

Essential Oil Blends

What are they & How to Use them

Harmony & Health

(812)738-LIFE(5433)

Quality Products for Health

www.harmony4health.com

www.facebook.com/harmony4health

Essential oils are extracted from plants and are very concentrated. They have anti-viral, antibacterial, anti-fungal, analgesic, calming and revitalizing properties. They can be used in a variety of ways: **massage** (about 20 drops diluted in 2 oz jojoba oil or similar base), **bath** (10 drops diluted in handful of Epsom salt, then dissolve in the water and soak for 15-20 minutes), **inhaling** (6-8 drops in hot water, place towel over head and inhale warm air for 5 minutes), **vaporizer** (2-10 drops in the water), **disinfecting** surfaces (with Natures Fresh Enzyme Spray & water in spray bottle). Always use essential oils externally & diluted in oil or carrier, unless you have studied the essential oil and are sure it is safe to take internally.

Blends are synergistic - meaning they are more powerful when combined.

Some Essential Oil Blends to consider:

- **Breathe Deep** helps clear chest congestion. Diffuse at night to soothe and relax. Can apply, after dilution with a carrier oil, to temples, forehead, chest and back. Massage on the throat if it is sore.
- **Changes** helps ease PMS and menopause symptoms. Use as a mist or apply to pressure points.
- **Core Balancing Blend** promotes calm awareness and centeredness. It can enhance feelings of self-esteem. Can aid in meditation. Useful for a quiet, relaxing massage.
- **Essential Shield** is antiseptic and antifungal. Helpful in preventing the spread of infection and aiding in recovery since it strengthens the immune system.
- **Inspire Uplifting Blend** is a blend of citrus oils and spices which are mood elevating. May also help with indigestion, bloating, gas, stress and tension. Helps invigorate when feeling tired.
- **Paradise Relaxing Blend** promotes a calm, relaxed state of mind and body. Can help with restful sleep.
- **Prosper Success Blend** is grounding to achieve a calm, alert state of mind so good for meditation or spiritual purification. Can boost immune system and self-esteem.
- **Purity** eliminates odors and disinfects. Useful in laundry or for cleaning products.
- **Recover** contains oils with analgesic and anti-inflammatory properties. Great for muscles, joints and may help headaches. Apply after a workout.
- **Refuge** helps calm anxiety, stress and emotional sensitivity. May aid sleep and ease tension headaches.
- **Relief Settling Blend** soothes and settles digestive issues. Can rub on or diffuse.
- **Renew Releasing Blend** stimulates the mind while calming the nerves. Helps overcome fatigue. Shine
- **Tei Fu** clears the mind & opens sinuses when inhaled. Use for headaches and sore muscles.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



Help Your Body Stay Healthy with Natural Remedies.