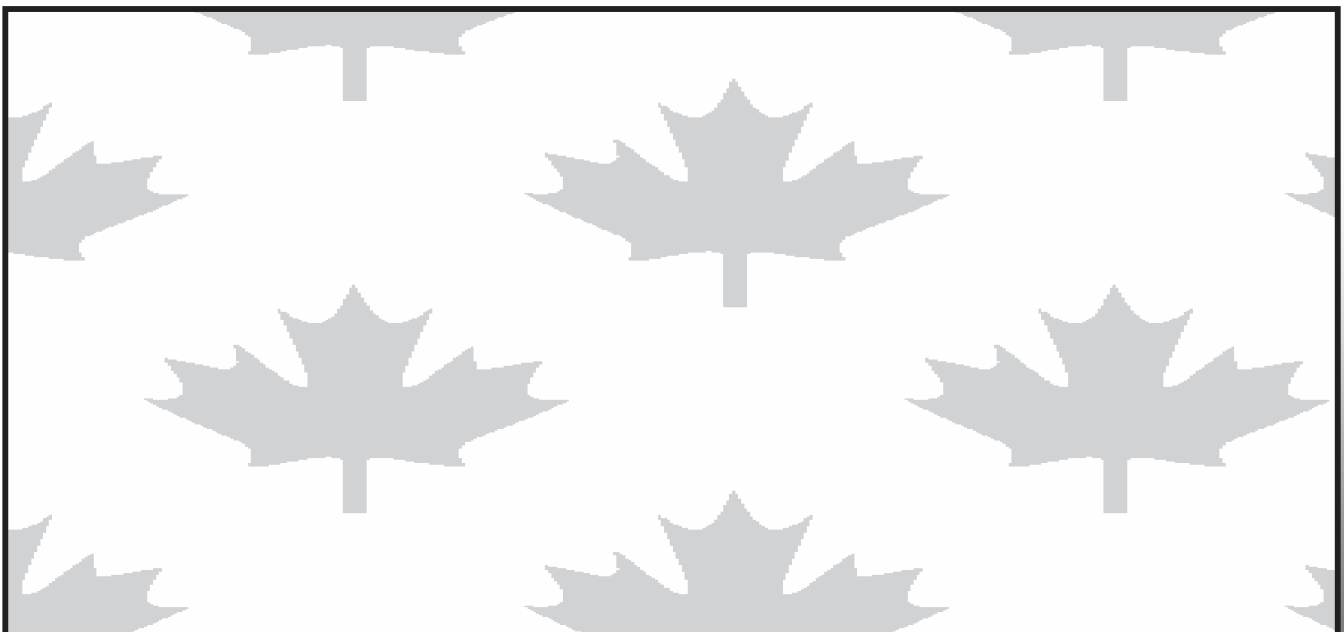




A Men's Guide To Essential Oils

Version 2.0 Created:7/8/20



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Guys Guide to Facial Pride

https://www.doterra.com/AU/en_AU/lifestyle/guys-guide-to-facial-pride

Pre-beard

You would be amazed what a healthy diet will do for your hair. By maintaining a good balance of vitamins like A, B, and E, you are actually creating a great environment that promotes hair growth.

Beard Growth

Facial hair doesn't always grow out evenly, so trim it every now and then. Lots of guys stop growing out facial hair and start shaving because it gets itchy. If a beard is what you want, fight through the itch with the help of doTERRA essential oils.

Beard Care

To keep your beard soft and shiny, it is important you use essential oils to condition the beard and keep up its shine. Steps to a soft and shiny beard

1. Apply beard oil once per day
2. Pour a few drops of essential oils into your hands.
3. Work the oils through your beard until you've reached the hair tips, making sure that you evenly spread the oil over your beard and the underlying skin.

Beard Maintenance

Make sure and wash your beard a few times a week. Don't even think of using bar soap. You'll dry out your beard and the skin underneath. Instead, use shampoo. Make sure to follow up with some essential oils after your beard is dry. Trimming your beard every two months is recommended to maintain a healthy beard. Shaving your neck and around your beard will keep you looking fresh.

Beard Balm

Ingredients:

- 2 teaspoons Beeswax
- 1 teaspoon Shea Butter
- 3 teaspoons Fractionated Coconut Oil
- ½ teaspoon Vitamin E oil

- 2 drops Cedarwood essential oil
- 2 drops Tea Tree essential oil
- 2 drops Rosemary essential oil

Directions:

1. Combine all ingredients, except essential oils, in glass container.
2. Place jar in saucepan with 1–2 inches of boiling water.
3. Stir ingredients until melted and thoroughly combined.
4. Remove from heat and let rest 3 minutes.
5. Add essential oils and stir.
6. Pour mixture into empty tin or glass jar with lid.
7. Let balm rest 1–2 hours.

Beard Oil

Ingredients:

- 1 ounce Fractionated Coconut oil
- 4–5 drops Rosemary essential oil
- 3–4 drops Frankincense essential oil
- 3–4 drops Siberian Fir essential oil
- 3–4 drops Cedarwood essential oil Small bottle with an eyedropper or cap

Directions:

1. In your bottle, add Fractionated Coconut oil.
2. Add Rosemary, Frankincense, White Fir, and Cedarwood essential oils.
3. Place the cap on tightly and shake well.
4. Using your hands or eyedropper, apply a few drops and massage into the beard.
5. Brush the beard for the finishing touch.

LIVE THE SMOOTH LIFE

Wet Your Beard Thoroughly

Hair absorbs water, especially warm water. After several minutes your hair becomes weaker, which is better for shaving. Showering before shaving is the best way to ensure your beard is properly moistened. This will also help your razor blade last longer. If a shower is not possible, rinse your face, then apply a warm moistened towel for at least a couple of minutes.

Use Shaving Cream

The main purpose of shaving cream is to lubricate your face so that the razor will glide easily and smoothly. The best scenario is to leave the shaving cream on your face for at least a minute before you begin cutting, so that the beard is as soft as possible. We recommend using a shaving brush, because it helps create a rich, creamy lather with the shaving cream that stays close to the skin. It also exfoliates, which reduces the chance of blemishes and razor bumps. Apply the shaving cream in a circular motion ending in an upward stroke to help lift the hair up and away from the face.

Use Quality Razor

Always use a good quality, sharp razor blade. A dull blade is harmful to the skin and is an underlying factor to razor burn and shaving rash. Make sure your razor is up to date. When shaving, always make sure to shave with the grain. Start with the sides, then the mustache area, and last the chin. The chin hairs are the toughest, so this allows them the most time to soften under the shaving cream. Rinse your blade under hot water before you begin to shave and after every few passes.

Dry and Soothe After Shaving

Once finished, when the skin is most vulnerable, rinse the face with warm water and apply HD Clear® to cleanse the pores. After, pat dry with a clean towel. Make sure not to rub, just pat.

Finish Off with Aftershave Lotion

Due to the irritating nature of shaving, it is important to always follow up with an aftershave lotion. The ingredients in Razor Relief Serum are great for most skin types. It is important to find an aftershave that works with you. Experiment with doTERRA essential oils to find your own serum.

Shaving Cream

Ingredients:

- ⅓ cup shea butter
- ⅓ cup coconut oil
- ¼ cup Fractionated Coconut Oil
- 5 drops Sandalwood essential oil

- 5 drops Peppermint essential oil
- 5 drops Tea Tree essential oil

Directions:

1. Place all ingredients except for essential oils in double boiler.
2. Once melted, remove from heat and let sit 3 minutes.
3. Add essential oils and stir until combined.
4. Let shaving cream rest until hard. Tip: Put it in the refrigerator to speed up the cooling process.
5. Using mixer, whip shaving cream until light and fluffy.
6. Place in container of choice.

Razor Relief Serum

Ingredients:

- ½ cup Fractionated Coconut Oil
- ¼ cup rosewater (can be purchased at health food stores)
- 5 drops Frankincense essential oil
- 5 drops Lavender essential oil
- 5 drops Tea Tree essential oil
- 5 drops Helichrysum essential oil
- 5 drops Myrrh essential oil

Directions:

1. Place Fractionated Coconut Oil and rosewater in glass spray or pump bottle.
2. Add essential oils and shake.
3. To use, spray directly on skin or place 2-3 pumps in palms and rub on affected skin.

Hair Loss Alopecia and Essential Oils

<https://www.deonb.com/hair-loss-alopecia-and-essential-oils/>

One of the most common types of hair loss is androgenetic alopecia, though it can also affect females, is better known as male pattern baldness.

Rosemary oil treats androgenetic alopecia by preventing the cause of this condition, a by product of testosterone attack-



ing your hair follicles . When men with androgenetic alopecia massaged diluted rosemary oil into their scalp twice daily for six months, they experienced the same increase in hair thickness as those who used minoxidil (Rogaine), a common hair regrowth remedy.

Those who used the rosemary oil reported less scalp itching compared to minoxidil, which suggests that rosemary may be more tolerable. Other research indicates that rosemary oil may fight patchy hair loss, or alopecia areata, which affects up to half the population below age 21 and about 20% of people above 40. When people with alopecia areata rubbed a rosemary essential oil blend into their scalp each day for seven months, 44% showed improvement in their hair loss compared to only 15% in the control group, who used the neutral oils jojoba and grape seed.

Lavender dōTERRA Soothing Calming 15mL

Lavender has long been used as a treatment for alopecia and baldness. is widely considered one of the most versatile essential oils, being extremely beneficial for numerous issues. Because of its normalizing and synergistic properties, it is considered useful for most ailments. Lavender is also considered one of the most beneficial essential oils for treating hair loss as well. A a very soothing and calming oil, lavender can help with an irritated scalp, but it is also regenerating as well. In fact, a study conducted in 2016 found that lavender oil significantly increased the number of hair follicles and hair follicle depth. And since it's considered one of the safest essential oils, lavender can be used on just about anybody!



Peppermint dōTERRA 15mL

According to a 2014 study, those treated with peppermint oil experienced an increase in follicle count, increase in follicle depth, and a thickened dermal layer after four weeks. However, please note that due to its high menthol content, peppermint oil should not be used on or near the face of young children or infants.



Geranium dōTERRA 15mL

Geranium is another essential oil that is used for hair loss, because it is another regenerating essential oil, it and is considered beneficial in stimulating

hair growth. Comprised of mostly citronellol and geraniol, geranium has a high count of monoterpenes which are considered to be immune stimulants and general tonics. It is also commonly used in skin care due to its anti-inflammatory properties and its abilities to balance out skin types. This also makes it beneficial to use when dealing with hair loss due to allergic or irritated skin.



Clary Sage dōTERRA 15mL

Another essential oil to consider when dealing with hair loss is clary sage. Not to be confused with common sage, clary sage is a stimulating oil and can be used to both reduce hair loss and promote hair growth. Because it is commonly used to regulate hormones and stress, it can be especially beneficial for hair loss that is due to stress or hormonal issues. Please note that clary sage should not be used by those who are pregnant or breastfeeding, when drinking alcohol, or if estrogen levels need to be monitored.



Cedarwood dōTERRA 15mL

Cedarwood A study was published in 1998 regarding patients who suffered from alopecia areata. The patients were treated with an essential oil blend of cedarwood, rosemary, lavender, and thyme. The blend was massaged on the scalp of individuals every day for 7 months. The results showed that 44% of the patients found improvement with their alopecia after using the essential oil blend. Cedarwood can also be beneficial when dealing with hair loss, and is considered to be useful for multiple skin and scalp conditions, including itchy scalp, dandruff, and oily hair.



Roman Chamomile dōTERRA 5mL

Roman chamomile is most known for its calming and gastric properties, chamomile is also used to support hair health. Gentle and calming, chamomile has been used for numerous issues for decades. Because of its ability to help with stress and anxiety, chamomile can be beneficial for hair loss due to



anxiety or nervous disorders. It is also very calming to the skin and helpful when dealing with irritated, allergic, or itchy skin and scalp. Chamomile is often used in hair care and is even thought to help lighten hair color. Like lavender, chamomile is considered a safe oil and can be used on most individuals.

If not diluted properly, essential oils can cause irritation and sensitization, so make sure to always dilute them accordingly. It's important to remember that a little goes a long way with essential oils. Because they are highly concentrated substances, only a small amount is needed.

To purchase oils please contact me

Here are two blends for hair loss.

Hair-Growth blend #1

Lavender—12 drops

Peppermint—4 drops

Rosemary—4 drops

Hair-growth blend #2

Geranium—6 drops

Cedarwood—6 drops

Chamomile—5 drops

Clary Sage—3 drops

Thoroughly combine each of the blends and store them in a dropper bottle. Use one or both of them to treat hair loss in one of the following ways...

Shampoo

Add 1-3 drops to your shampoo each time you wash your hair. Gently massage into hair and scalp and rinse as normal.

Scalp oil

Add 1-2 drops of essential oil blend to ½ tsp. jojoba oil and gently massage into scalp. Leave on scalp or shampoo if needed.

Other essential oils for hair loss

While this list is by no means exhaustive, it will certainly get you well on your way to treating your hair loss naturally.



Essential Hair Wax

<https://www.doterra.com/US/en/blog/diy-essential-hair-wax>

Hair wax helps add texture and style to men and women's hair. This easy DIY hair wax, made with essential oils, is healthy for the hair and can be enjoyed by those of all hair types. Check out what this doTERRA Employee had to say about this hair wax DIY:

"This hair wax is fantastic. I love that I can use whatever essential oils I would like and that it works great on my 'style-resistant hair'. The simplicity of the ingredient list also amazes me. I have been paying a lot of money for high-end products that contain some questionable ingredients because it has been the only thing that works for my hair. Those days are over. Now, I can make my own!"—Rachelle

Ingredients

4 ½ teaspoons beeswax

1 tablespoon shea butter

4 ½ teaspoons Fractionated Coconut Oil

10 drops Peppermint essential oil

10 drops Rosemary essential oil

Tip: For harder hair wax, use two tablespoons of beeswax and one tablespoon of Fractionated Coconut Oil. For softer hair wax, use four and a half teaspoons of shea butter and two tablespoons of Fractionated Coconut Oil.

Instructions

- Combine all ingredients, except for essential oils, in glass container.
- Place jar in saucepan with one to one and a half inches of boiling water.
- Stir ingredients until melted and thoroughly combined.
- Remove from heat and let rest for three minutes.
- Add essential oils and stir.
- Pour mixture in empty tin or glass jar with lid.
- Let hair wax rest one to two hours.
- To use, apply a small amount to fingers and style as desired. A little wax goes a long way.



Deep Hair Conditioner

<https://www.doterra.com/US/en/blog/diy-deep-hair-conditioner>

Dry, damaged hair? Millions of people can relate. Buying deep hair conditioning products or getting a conditioning treatment at a spa can be expensive, and most treatments contain unnatural ingredients. This homemade deep hair conditioner is easy to make and will leave your hair soft and smooth.

Ingredients

3 tablespoons coconut oil

1 tablespoon olive oil

8 drops doTERRA essential oils

A few great essential oils for your hair include: Lavender, Peppermint, Rosemary, Geranium, and Clary Sage. You can use one or all five of the essential oils in your deep conditioner.

Instructions

- Put coconut oil, olive oil, and essential oils in mixing bowl.
- Mix on medium/high speed for five minutes or until ingredients are whipped to a thick and creamy consistency.
- Once whipped, apply to clean, dry hair.
- Comb through with wide tooth comb to evenly distribute.
- Let sit 15–20 minutes. Rinse, shampoo and style as desired.
- Repeat once a week or as often as desired.



Dry Shampoo

<https://www.doterra.com/US/en/blog/diy-dry-shampoo>

It's okay to give your hair a break from the shampoo every once in a while. This dry shampoo made with essential oils is a great way to keep your hair looking, smelling, and feeling great for those days between washes.

Ingredients

For light hair:

¼ cup arrowroot powder

2 drops Lavender oil

2 drops Rosemary oil

2 drops Peppermint oil

For dark hair:

2 tablespoons arrowroot powder

2 tablespoons cocoa powder

2 drops Lavender oil

2 drops Rosemary oil

2 drops Peppermint oil

Instructions

- Put arrowroot powder, cocoa powder (if using), and essential oils into food processor.
- Pulse until well combined.
- Store in glass jar.
- To use, apply powder to roots and oily parts of hair using an old (washed) makeup brush.



Essential Oils for Hair

<https://www.healthline.com/health/essential-oils-for-hair-growth#essential-oils>

Overview

Essential oils are extracted from plants through methods like distillation or evaporation. While essential oils are most famous for their aromatic capabilities, they also contain strong chemical properties that can be beneficial for health.

Essential oils have long been used in alternative, Eastern, and homeopathic medicines thanks to their effectiveness and low risk of side effects.

One benefit some essential oils have is improving hair health. Different oils can do everything from helping hair grow to adding strength and shine.

Essential oils for your hair

1. Lavender essential oil

Lavender oil can speed up hair growth. Knowing that lavender oil has properties that can generate the growth of cells and reduce stress, researchers on one animal study found that this oil was able to generate faster hair growth in mice.

It also has antimicrobial and antibacterial properties, which can improve scalp health.

Mix several drops of lavender oil into 3 tablespoons of carrier oil, like olive oil or melted coconut oil, and apply it directly to your scalp. Leave it in for at least 10 minutes before washing it out and shampooing as you normally would. You can do this several times per week.

2. Peppermint essential oil

Peppermint oil can cause a cold, tingling feeling when it increases circulation to the area it's applied to. This can help promote hair growth during the anagen (or growing) phase.

One study found that peppermint oil, when used on mice, increased the number of follicles, follicle depth, and overall hair growth.

Mix 2 drops of peppermint essential oil with the carrier oil of your choice. Massage it into your scalp, and leave on for 5 minutes before washing out thoroughly with shampoo and conditioner.

3. Rosemary essential oil

If you want to improve both hair thickness and hair growth, rosemary oil is a great choice thanks to its ability to improve cellular generation.

According to one study^{Trusted Source}, rosemary oil performed as well as minoxidil, a common hair growth treatment, but with less scalp itching as a side effect.

Mix several drops of rosemary oil with olive or coconut oil, and apply it to your scalp. Leave it in for at least 10 minutes before washing it out with shampoo. Do this twice per week for best results.

4. Cedarwood essential oil

Cedarwood essential oil is thought to promote hair growth and reduce hair loss by balancing the oil-producing glands in the scalp. It also has antifungal and antibacterial properties, which can treat different conditions that may contribute to dandruff or hair loss.

Included in a mixture with lavender and rosemary, cedarwood extract was also found to reduce hair loss^{Trusted Source} in those with alopecia areata.

Mix a few drops of cedarwood essential oil with 2 tablespoons of a carrier oil of your choice. Massage it into your scalp, and leave it on for 10 minutes before washing it out.

It may be hard to find in grocery stores, but you might be able to purchase it from smaller health food stores.

5. Lemongrass essential oil

Dandruff can be a common ailment, and having a healthy, flake-free scalp is an important part of hair health. Lemongrass oil is an effective dandruff treatment, with one 2015 study finding that it significantly reduced dandruff after one week.

Lemongrass oil for dandruff is most effective when used daily. Mix a few drops into your shampoo or conditioner daily, and make sure it's massaged into your scalp.

6. Thyme essential oil

Thyme can help promote hair growth by both stimulating the scalp and actively preventing hair loss. Like cedarwood oil, thyme oil was also found to be

helpful in treating alopecia areata [Trusted Source](#).

Thyme is particularly strong, even among essential oils. Put only 2 small drops in 2 tablespoons of a carrier oil before applying it to your scalp. Leave it on for about 10 minutes, then wash it out.

7. Clary sage essential oil

Clary sage oil contains the same linalyl acetate that helps make lavender oil so effective in increasing hair growth. It can improve hair strength, in addition to increasing hair growth, making hair more difficult to break.

Mix 3 drops of clary sage oil with your favorite conditioner, or with 1 tablespoon of carrier oil. If using it daily, rinse out after 2 minutes. If using it once or twice per week, leave it on for 10 minutes.

8. Tea tree essential oil

Tea tree oil has powerful cleansing, antibacterial, and antimicrobial properties. When used topically, it can help unplug hair follicles and increase hair growth.

Tea tree oils come in many concentrations, so it's important to follow the manufacturer's directions. Some are highly concentrated essential oils, and other products are mixed in a cream or oil.

A 2013 study even found that a mixture containing tea tree oil and minoxidil was more effective than just the minoxidil alone in improving hair growth, though more studies are needed on using tea tree oil only.

A review in 2015 found tea tree is commonly used in anti-dandruff treatment products.

You can mix 10 drops of tea tree essential oil into your shampoo or conditioner and use it daily. Or, you can mix 3 drops with 2 tablespoons of a carrier oil, and leave it on for 15 minutes before rinsing it out.

9. Ylang-ylang essential oil

While those with oily hair and skin would want to skip this one, ylang-ylang oil is ideal for those with dry scalps, as it can stimulate sebum production.

As lack of enough oil and sebum causes hair to become dry and brittle, ylang-ylang can improve hair texture and reduce hair breakage.

Mix 5 drops of essential ylang-ylang oil with 2 tablespoons of warm oil. Massage it into your scalp, and wrap your head with a warm towel. Leave it in for

30 minutes before washing it out. Ylang-ylang can also be found in preparations such as shampoo or creams.

Risks and potential complications

The biggest risk of essential oils is skin irritation or allergic reactions. This is especially common when an essential oil is applied directly to the skin, so it's vital to always use a carrier oil to dilute it.

Allergic reactions are also more common in those with sensitive skin or those who have allergies to the essential oil.

Symptoms of skin irritation include:

- contact dermatitis
- burning, discomfort, or painful tingling
- redness in the affected area

Signs of an allergic reaction include:

- severe dermatitis
- blistering rashes
- difficulty breathing
- swelling of the tongue or narrowing of the throat

Only older teenagers and adults should use essential oils topically for hair health. If you think essential oils could benefit your child, ask their health care provider first to make sure it's safe.

To evaluate for irritation, remember to test a small amount of the mixture on a small patch of skin before full use.

Use a trusted source of essential oils. DōTERRA Essential Oils are tested a minimum of 40 times to ensure they are natural and pure with no adulteration or contamination. Other companies' essential oils labelled as "100% pure essential oil" may only be tested once to prove the oil is in the bottle. No other test may be done and the oil in the bottle may be completely synthetic, adulterated or contain contaminants, like weed killer.—Editor.

Shopping Guide

	PV	\$AUS		
SUPPORT FOR MENTAL HEALTH & PHYSICAL WELLBEING				
Lifelong Vitality Pack	60.0	\$115.00		
DDR Prime Softgels	56.5	\$64.00		
Frankincense	77.5	\$90.00		
Lavender	25.5	\$28.00		
Bergamot	29.0	\$41.00		
Lemon	12.5	\$13.50		
Balance Blend	24.5	\$27.00		
Elevation Blend	45.0	\$49.50		
SUPPORT FOR MENTAL HEALTH & PHYSICAL WELLBEING PACK TOTAL	330.5	\$428.00		
SLEEP/SNORING				
Vetiver	43.0	\$56.00		
Lavender	25.5	\$28.00		
Cedarwood	14.5	\$22.50		
Thyme	31.0	\$47.50		
Marjoram	26.5	\$40.50		
Easy Air Blend	24.5	\$27.00		
SLEEP/SNORING PACK TOTAL	165.0	\$221.50		
SPORT/OUTDOORS				
Peppermint	23.0	\$26.50		
Ice Blue Rub	31.0	\$38.00		
Easy Air Blend	24.5	\$27.00		
Lemon	12.5	\$13.50		
Eucalyptus	16.5	\$18.00		
SPORT/OUTDOOR PACK TOTAL	107.5	\$123.00		
MUSCLE AND JOINT DISCOMFORT				
Ice Blue Rub	31.0	\$38.00		
Frankincense	77.5	\$90.00		
Ice Blue oil 5ml	38.5	\$42.50		
Lemongrass	12.0	\$13.00		
MUSCLE AND JOINT DISCOMFORT PACK TOTAL	159.0	\$183.50		
SEASONAL THREATS				
On Guard Blend	37.0	\$40.75		
Oregano	29.0	\$31.75		
Easy Air Blend	24.5	\$27.00		
Frankincense	77.5	\$90.00		
Lemon	12.5	\$13.50		
SEASONAL THREATS PACK TOTAL	180.50	\$203.00		
GROOMING				
Frankincense	77.5	\$90.00		
Sandalwood	78.5	\$110.00		
Arborvitae	24.0	\$34.00		
Wild Orange	12.5	\$14.00		
Ylang Ylang	39.5	\$57.00		
Lime	15.5	\$17.00		
Cedarwood	14.5	\$22.50		
GROOMING PACK TOTAL	262.0	\$344.50		
ADD				
Petal Diffuser	20.0	\$58.00		
Fractionated Coconut Oil	15.0	\$16.50		
Wholesale Application Fee		\$35.00		
Shipping (Australia Post)		\$7.95		

Disclaimer

Whilst every effort has been made to accurately portray the material presented here, prices and PV are subject to change. Please check your order before processing.

Support for Mental Health and Physical Wellbeing

Lifelong Vitality Pack (LLV)

Alpha CRS

- Supports healthy cell function and metabolism by reducing oxidative stress to DNA and other critical cell structures
- Supports mental clarity and brain function
- Your "engine cleaner"

Microplex MVp

- Provides 22 essential vitamins and minerals to support normal growth, function and maintenance of cells
- Think of this as the "fuel" for your cells

xEO Mega

- Promotes healthy cardiovascular, nervous, and immune system function
- Your "engine oil"

Mito₂ Max

- Enhances stamina and increase use of oxygen
- Supports metabolic adaption for adverse activities, from movie watching to marathon running
- Improves mental energy
- Helps to reduce the effects of fatigue and stress

DDR Prime Softgels

- Supports healthy cellular integrity by helping to reduce oxidative stress
- Supports healthy cellular function and metabolism
- Protects the body and cells from oxidative stress

Frankincense

- Soothing and calming to mind and emotions
- Assists you to unwind after a busy or overwhelming day
- Disperse fear
- Fortify the spirit and bring comfort
- Regenerating effect on cells and skin
- Great for skin and for those outdoors types

Lavender

- Soothing and calming
- Balancing
- Skin support: cuts, burns, abrasions, stings, bites
- Use Lavender to soothe frayed emotions - irritable, agitated, short temper, taking things on board or personally, travelling, to assist with immune support and sleep
- Great general tonic to soothe, nurture and bring strength

Bergamot

- Uplifting
- Great for emotional support and alleviating anxious states and low emotional states Helps to relieve the burden one can carry on their shoulders
- Blends well with many oils
- Highly photosensitive

Lemon

- Uplifting and refreshing
- Immune support
- Clearing and clarifying
- Enlivening, especially after a long day
- Detoxifying
- Water - add a drop or 2 to warm water in the morning for regularity and cleansing effect or drink throughout the day

Grounding Blend (Balance)

- Helps to alleviate anxious states (combine with Bergamot and Frankincense)
- Emotional support, calming, grounding
- Pre-blended in fractionated coconut oil (FCO) - so you can use anytime in the day on wrists, back of neck etc. for support
- Add to soles of feet daily with one drop of frankincense for food for ongoing support for mental and physical well being

Joyful Blend (Elevation)

- Uplift emotional and mood state
- Combine with Frankincense in diffuser/roller bottle for emotional stability, help with grief and to alleviate high stress states
- Blend with any of the tree oils in the booklet to add harmony, peace and overall sense of well-being
- Encourages a smile and a laugh when blended with Sandalwood in diffuser - great for a hangout night with mates or dinner party

Sleep / Snoring

Vetiver

- Deeply relaxing, soothing and stabilizing .
- Long term associations with success and abundance this makes a great base in man-fumes - combine with Arborvitae, Sandalwood, Wild Orange and Ylang Ylang and apply daily
- Alleviates stress and anxious states and helps to elevate the mood- combine with the Joyful Blend (Elevation), Frankincense and Bergamot
- Fabulous for sleep and deep rest - combine with Cedarwood on big toe and soles of feet for deep sleep; diffuse with Lavender and Marjoram for harmony, peace and deep sleep

Lavender

- Soothing and calming
- Balancing
- Skin support: cuts, burns, abrasions, stings, bites
- Use Lavender to soothe frayed emotions - irritable, agitated, short temper, taking things on board or personally, travelling, to assist with immune support and sleep
- Great general tonic to soothe, nurture and bring strength

Cedarwood

- Great for releasing stress and anxious feelings
- Great in men's colognes - try with Lime and Sandalwood .
- Balancing
- Enhances sleep and deep peace, calming - add to big toe to help quiet the mind
- Try combining with Vetiver and Marjoram in the diffuser and on the body (in carrier oil) for sleep
- Great for immune support - in particular for chest complaints
- Combine with Rosemary to promote hair growth

Thyme

- Powerful immune support
- Anti-oxidant
- Anti-aging properties for men and women - combined with Frankincense as it is believed to support brain health
- Use tiny amounts - potent
- Great to support respiration
- Helps deter snoring
- Blends beautifully with Sandalwood and Lemon

Marjoram

- Relaxing, soothing
- Aids in releasing grief
- Reduce muscle tension - combine with Lavender for bath and pre sleep or massage over body
- Great for shift workers - helping to balance the body clock
- Add to bedding for a soothing sleep - helping to get to sleep and stay asleep

Respiratory Blend (Easy Air/Breathe)

- Increases oxygenation and respiration
- Opens the airways - thus may assist with deeper sleep and decreasing snoring
- Combine with Thyme on big toe and soles of feet to help eliminate snoring
- Add to diffuser with Lavender to promote deeper and more restful sleep

Sports / Outdoors

Peppermint

- Increases running output by up to 51% as well as increasing time to exhaustion by up to 25%
- Another one for respiratory support
- Energising and clarifying for mind, emotions and body
- Add one drop to water to increase performance - in sport, meetings, concentration or day to day activities
- Tummy support; overindulgence, tummy tamer - blend with Lemon to detox and fortify the body
- Cooling
- Helps relieve head tension and decrease stress
- Helps with travel sickness, sinus congestion and seasonal allergies (combine with Lavender and Lemon)

Ice Blue Rub

- Its high menthol content generates rapid recovery
- Use for overworked and tense muscles and for on-going pain
- Provides a comforting sensation of cooling and warmth to problem areas
- Provides temporary comfort to tired and sore muscles and joints
- Supports circulation to muscles and joints
- Great combo is layering Frankincense, Deep Blue Rub, and then the Deep Blue oil
- Combine with Frankincense for on-going pain/stress/tension in the body
- Use before/after workout for recovery. **Note:** do not use directly before or after a shower it can create a burning/uncomfortable sensation!
- WARNING:** keep away from sensitive parts of the body! This rub creates first a cooling then a heating sensation

Respiratory Blend (Easy Air/Breathe)

- Increases oxygenation and respiration
- Opens the airways
- Helps increase performance
- Can aid to alleviate shortness of breath

Lemon

- Uplifting and refreshing - enlivening, especially after a long day
- Immune support
- Clearing and clarifying
- Detoxifying
- Water - add a drop or 2 to warm water in the morning for regularity and cleansing effect or drink throughout the day

Eucalyptus

- Cleansing and energizing
- Protection for immunity - great for those around lots of people ie. in an office
- Helps to eliminate lactic acid build up in muscle tissue during workouts and exercise - therefore great for muscle repair and reducing discomfort
- Great respiratory support

Pain

Ice Blue Rub

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Frankincense

- Soothing and calming to mind and emotions
- Assist one to unwind after a busy or overwhelming day
- Great to disperse fear
- Fortify the spirit and bring comfort
- Regenerating effect on cells and skin
- Great for skin for outdoors sports

Ice Blue Oil

- Relaxes sore muscles
- Helps to alleviate contracted states
- Reduces pain and can help increase rate of muscle repair
- Use before/after workout for recovery. Note: do not use directly before or after a shower it can create a burning/uncomfortable sensation!
- Combine with Frankincense and the Ice Blue Rub for increased effect

Deep Blue Polyphenol Complex

- Contains powerful polyphenols to aid occasional aches and pains and support joint comfort and function

Seasonal Threats

Protective Blend (On Guard)

- Place on soles of feet for ongoing immune support, combine with Oregano in FCO to soles of feet to restore immune strength or to help fight off seasonal threats
- Warming - add to warm cup of water with Lemon to help ease sore throats and restore strength to immune system
- Fortifying
- Powerful and strong - brings strength to a compromised immune system
- Very hot oil - recommended to use diluted

Oregano

- Very hot oil - use diluted always
- Add to soles of feet with Protective Blend at the onset of any illness
- Great for tummy support (add to soles of feet)
- Cleansing and restorative - blends well with Lemon for this

Respiratory Blend (Easy Air/Breathe)

- Increases oxygenation and respiration
- Opens the airways
- Sinus support
- Can aid to alleviate shortness of breath
- Chest complaints
- Head tension
- Relieving anxious states

Frankincense

- Soothing and calming to mind and emotions
- Assist one to unwind after a busy or overwhelming day
- Great to disperse fear
- Fortify the spirit and bring comfort
- Regenerating effect on cells and skin
- Combine with Protective Blend (On Guard), Lemon, Oregano - in a capsule one drop of each and drink with big glass of water
- Add to soles of feet for ongoing immune support

Lemon

- Uplifting and refreshing Immune support - combines well with all oils in this kit or use on its own
- Great for mental fatigue
- Clearing and clarifying
- Enlivening, especially after a long day
- Detoxifying, cleansing
- Water - add a drop or 2 to warm water in the morning for regularity and cleansing effect or drink throughout the day

Grooming

Frankincense

- Soothing and calming to mind and emotions
- Assist one to unwind after a busy or overwhelming day
- Great to disperse fear
- Fortify the spirit and bring comfort
- Regenerating effect on cells and skin
- Great for skin for outdoors sports

Sandalwood

- Helps to release fears, irrational and unknown
- Stabiliser whilst going through changes in life
- Lends courage and support in times of difficulty
- Endurance and staying power (including all night love making- this is a great aphrodisiac)
- Great for dry skin
- Immune support
- Combine with Arborvitae and Frankincense for the skin and great man-fume
- Combine with Cedarwood and Lime for awesome smelling man-fume or cologne
- Combine with Ylang Ylang and Wild Orange as an aphrodisiac

Arborvitae

- Calming and grounding
- Great man scent
- Stabilizing
- Brings harmony and helps quiet the mind
- Offers strength
- Combines well with oils in the grooming list - appeals to us blokes and the women!

Wild Orange

- Oil of joy, abundance and uplifting
- Great oil to hang out with the mates; blend with Sandalwood and Arborvitae
- Inspiration and creativity and brainstorming
- Blends well with so many oils!
- Try blending: Ylang Ylang, Sandalwood and Wild Orange to inspire some 'loving' with you and your partner)

Ylang Ylang

- Sensual, aphrodisiacal
- Alleviates low mood states
- Opens the heart to love
- Calming and relaxing
- Helps disperse anger and frustration
- Helps to calm the heart rate, and soothe the mind and spirit

Lime

- Add one drop to your facial cleanser or shampoo for added cleansing properties
- Combine with Melaleuca for a soothing scalp massage
- Positively affects mood with stimulating and refreshing properties

Cedarwood

- Great for releasing stress and anxious feelings
- Great in men's colognes -try with Lime and Sandalwood
- Balancing
- Enhances sleep and deep peace, calming - add to big toe to help quiet the mind
- Try combining with Vetiver and Marjoram in the diffuser and on the body (in carrier oil) for sleep
- Great for immune support - in particular for chest complaints
- Combine with Rosemary to promote hair growth

If you would like to learn more about the essential oils,
come to a free class or contact us.

You can also open your own wholesale account for
25% off all the essential oils!

Speak to us for assistance with this.

Disclaimers

1. Whilst every effort has been made to accurately portray the material presented here, prices and PV are subject to change. Please check your order before processing.

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