

100

*ways to use your kit*



# Peppermint + Lavender



1. **Inhale** directly from cupped hands
2. **Diffuse** with Wild Orange for an energizing boost
3. Make a **room spray** - add 15 drops to an 8 oz spray bottle with H<sub>2</sub>O
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**
10. 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 H<sub>2</sub>O
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**



# Frankincense + Lemon



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**

1. 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**
10. **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® + ZenGest®



1. 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 H<sub>2</sub>O
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 + Tea Tree



*Always dilute  
when using  
topically*

1. 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

