whooping cough. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 56-66.]

The French use this oil in most hospitals all over the country, especially in the gynecological and obstetrics wards, for its antimicrobial properties, and this oil is also implemented into their pharmacopoeia.

## Uses

- 20 drops Niaouli in ½ cup of Dead Sea Salt in a warm sitz bath will benefit those suffering from urinary infection or cystitis.\*
- Diffuse 15 minutes per hour throughout the day to assist with respiratory congestion.\*
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.\*
- Add add 2 to 8 drops of Niaouli to respiratory blends when rest isn't an option.\*
- For a sore throat, mix 3 drops of Niaouli and 3 drops of Tea Tree in 6 ounces of water and gargle.\*
- Apply neat on soles of feet. Effective when used at the beginning of illness to fortify the body; useful in any weakened condition.\*
- Apply 1 drop neat to pimples or skin blemishes.\*
- Apply 1-2 drops neat to cuts and scrapes to disinfect and aid healing.\*
- Use directly on areas where muscle pain, aches, or inflammation is causing discomfort.\*
- Create an effective chest rub for respiratory congestion by mixing 15 drops of Niaouli and 10 drops of Eucalyptus Radiata into 1 tablespoon of carrier oil.\*

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# PEPPERMINT

*mentha piperita* 10ml

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## application

Aromatic • Bath • Household • Internal • Topical

## properties

### Wild-crafted

**Producing Organ:** Whole Plant

**Extraction:** Steam Distillation

**Country of Origin:** France

**Safety Group:** #2

**Main Chemical Constituents:** menthol, menthone

**Therapeutic Properties:** Spasmodic, carminative, cholagogic, anti-bacterial, secretomotor, analgesic, anti-inflammatory, antipruritic, antiseptic, antispasmodic, antiviral, astringent, menorrhagia, expectorant, hepatic, nerve tonic, protects the gastric mucus of the stomach, sudorific, vasoconstrictor, vermifuge [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 175.]

## uses

- Add 8-10 drops to ½ cup Pink Himalayan or Dead Sea Bath Salts and mix into warm bath to assist with nausea, cramps, and flatulence.
- Diffuse 15 minutes per hour to create an energizing, uplifting environment.
- Add to water and sip for a refreshing digestive aid.
- A drop or two may be applied neat to a blow to the skin to assist with pain relief.
- Mix 10 drops into 1 ounce of Grape Seed Oil and use during massage to assist with muscular pains.
- Add to shampoo for an invigorating scalp massage.

## product summary

Peppermint, the most popular member of the mint family, is a natural hybrid of green mint and water mint. The plant was first discovered in England in 1696. Since the mid-18<sup>th</sup> century it has been grown in large quantities around Mitcham, England. The flower of true Peppermint is sterile. Propagation takes place through the root system below ground.

Unlike many other herbs and essential oils, numerous health benefits of Peppermint leaves and Peppermint essential oil have been studied and proven by the scientific community.

Peppermint essential oil is a mental as well as a physical stimulant and encourages study without the development of mental fatigue. It is helpful when studying or doing book work to diffuse into the room to help stay alert.

Peppermint contains nine expectorant compounds, they help move mucus up and out of the lungs. Its main constituent, menthol, thins mucus, making the expectoration easier. Peppermint also contains antiseptic, antibacterial, antiviral, and antimicrobial compounds making it effective with gingivitis, colds and flu, and respiratory concerns.

## responsible cautions

- Used in moderation Peppermint is non-toxic, non-irritant, and non-sensitizing.
- May cause an adverse reaction in those who suffer atrial fibrillation.
- Should not be used anywhere near the noses of babies or children under the age of three, or near the face generally as it could cause a spasm in the larynx.
- Should not be used in conjunction with homeopathic remedies.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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# RESPI RELIEF

respiratory blend 10ml & AromaStix

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## application

Aromatic • Topical

## safety group #3

## ingredients

Helichrysum italicum (Helichrysum), Melaleuca quinquenervia bs. viridiflora (Niaouli), Cinnamomum camphora ct. 1,8 cineole (Ravintsara) **Note:** AromaStix contain Cocos nucifera (Fractionated Coconut)

## suggested use

- Diffuse 6 to 8 drops for 15 minutes every 2 to 3 hours as needed.\*
- Apply over the lung area as well as on the soles of feet.\*
- Can also be rolled on wrists and inhaled as needed when you feel an allergic reaction beginning.\*

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

## product summary

Respi Relief is formulated with Essential Oils known to have properties to assist and support the body with allergic reactions.

The Essential Oils in Respi Relief have been shown to be effective for relieving hay fever and other allergic symptoms that result in sneezing, runny nose, watery eyes, and so on.

## ingredient highlights

**Helichrysum** is a good respiratory oil of benefit to asthma, bronchitis, cough, and allergies; it reduces both congestion and inflammation. Helichrysum is anti-allergenic, anti-inflammatory, antispasmodic, astringent, diuretic, analgesic, expectorant, cytophylactic, cholagogue, and nervine.

**Niaouli** is a gentle yet potent respiratory oil with strong decongestant ability; useful with colds, flu, allergies, asthma, bronchitis, sinusitis, sore throat, and whooping cough. Niaouli is analgesic, anti-rheumatic, antiseptic, bactericidal, balsamic, cicatrisant, decongestant, expectorant, febrifuge, insecticide, stimulant, vermifuge, and vulnerary.

**Ravintsara** is a great anti-allergenic. It is non-sensitizing and non-irritating, and effectively prevents and reduces allergens. It helps to gradually build resistance to certain allergenic substances. Ravintsara is analgesic, anti-allergenic, anti-asthmatic, anti-bacterial, anti-infectious, anti-inflammatory, anti-microbial, anti-oxidant, anti-septic, anti-spasmodic, anti-viral, diuretic, expectorant, immuno-stimulant, mucolytic, and stimulant.

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# RESPI RELIEF FOR KIDS

respiratory blend 5ml

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## application

Aromatic • Topical

## safety group #2

## ingredients

Anethum graveolens (Dill Weed), Rosemarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Citrus limon (Lemon), Thymus vulgaris ct. linalool (Thyme ct. linalool), Cymbopogon martinii (Palmarosa)

## suggested use

- Diffuse 6 to 8 drops for 15 minutes.\*
- May be applied onto the ears, sinus, and throat reflex points on the feet, as well as the lung reflex points.\*
- Can be applied over the glandular areas of the throat under the ears and on the lung areas of chest and back.\*
- May be inhaled by applying onto a tissue and inhaling.\*

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

## product summary

Congestion in children can be caused by colds, flu, and allergies. Congestion isn't the same as an infection, but it does create a breeding ground for bacteria. Chest congestion can interfere with breathing, sleeping, and eating.

Respi Relief For Kids is a proprietary blend of Essential Oils that have been shown to assist and help support the body with ENT and lung issues in children ages 3 years and over.

## ingredient highlights

**Rosemary ct. 1,8 cineole** is excellent with pulmonary congestion and respiratory conditions such as colds, flu, strep, bronchitis, and sinusitis. Its stimulating and uplifting properties are of added benefit when dealing with asthma or other respiratory issues involving a nervous or emotional component.

**Thyme ct. linalool** is one of the preferred oils for use with children and the elderly when a powerful infection fighter is needed; particularly with colds, coughs, flu, and respiratory infections. Because of its antispasmodic properties, it is ideal for helping to control coughing fits.

**Lemon** can be beneficial to the circulatory system and blood flow, reducing blood pressure and helping with nosebleeds. It may bring down fever, help relieve throat infections, bronchitis, asthma, and flu.

**Dill Weed** is an effective immune stimulant.

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# SOOTHE

synergy blend AromaStix

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## application

Topical

## safety group #2

## ingredients

Melaleuca quinquenervia bs. viridiflora (Niaouli), Lavandula angustifolia (Lavender, fine), Sesamum indicum (Sesame Seed), Daucus carota (Carrot Seed), Boswellia carteri (Frankincense), Pogostemon cablin (Patchouli), Cocos nucifera (Fractionated Coconut)

## suggested use

Apply to the area of itchy skin as needed.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

## product summary

Soothe is a proprietary blend of Essential Oils that have been shown to assist and help support the body with topical reactions that cause itching.

Itching, the irritating sensation that makes you want to scratch your skin, can be a symptom of many health conditions. Some common causes of itching include allergic reactions to food, insect bites, pollen, and medicines.

Skin conditions like eczema, psoriasis, and dry skin, as well as irritating chemicals, cosmetics, and other substances that come into contact with the skin can trigger itching too. Itching may also be caused by parasites like pinworms, scabies, or head and body lice, and certain diseases that affect the nervous system, like diabetes and shingles.

"Allergic contact dermatitis" is the medical term used for a rash or irritation of the skin that occurs when allergens, substances that the immune system reacts to as foreign, touch your skin. Your immune system thinks it's under attack; it overreacts and sends antibodies to help fight the invader. The result is a red, itchy rash.

Scratching, as good as it feels, can make the itch worse and potentially lead to complications including infection.

## ingredient highlights

**Niaouli** is gentle and seldom irritates, which makes it suitable for use on children. The capacity of Niaouli to promote the formation of new tissue should not be underestimated, and it should be the first choice when treating abrasions, cuts, and skin blemishes.

**Lavender, fine** is a known antimicrobial that can kill airborne pathogens in the sinuses and the respiratory airways. It is analgesic and disinfecting when applied to insect bites or stings, soothes muscle aches, relieves headaches, and stimulates the immune system.

**Carrot Seed's** powerful antioxidant polyphenols have been studied for their liver-protective qualities. Carrot Seed oil is also widely used in beauty products for moisturizing skin & hair.

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