

## Essential Collection Kit Essential Oil Summary

Updated October 2016.

**Peppermint** - great for the digestive system, and can be used under the feet for waking you up and bringing focus to a fuzzy head, great on the back of the neck for headaches etc. Peppermint is great with chocolate, cacao etc. Use during the day for alertness – a few drops in the vent. Particularly effective to reduce drowsiness on long trips, or after eating gluten. Another recent use for Peppermint essential oil is in a spray bottle, about 4-5 drops to 120mls water. Spray around the edge of Garage doors or entrances, to deter little field mice or Vernon, from making their way into the house. Spray around cupboards too as a deterrent for insects. Arbovitae is also really good for this. Make up a spray, same drop ratio.

**Do you know someone who needs this oil?.....**

**Lavender** - you will notice on the back of the box that 1-4 drops is mentioned for application. What it doesn't say is that you can actually drink Lavender, (some people use in scones). It's ideal to apply a few drops at the bottoms of your feet. Useful in combination with Tea Tree (just a few drops) calming & practical for burns, scolds and cuts. Lavender can be used on pimples or skin issues (directly to the area). Use Lavender at night before bed too, just infuse or diffuse or rub on the body. A few drops on the pillows too, won't go astray. Lavender is ideal for Type A – stressed out characters. Use it! A few drops on pieces of cloth around the linen press is great to keep the area smelling delightful.

**Do you know someone who needs this oil?.....**

**Frankincense** – You will find a stack of information on Frankincense. This is the essential oil that you will want to order again and again. Here's why: 1 drop on the crown for concentration, great on skin, great after shaving. **Frankincense is the king of the oils...** Great to use on skin cancers, skin blemishes or scars of any sort. Frankincense is for focus and neurons, and recovery from operations, any operations. Use for **Emotional balance**, and Immune and Nervous systems. Will help to ease hyperactivity. Frankincense is one of the oils used in the 'IN TUNE Focus blend' along with West Indian Sandalwood, Ylang Ylang, Patchouli, Lime and regular Sandalwood. I like to refer people to in Tune Focus Blend if they want more clarity! When you appreciate Frankincense for all it's worth, you will use this one every day... great for ageing skin. Use on the top of hands. Wasted in the Diffuser, always use on the skin!

**Do you know someone who needs this oil?.....**

**Tea Tree** – The number of things you can treat and deal with using Tea Tree is too long for this page. It's a healing blend, no doubt about that! Great on burst pimples, skin eruptions, cuts, scars, inflammation, smells great, and is an antiseptic type oil, so great for any infections or pending infections, to avoid further deterioration in your cuts etc., I use tea tree on my dogs' paws, to prevent ticks. Just a few drops on the top of the couch if I want to deter him (Minty – our dog) from sitting up on the couch. If you are congested in the nose you can use Tea Tree – a few drops in boiling hot water for your inhale solution. Careful not to scold yourself, and do not leave boiling hot water around little ones. Stay with your solution until you have received desired result then pour down the sink!

**Do you know someone who needs this oil?.....**

**Oregano** - Do a 10-day parasite cleanse, using Oregano 3 times a day. Pick your times. E.g., 9.30am. 1.30pm. and 7.30pm. Apply under the feet a few drops and do this for 10 days to shake up the homes of the parasites in your body. Little humans under 20kg, apply for 3 days. This is long enough, and one application a day. Careful cooking with this oil, it will dominate your food. use on a toothpick then just add that to soups and savoury's etc. Oregano has been known to kill antibiotic-resistant strains of Staph, E. coli, Klebsiella pneumoniae, Helicobacter pylori, and Mycobacterium terrae (Preuss et al., 2005).

**Do you know someone who needs this oil?.....**

Contact:

Phone.

Email:

**Lemon** - You can add a drop or two to 2 of the several glasses of water you have a day. Lemon is a purifying essential oil. Drinking lemon oil is better than the juice of the lemon (lemon juice can take the enamel off your teeth). You can make a tea out of the lemon with some Manuka honey. You can diffuse it around the house; use to wipe benches! A few drops of Lemon added to your shampoo can freshen the aroma. Lemon is amazing and high in D-Limonene, which helps to make natural Glutathione in your cells, which helps you to reduce inflammation, which means less discomfort and happier people! Use Lemon in salad dressings and in raw food preparation.

*Do you know someone who needs this oil?.....*

**Ice Blue** - Blend = **Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, Osmanthus**. Use this one when you are under stress, on the back of each kidney, so slightly above your hips a drop either side. Use on areas where you are stiff or sore, use on the knees, back, wrists etc. In-hale Ice Blue when tired too. This is a blend for the nervous system and to assist muscles and bones in healing and regenerating. Avoid using on sun-burnt skin. If applying the essential using your fingers, avoid scratching your eyes. If you should accidentally get essential oil in your eyes, you will NOT GO BLIND, however you will need to get some olive oil or coconut oil and apply that to the eye. NOT WATER. Water will only make it worse!

*Do you know someone who needs this oil?.....*

**Easy Air (Breathe)** – Blend = Laurel Leaf, Peppermint, Eucalyptus radiate, Tea Tree, Lemon and Ravensara, and Cardamom. Anti-viral, antibacterial. Definitely helps to dilate, open, and strengthen the respiratory system. Also can help support Adrenal Glands. Easy Air helps protect the immune system. It's particularly useful during colds (when you are right in the middle of it). Perfect for night-time diffusion. People respond quickly when diffusing this blend. Breathe can be applied with a carrier oil of fractionated coconut oil to the chest for congestion. In hale for clarity and to clear sinuses. Ideal for asthma sufferers, snorers, sinus sufferers, and extremely useful when cleaning out wardrobes, going through old books etc., Create a spray bottle of Easy Air – 10 drops of oil to 120mls. Spray on furniture and on top of fans to create a fresher feel to any room.

*Do you know someone who needs this oil?.....*

**SMART (slim) and Sassy** – Blend: **Grapefruit, Lemon, Peppermint, Ginger, Cinnamon**. Useful for getting rid of the build-up of petrochemicals in the body. Drink it - 8 drops in water every day, helps with abdominal fat, or just place it under your feet or rub on the belly with some fractionated coconut oil. Smart & Sassy is actually calming to the stomach and uplifting to the mind. It's specifically designed to help control hunger and help limit excessive calorie intake.

*Do you know someone who needs this oil?.....*

**DigestZen** – Blend = **Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, Anise**. Only the best little brew that ever came in a bottle. DigestZen will soothe an irritated stomach, it can be drunk, rubbed on the belly or dabbed on the bottoms of the feet. This blend is amazing for upset stomachs and any digestive issue! Great if you have been on antibiotics or any medication which slows down digestion or metabolism. So use this one with confidence. Make a tea with 1 drop in an empty mug or glass. Add warm to hot water. Stir and sip on this. Fantastic!

*Do you know someone who needs this oil?.....*

**On Guard** – Blend: **Wild Orange, Clove Bud, Cinnamon Bark, Eucalyptus radiate, Rosemary**. On Guard is useful for throat infections, to avoid colds and flu's, and to help assist with resisting illness in the first place. Great for mould and great to be used in diffuser if people come into your world coughing and spluttering, they will respond to On Guard, and you won't catch their bug! On Guard used by surgeons and dental technicians for tooth extraction etc. Jay (Annie Clark's son) had great results, with having 4 wisdom teeth removed we used On Guard every few hours by spraying a few drops in the mouth. No dry socket, no issues at all. Use the lozenges and beadlets when travelling. Amazing!

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