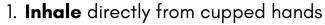




Peppermint + lavender



- 2. Diffuse with Wild Orange for an energizing boost
- 3. Make a **room spray** add 15 drops to an 8 oz spray bottle with H2O
- 4. Add a drop to your favorite smoothie recipe
- 5. Combine a drop with Lemon oil in water for a healthy, refreshing **mouth rinse**
- 6. Make a bug repellent spray
- 7. Apply diluted down the neck and spine for a **cooling** sensation
- 8. Apply to temples, back of neck and shoulders for **head tension**
- 9. Add a few drops to diffuser jewelry
- Take in a Veggie Capsule to alleviate occasional stomach upset
- 1. Inhale directly from cupped hands
- 2. **Diffuse** at night to calm a restless baby
- 3. Make a **room spray** add 15 drops to an 8 oz spray bottle with H2O
- 4. Add 2-3 drops into a **warm bath** with Epsom salts
- 5. Add to dryer balls
- 6. Add a few drops to tea or water to reduce **anxious feelings** and promote peaceful sleep
- 7. Apply to bottoms of feet at bedtime to help unwind
- 8. Put a few drops on your **pillow** at night
- 9. Add a few drops to diffuser jewelry
- 10. Apply to skin to soothe irritations







- 1. Inhale directly from cupped hands
- 2. **Diffuse** with Bergamot and Lavender to create a peaceful environment
- 3. Add a few drops to your moisturizer to help reduce the appearance of **skin imperfections**
- 4. Apply to pulse points to **help balance mood**
- 5. Take one to two drops in a veggie capsule to **support** healthy cellular function
- 6. Take thumb with one drop and hold to roof of mouth for 30 seconds to **ease head tension**
- 7. Apply to abdomen to soothe stomach discomfort
- 8. Apply to temples, back of neck and shoulders for **head tension**
- 9. Add a few drops to diffuser jewelry
- 10. Breathe in deeply before **prayer or meditation**
- Add a few drops to your water for a gentle detox
- 2. **Diffuse** to create an uplifting environment
- 3. Add a few drops to your smoothie or tea
- 4. Use a cloth soaked in Lemon oil to preserve and **protect** your leather
- 5. Make a **spray to clean** tables, counter tops, and other surfaces
- 6. Diffuse with Lavender and Peppermint
- 7. **Inhale** directly from cupped hands
- 8. Add to your dryer balls
- 9. Add to your laundry rinse cycle
- Remove stickers and gum from hair and crayon markings from walls



Deep Blue + Air



- 1. Apply on feet and knees **before and after exercise**
- 2. Massage with a few drops of carrier oil onto **growing kids' legs** before bedtime
- 3. Rub on lower back muscles after a day of heavy lifting
- 4. Apply diluted to back of neck and shoulders
- 5. Apply to sore joints to help reduce inflammation
- 6. Add a few drops to lotion for a soothing back massage
- 7. Make a roller blend with Copaiba and Lemongrass
- 8. Apply diluted to wrists after a long day at the computer
- 9. Add a few drops to diffuser jewelry
- 10. Apply to bottoms of feet after a long day of walking
- 1. **Diffuse** to help clear airways
- 2. Inhale directly from palms when seasonal threats are high
- 3. Add a few drops to lotion and rub on chest
- 4. Diffuse throughout the home to help **purify and freshen the** air
- 5. Add a few drops to a **sinus steamer**
- 6. Place one drop in hand and inhale for a mid-day pick-me-up
- 7. Apply under and over **bridge of nose** when congested
- 8. Inhale a few drops before and after exercise
- 9. Place a few drops on **shower floor** in the morning to help clear airways and wake you up
- 10. Diffuse with Lavender at bedtime

On Guard + Gen Gest



- Add two to three drops to a veggie capsule for an immune boost
- 2. Make a non-toxic **All Purpose Cleaning Spray** add 15 drops to an 8 oz spray bottle with H2O
- 3. **Soak sliced apples** in water and a few drops for a healthy, immune-boosting snack
- 4. Combine a few drops with Fractionated Coconut Oil for a **natural hand cleanser**
- 5. Use internally to promote **healthy circulation**
- 6. Take a few drops daily in a veggie cap to support **healthy cardiovascular function**
- 7. Inhale directly from cupped hands
- 8. Diffuse for an energizing and uplifting aroma
- 9. Combine one drop with Lemon and gargle
- 10. Add a drop to **tea with honey** to soothe a sore throat
- 1. Rub on the stomach before **flying or a road trip**
- 2. **Diffuse** for occasional motion sickness
- 3. Add a **few drops to water**
- 4. Inhale directly from cupped hands
- 5. Apply diluted over sinuses
- 6. Add a few drops to a hot mug of water to make a **sinus steamer**
- 7. Apply to abdomen before a stressful situation
- 8. Make a roller bottle for on-the-go use
- 9. Add a few drops to diffuser jewelry
- 10. Add a few drops to a **veggie cap**



Oregano + Vea Vree



Always dilute when using topically

- Add 2 drops to a veggie capsule to support healthy respiratory function
- 2. **Diffuse** one to two drops when feeling under the weather
- 3. Put one drop in **spaghetti sauce**, pizza sauce, or on a roast
- 4. Dilute heavily and apply to targeted areas on the skin to purify and **promote healthy-looking skin**
- 5. Make a sinus steamer
- 6. Put 10 drops in a 16-ounce spray bottle with water for a **surface cleaner**
- 7. Add 15 drops to a 10 mL roller and top with a carrier oil
- 8. Add one drop to a veggie cap daily to maintain **healthy** immune function
- 9. Add to roller blends as an enhancer and equalizer
- 10. Apply diluted to bottoms of feet
- 1. Apply 1-2 drops to occasional **skin irritations**
- 2. Make a DIY all purpose cleaning spray
- 3. Apply to **fingernails and toenails** after showering to purify and keep nails looking healthy
- 4. **Diffuse** throughout the home to help **purify and** freshen the air
- 5. Add to a sinus steamer
- 6. Combine 1-2 drops with your facial cleanser
- 7. Apply behind and around the ears
- 8. Add a few drops to your **shampoo**
- 9. Rub a few drops on your chest for respiratory support
- 10. Apply to abdomen for digestive support

