

Essential Oils 2.0

Select 30 Collection

Make yourself a yummy citrus water and get comfy!
Bold oils with an * are found in the Premium Starter Bundle

Family Wellness

Topical

- Immupower
- Melrose
- Tea Tree

All three support general wellness and skin health.

Be sure to dilute these with carrier oil before applying topically.

Internal

- **Thieves Vitality*** – Supports the immune system.
- Frankincense Vitality – Supports the immune, nervous, and integumentary systems.
- **DiGize Vitality*** – Supports the digestive system.
- Copaiba Vitality – Supports the cardiovascular, nervous, and respiratory systems.

Add one drop each to NingXia Red or to a veggie capsule (with carrier oil) in the morning.

Take Some Notes:

Notes, Notes, Notes...

Fitness & Exercise

- RC – Apply over lungs.
- **PanAway*** – Soothes muscles and joints.
- Deep Relief – Soothes muscles and joints.
- Purification – Diffuse to fight odors.
- **Peppermint Vitality*** – Add one drop to water.

Drink between ½ oz and 1 oz of water per pound of body weight. Lean towards 1 oz per pound if exercising that day.

Build & Deepen Relationships

Use the vitality line to create delicious beverages at social gatherings.

- **Lemon*** – Supports healthy digestive, immune, and respiratory systems.
- Lavender – Supports cardiovascular and nervous systems.
- Grapefruit – Supports a healthy metabolism and the cardiovascular systems.
- Orange – Supports a healthy digestive and immune system.
- **Citrus Fresh*** – Combines citrus oils and spearmint to give a unique and refreshing flavor.

N-N-N-Notes...

Lavender Lemonade Recipe

Ingredients:

- 6 lemons, juiced
- 1 lime, juiced
- ½ cup honey
- 2 drops Lavender Vitality
- 3 drops Lemon Vitality
- Ice water, about 10 cups
- Lavender sprigs, optional

Instructions:

1. Combine lemon juice, lime juice, honey, and Lavender Vitality, and Lemon Vitality in a large glass pitcher.
2. Add water to taste.
3. Stir until well mixed.
4. Garnish with sprigs of lavender.

Essential Oils In The Kitchen:

Essential oils are the MOST POTENT form of an herb. For example, one drop of Peppermint Vitality is equivalent to 26 cups of peppermint tea. That means a little goes a LONG way.

- Cinnamon Bark Vitality - Supports your immune system.
- Clove Vitality - Supports your cardiovascular, digestive, immune, and respiratory systems.
- Oregano Vitality - Supports your immune and respiratory systems, muscles, and bones.
- Lemongrass Vitality - Supports your immune system, muscles, and bones.

○ A Little Goes a Long Way...

Use a toothpick or sample bottle to add a little at a time.

Overcome Occasional Work / Life Stressors

- **Stress Away*** – Apply topically or Diffuse to keep your calm.
- **Abundance** – Apply topically or diffuse for abundance in all things.
- **En-R-Gee** – Apply topically or diffuse for energy.
- **EndoFlex Vitality** – Supports your adrenals. Happy adrenals means healthy energy. Add one drop to an afternoon tea, your afternoon NingXia Red, or NingXia Zyng.

Sleep

Adults between the ages of 26 and 64 need between seven to nine hours of sleep.

- Cedarwood
- Eucalyptus
- AromaEase



Diffuse or apply topically for a restful night's sleep.

Note-worthy info goes here...

Spiritual & Mental Wellbeing

- Northern Lights Black Spruce – Woodsy, and invigorating scent to promote a calm nature.
- Sacred Mountain - Promotes feelings of strength, empowerment, grounding, and protection when diffused.
