

Essential Oil Blends: What they Are & How to Use them

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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** - mix 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
- **Inhalation** - 6-8 drops in hot water, place towel over head and inhale warm air for 5 minutes
- **Vaporizer** -2-10 drops in the water container of vaporizer
- **Disinfecting** surfaces (can mix 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. Review safety protocols prior to use.

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** help 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.
- ❖ **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.



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