



**PUREtherapeutic**  
essential oils

## BASIL

- Muscle, bone & immune health
- Rub a few drops on bottom of feet\*
- Apply directly to area of concern\*
- Apply to temples, neck or outer ears\*
- Add few drops to gel capsule/recipe\*
- Diffuse or apply to hands, inhale
- \*Caution during pregnancy, avoid with epilepsy

**Suggested uses:** alertness, coughs, depression, digestion, earaches, fatigue, fever, headaches, infections (bacterial & viral), inflammation, kidney issues, memory improvement, metabolism, migraines, mucus, muscle soreness/spasm, ovarian cysts, PMS, poisonous bites, prostate problems, respiratory problems

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essential oils

## BERGAMOT

- Emotional health, skin & digestion
- Rub a few drops on bottom of feet\*
- Apply directly to area of concern\*
- Add few drops to water/gel capsule
- Diffuse or apply to hands, inhale
- Use to clean and disinfect
- \*Avoid direct sunlight for 72 hrs after topical use

**Suggested uses:** acne, bladder infection, Candida, colic, detoxifying, diarrhea, endocrine system, fever, flu, infections, inflammation, lymphatic system, malaria, metabolism, mood elevator, muscle spasms, oily complexion, psoriasis, pain reliever, parasites, scabies, staph, strep, stress, varicose veins

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## BLACK PEPPER

- Circulation, digestion & pain
- Rub a few drops on bottom of feet\*
- Apply directly to area of concern\*
- Add few drops to gel capsule
- Diffuse or apply to hands, inhale
- \*Possible skin sensitivity, dilute with carrier oil

**Suggested uses:** anemia, aphrodisiac, arthritis, bruising, ↑ circulation, cold hands & feet, constipation, digestion aid, endocrine system support, fevers, heartburn, infections (bacterial & viral), metabolism, muscle soreness, ↑ muscle tone, pain relief, respiratory infections, spleen support, sprains, toothaches, vertigo

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## CASSIA

- Immune, muscle & digestive health
- Rub a few drops on bottom of feet\*
- Apply directly to area of concern\*
- Add few drops to gel capsule\*
- Diffuse diluted or with citrus oils\*
- A few drops to clean/disinfect
- \*Dilute before topical, internal or aromatic use

**Suggested uses:** bacterial, fungal & viral infections, colds, colic, diarrhea, digestion, disinfectant, fever, flu, gas, heartburn, immune support, impotence, kidneys, ↑ libido, menstrual cramps, metabolism, nausea, PMS, prostate health

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## CILANTRO

- Cardiovascular, detoxifier & digestion
- Rub a few drops on bottom of feet
- Apply directly to area of concern
- Add few drops to gel capsule
- Add few drops to favorite recipe
- Diffuse or apply to hands, inhale

**Suggested uses:** addiction recovery, anti-aging, antioxidant, antiseptic, blood cleanser, brain health, cell reconstruction, cardiovascular health, ↑ circulation, detoxifier, digestive aid, fatty liver, gas, headaches, heavy metal chelation, ↓ inflammation, jaundice, kidney & liver support, migraine, mood elevator, muscle spasms, nausea, pain relief, rheumatism

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## CINNAMON

- Immune, muscle & digestive health
- Rub on bottom of feet\*
- Apply directly to area of concern\*
- Add a few drops to gel capsule\*
- Diffuse diluted or with citrus oils\*
- A few drops to clean/disinfect
- \*Dilute before topical, internal or aromatic use
- \*Avoid during pregnancy

**Suggested uses:** antioxidant, anxiety, bladder infection, cardiovascular health, circulation, colds, digestion, disinfectant, exhaustion, flu, immune support, infections (bacterial, fungal & viral), ↑ libido, metabolism, mood elevator, muscle soreness, parasites, rheumatism, respiratory infections, typhoid, UTI, vaginitis

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## CLARY SAGE

- Hormonal & eye health
- Rub a few drops on bottom of feet\*
- Apply directly to ankles\*
- Apply directly to area of concern\*
- Add few drops to gel capsule\*
- Diffuse or apply to hands\*, inhale
- \*Caution during pregnancy

**Suggested uses:** amenorrhea, bronchitis, cholesterol, cell regulation, circulation, cramps (intestinal & menstrual) dry skin, emotional support, eye health, hemorrhoids, hormonal imbalance, ↓ inflammation, impotence, insect bites, insomnia, kidney disorders, ↑ libido, pre-menopause, stress, throat infection, ulcers

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## CLOVE

- Circulation, immune & respiratory
- Rub a few drops on bottom of feet\*
- Apply directly to area of concern\*
- Add few drops to gel capsule
- Diffuse or apply to hands, inhale\*
- Dilute, rub on gums or infected tooth
- \*Dilute before aromatic, internal or topical use

**Suggested uses:** addiction recovery, bad breath, bladder infection, blood clots, cardiovascular health, cholera, dental infection, disease, dysentery, hepatitis, hypertension, lupus, malaria, memory, MS, nerve inflammation, nerve pain, polio, thyroid imbalance, teething/toothaches, skin cancer, viral infections, ulcers, warts

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## CORIANDER

- Digestive & hormonal health
- Rub a few drops on bottom of feet
- Apply directly to area of concern
- Add a few drops to flavor water
- Add few drops to gel capsule
- Diffuse or apply to hands, inhale

**Suggested uses:** adrenal support, child birth recovery, ↑ circulation, digestive health, dysentery, exhaustion, gout, hernia, hemorrhoids, hormonal balance, irritability, low energy, measles, menstrual cramps, migraines, muscle aches & pain, nausea, nerve health, PMS, shock, skin health, stress, toothaches

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## CYPRESS

- Cardiovascular, muscle & bone health
- Rub a few drops on bottom of feet
- Apply directly to area of concern
- Diffuse or apply to hands, inhale
- Improves circulation & cardio health

**Suggested uses:** bladder issues, blood capillaries, blood clots, cardiovascular support, cramps, diabetes, excessive sweating, foot odor, hemorrhoids, inflammation, liver stress, lung & sinus congestion, lymphatic system, muscle & tissue repair, nerve protection, reproductive issues, rashes, respiratory system

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## EUCALYPTUS

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essential oils

- Respiratory system & skin health
- Rub a few drops on bottom of feet
- Apply directly to area of concern
- Diffuse or apply to hands, inhale
- Place few drops in bowl of hot water, place towel over head & bowl, inhale

**Suggested uses:** acne, allergies, bacterial & viral infections, bronchitis, colds, coughs, ear inflammation, endometriosis, flu, hay fever, herpes, insect repellent, lung & sinus congestion, mucus, muscle soreness, pneumonia, purification, soothe & strengthen respiratory system, skin issues, sinus infections, vaginitis

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## FENNEL

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- Digestive aid & hormone health
- Rub a few drops on bottom of feet
- Apply directly to area of concern
- Add a few drops to flavor water
- Add few drops to gel capsule
- Diffuse or apply to hands, inhale

**Suggested uses:** balance hormones, bladder infection, cleansing, constipation, digestion aid, earaches, fluid retention, gas, ↓ hunger pains, insect & snake bites, intestinal cramps/spasms, intestinal parasites/worms, kidney stones, ↑ lactation, liver support, nausea, obesity, pancreas support, PMS, pre and post menopause

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## FRANKINCENSE

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- Emotional, immune, nervous, & skin
- Rub a few drops on bottom of feet
- Apply directly to area of concern
- Add few drops to gel capsule
- Diffuse or apply to hands, inhale
- Use frankincense when in doubt

**Suggested uses:** ADD/ADHD, aging, allergies, antiseptic, asthma, anxiety, bites, bronchitis, carbuncles, colds, coughs, concentration, diarrhea, gonorrhea, HBP, headaches, hemorrhaging, herpes, inflammation, laryngitis, liver stress, pneumonia, prostate issues, meningitis, mood elevator, respiratory aid, sores, staph, strep, syphilis, TB, tension, thyroid, tonsillitis, ulcers, warts, wrinkles

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## GERANIUM

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essential oils

- Emotional & skin health
- Rub a few drops on bottom of feet
- Apply directly to area of concern
- Add a few drops to flavor water
- Add few drops to gel capsule
- Diffuse or apply to hands, inhale

**Suggested uses:** anxiety, bone health, calming, ↓ cholesterol, circulation, detox, diarrhea, digestion, disinfectant, fever, flu, heartburn, infection (bacterial & fungal), inflammation, insomnia, jaundice, metabolism, mood elevator, ↓ muscle soreness & spasm, scurvy, toning, tissue repair, ↓ water retention, wrinkles

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## GINGER

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- Digestive & nervous system health
- Rub a few drops on bottom of feet\*
- Apply directly to area of concern\*
- Add a few drops to flavor water
- Add few drops to gel capsule
- Diffuse or apply to hands, inhale

\* Possible dilution, and avoid sunlight for 6 hrs

**Suggested uses:** angina, arthritis, cardiovascular health, congestion, coughs, cramps, digestive complaints, fever, flu, gas, head congestion, impotence, indigestion, infectious diseases, ↑ libido, memory, morning & motion sickness, muscle aches & pain, nausea, nervous system, rheumatism, sinusitis, sore throats

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## GRAPEFRUIT

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essential oils

- Digestive, cardio & lymphatic health
- Rub a few drops on bottom of feet\*
- Apply directly to area of concern\*
- Add few drops to water/gel capsule
- Diffuse or apply to hands, inhale

\*Use instead of other citrus oils if sun is unavoidable

**Suggested uses:** anxiety, appetite regulation, burn fat (lipolysis), bruises, cardiovascular health, cellulite, digestion, disinfectant, diuretic, drug withdrawal, dyspepsia, eating disorders, fatigue, fevers, flu, gallstones, jet lag, kidney & liver disorders, lymphatic decongestant, ↑ metabolism, mood elevator, nervous system, obesity, petrochemical solvent, PMS, ↓ water retention

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essential oils

## HAWAIIAN SANDALWOOD

- Skin, emotions, nerves & muscle
- Rub a few drops on bottom of feet
- Apply directly to area of concern
- Add few drops to gel capsule
- Diffuse or apply to hands, inhale
- Use during yoga and/or relaxation

**Suggested uses:** aftershave, aging, anxiety, ↓ blood pressure, CNS support, colds concentration, coughs, cramps, depression, digestive aid, disinfectant, flu, gas, ↓ inflammation, memory, menstrual cramps, ↓ muscle spasm, scars, skin irritation & regeneration, skin toner, stress, tension, UTI, viral infections, wrinkles

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## HELICHRYSUM

- Cardiovascular, muscle & skin health
- Rub a few drops on bottom of feet
- Apply directly to area of concern
- Add few drops to gel capsule
- Diffuse, or apply to hands, inhale

**Suggested uses:** asthma, blood cleanser, bronchitis, bruises, circulation, chelator, cholesterol, coughs, detoxifier, ear conditions, gall bladder infections, headaches, insomnia, liver stress, lymphatic drainage, muscle soreness, phlebitis, respiratory system, sinuses, skin conditions, tissue repair, varicose veins, vertigo

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## LAVENDER

- Emotional balance, skin & CV health
- Rub a few drops on bottom of feet
- Apply a few drops directly to area
- Add few drops to gel capsule
- Diffuse or apply to hands, inhale

**Suggested uses:** acne, allergies, antihistamine, anxiety, balance the body, bruchitis, bruises, burns, calming, cardiovascular health, cuts, dandruff, earaches, eczema, fever, flu, fungal infections, gallstones, hay fever, headaches, herpes, hives, insect bites, insomnia, laryngitis, leg cramps, lymphatic drainage, menopausal conditions, ↑ mental clarity, nausea, neuropathy, phlebitis, psoriasis, rashes, respiratory system, scars, skin irritations, stretch marks, sunburns, thru

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## LEMON

- Immune, digestive & respiratory health
- Rub a few drops on bottom of feet\*
- Apply directly to area of concern\*
- Diffuse or apply to hands, inhale
- Add few drops to water or gel capsule
- Cleaning: few drops on location

\*Avoid direct sunlight for 12 hrs after topical use

**Suggested uses:** air & surface disinfect, antioxidant, blood pressure, blood purifier, ↓ cellulite, chelator, colds, detoxifier, digestion, ↑ energy, food poisoning, gout, immune support, infection (fungal & viral), liver stress, lymphatic system decongestant, ↑ memory, mood elevator, ↓ mucus, muscle aches, parasites, pH balance, sore throat, tissue cleanse & repair

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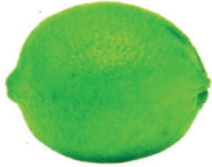
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essential oils

**LEMONGRASS**

- Immune, lymph, muscle & bone
  - Rub a few drops on bottom of feet\*
  - Apply directly to area of concern\*
  - Add few drops to gel capsule
  - Diffuse or apply to hands, inhale
- \*Possible skin sensitivity, dilute with carrier oil

**Suggested uses:** acne, bacterial infections, bladder infection, blood pressure, connective tissue repair, detoxifier, disinfectant, eye health, ↓ fluid retention, headaches, insecticide, ligament repair, lymphatic support, mood elevator, muscles, nervous system regulation, tendonitis, vascular wall strength, vasodilator

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**LIME**

- Respiratory, emotional & digestive
  - Rub a few drops on bottom of feet\*
  - Apply a few drops directly to area\*
  - Add few drops to water or gel capsule
  - Diffuse or apply to hands, inhale
  - Use to clean & disinfect
- \*Avoid direct sunlight for 12 hrs after topical use

**Suggested uses:** ↑ alertness, anxiety, asthma, balance pH, calming, colds, detox, digestion aid, disinfectant, ↑ energy, fatigue, gallstones, immune support, infection (bacterial & viral), lymphatic cleanse, ↑ memory, mood elevator, muscle aches & cramps, nails, respiratory issues, sinus congestion, skin toner, tissue repair

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**MARJORAM**

- Muscle, bone & cardio health
  - Rub a few drops on bottom of feet\*
  - Apply directly to area of concern\*
  - Add few drops to gel capsule\*
  - Add few drops to favorite recipe\*
  - Diffuse or apply to hands, inhale
- \*Caution during pregnancy

**Suggested uses:** aches, anxiety, arthritis, asthma, BP regulator, bruises, digestive aid, ↓ fluid retention, headaches, ↓ inflammation, insomnia, liver stress, menstrual cramps, ↓ muscle spasms & tension, ↓ nerve pain, pain relief, ↓ respiratory congestion, rheumatism, shock, sores, spleen support, sprains, stiff joints

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**MELALEUCA (Tea Tree)**

- Skin, immune, respiratory & muscles
- Apply topically to feet reflex points
- Apply directly to area of concern
- Add few drops to gel capsule
- Diffuse or apply to hands, inhale
- Heal skin cuts, wounds & infections

**Suggested uses:** acne, antiseptic, athlete's foot, boils, bronchitis, burns, Candida, cold sores, colds, decongestant, diarrhea, flu, gum disease, immune stimulant, ↓ inflammation, infections (bacterial, fungal, & viral), insecticide, mites, parasites, rash, shock, skin health, sunburn, tonsillitis, ticks, tissue regenerator, warts

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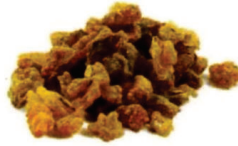
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essential oils

**MELISSA**

- Immune, emotional, & skin health
- Rub a few drops on bottom of feet
- Apply to temples and base of head
- Apply directly to area of concern
- Add a few drops to gel capsule
- Diffuse or apply to hands, inhale

**Suggested uses:** allergies, cell health, coughs, dementia, depression, digestive aid, emotional balance, fertility, HBP, headaches, herpes, immune support, insomnia, liver health, Lyme disease, mind rejuvenator, mumps, palpitations, PMS, pain relief, polio, respiratory system, sedative, shock, vertigo, viral infections

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**MYRRH**

- Hormones, immune, nervous & skin
  - Rub a few drops on bottom of feet\*
  - Apply directly to area of concern\*
  - Add few drops to gel capsule\*
  - Diffuse or apply to hands, inhale
- \*Caution during pregnancy

**Suggested uses:** anxiety, asthma, athlete's foot, bronchitis, Candida, coughs, disinfectant, digestive aid, eczema, fungal infection, gas, gingivitis, herpes, hormone balance, hyperthyroidism, leprosy, mucus, prostate health, ringworm, stretch marks, sore throat, syphilis, thrush, ulcers, wounds, wrinkles

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**OREGANO**

- Immune, respiratory & muscle health
  - Rub a few drops on bottom of feet\*
  - Apply directly to area of concern\*
  - Add few drops to gel capsule\*
  - Diffuse or apply to hands, inhale\*
- \*Dilute before aromatic, internal or topical use

**Suggested uses:** asthma, balance metabolism, bronchitis, colds, cooking, coughs, croup, digestion aid, fever, flu, fungal infections, immune stimulant, infection (bacterial & viral), ↓ inflammation, intestinal infection, joint pain, muscle aches & pain, parasites, pneumonia (bacterial & viral), respiratory congestion, rheumatism, TB, whooping cough

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**PATCHOULI**

- Skin, brain & nervous system health
- Rub a few drops on bottom of feet
- Apply directly to area of concern
- Diffuse or apply to hands, inhale
- Add a few drops to gel capsule

**Suggested uses:** acne, ADD/ADHD, Alzheimer's, anxiety, autism, brain health, cellulite, dandruff, diuretic, decongestion, deodorant, dermatitis, E Coli, eczema, hives, ↓ inflammation, insect & snake bites, insect repellent, protect CNS, scarring, skin Candida, skin infections & rashes, skin tightening, stroke recovery, tissue regenerator, UV ray protection, varicose veins, wounds, wrinkles

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**PEPPERMINT**

- Digestion, muscle, bone, nerves & skin
  - Rub a few drops on bottom of feet\*
  - Apply directly to area of concern\*
  - Add few drops in water or gel capsule
  - Diffuse or apply to hands, inhale
- \*Possible skin sensitivity, dilute with carrier oil

**Suggested uses:** allergies, arthritis, bruises, colic, digestive aid, fatigue, fever reducer, food poisoning, gas, halitosis, headaches, heartburn, heat exhaustion, hives, hot flashes, indigestion, IBS, ↓ inflammation, nervous system, memory loss, menstrual irregularity, ↑ mental performance, morning & motion sickness, muscle pain, nausea, respiratory aid, rheumatism, toothaches, viruses

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**ROMAN CHAMOMILE**

- Emotional, nervous system & skin
- Rub a few drops on bottom of feet
- Apply directly to area of concern
- Diffuse or apply to hands, inhale
- Mild for infants & young children

**Suggested uses:** acne, allergies, boils, blood cleanser, bruises, colic, dermatitis, earaches, eczema, fevers, hyperactivity, inflammation, insomnia, intestinal parasites, liver toxicity, mood elevator, muscle tension, neuritis, nervousness, rashes, restless legs, shock, skin regeneration, stress, stomachaches, toothache/teething

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## ROSE

- Emotional balance & skin health
  - Rub a few drops on bottom of feet\*
  - Apply directly to area of concern\*
  - Apply over heart and/or sternum\*
  - Add few drops to gel capsule\*
  - Diffuse or apply to hands, inhale\*
- \*Caution during pregnancy

**Suggested uses:** anti-aging beauty serum, anxiety, ↑ circulation, emotional balance, eye infection, feelings of love, herpes, hormone balance, hyperactivity, ↓ inflammation, insomnia, ↑ libido, mood elevator, nervous tension, sadness, scars, skin conditions, shock, stress, tension, thrush, trauma, wrinkles

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## ROSEMARY

- Immune, respiratory & nerve health
  - Rub a few drops on bottom of feet\*
  - Apply directly to area of concern\*
  - Add few drops to gel capsule\*
  - Diffuse or apply to hands, inhale\*
- \*Avoid during pregnancy; people w epilepsy & HBP

**Suggested uses:** arthritis, bladder infections, bronchitis, cancer, Candida, cellulite, central nerve health, chills, cholera, colds, colitis, depression, diabetes, earaches, fatigue (nervous/mental), flu, fluid retention, hair loss, headache, hepatitis, immune support, infection (bacterial & viral), menstrual regulation, palpitations, pain, respiratory infections, sinusitis, staph, strep, vaginitis

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## SANDALWOOD (INDIAN)

- Skin, emotions, nerves & muscle
- Rub a few drops on bottom of feet
- Apply directly to area of concern
- Diffuse or apply to hands, inhale
- Use during yoga and/or relaxation

**Suggested uses:** acne, anti-aging, anxiety, bone health, cardiovascular health, cartilage repair, circulation, ↑ concentration, coughs, depression, ↓ inflammation, lymphatic system, menstrual problems, nerves & nervous tension, pineal & pituitary health, sciatic pain, skin infection & regeneration, sores, wrinkles

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## TANGERINE

- Emotions, digestion, skin & immune
  - Rub a few drops on bottom of feet\*
  - Apply directly to area of concern\*
  - Add a few drops to water/gel capsule
  - Diffuse or apply to hands, inhale
- \*Avoid direct sunlight for 12 hrs after topical use

**Suggested uses:** antiseptic, anxiety, asthma, blood cleanser, CNS support, ↑ circulation, ↓ congestion, constipation, coughs, dandruff, detoxifying, diarrhea, digestive aid, ↑ energy, fat mobilizer, ↓ fluid retention, gas, immune support, ↓ inflammation, insomnia, mood elevator, ↓ muscle spasm, respiratory conditions, skin rashes, stress, stretch marks, ulcers

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## THYME

- Immune, respiratory, muscle & bone
  - Rub a few drops on bottom of feet\*
  - Apply directly to area of concern\*
  - Add few drops to gel capsule\*
  - Diffuse or apply to hands, inhale\*
- \*Dilute before aromatic, topical or internal use

**Suggested uses:** antioxidant, asthma, bladder infection, bronchitis, Candida, ↑ circulation, colds, coughs, colitis, croup, depression, dermatitis, digestion aid, fatigue, flu, gastritis, headaches, infection (bacterial, fungal & viral), insomnia, laryngitis, pleurisy, psoriasis, respiratory problems, sciatica, spinal viruses, TB, tonsillitis, UTI, vaginal Candida (not topically), whooping cough, wounds

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## VETIVER

- Emotions, hormones, nervous & skin
  - Rub a few drops on bottom of feet\*
  - Apply directly to area of concern\*
  - Add few drops to gel capsule\*
  - Diffuse or apply to hands, inhale\*
- \*Use with caution during pregnancy

**Suggested uses:** ADD/ADHD, acne, anorexia, anxiety, arthritis, blood cell formation, brain function, ↑ circulation, concentration, cuts, emotional trauma, hormonal balance, insomnia, immune support, nervousness, muscle spasms, parathyroid health, rheumatism, skin rejuvenation, sprains, shock, stress

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## WHITE FIR

- Muscles, bones, & respiratory system
- Rub a few drops on bottom of feet
- Apply directly to area of concern
- Diffuse or apply to hands, inhale
- Use during yoga and/or relaxation

**Suggested uses:** air purifier, aches, antioxidant, arthritis, anxiety, asthma, brain health, bone pain, calming, ↑ circulation, colds, coughs, croup, fevers, flu, grounding, ↓ inflammation, joint pain, mental clarity, mood elevator, muscle (cramps, soreness & pain), respiratory congestion & infections, rheumatism, UTI

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## WILD ORANGE

- Emotions, digestion, skin & immune
  - Rub a few drops on bottom of feet\*
  - Apply directly to area of concern\*
  - Add a few drops to water/gel capsule
  - Diffuse or apply to hands, inhale
  - Use to clean and disinfect
- \*Avoid direct sunlight for 12 hrs after topical use

**Suggested uses:** anxiety, bone health, ↓ cholesterol, ↑ circulation, detoxifying, diarrhea, digestion, disinfectant, fever, flu, heartburn, infections (bacterial & fungal), ↓ inflammation, insomnia, jaundice, metabolism, mood elevator, muscle soreness & spasms, scurvy, slimming/toning, tissue repair, ↓ water retention

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## WINTERGREEN

- Bone, muscle & joint health
  - Rub a few drops on bottom of feet\*
  - Rub directly on area of concern\*
  - Diffuse or apply to hands, \* inhale
  - Cortisone-like properties (methyl salicylate)
- \*Possible skin sensitivity, dilute with carrier oil  
\*Avoid during pregnancy or people with epilepsy

**Suggested uses:** arthritis, bladder infections, bone pain, disinfectant, diuretic, eczema, edema, fever reducer, gallstones, gout, hypertension, infection, ↓ inflammation, joint aches, joint pain, kidney stones, lymphatic system, muscle aches & cramps, muscle pain, osteoporosis, rheumatism, tendonitis

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## YLANG YLANG

- Cardiovascular, emotions & hormones
  - Rub a few drops on bottom of feet\*
  - Apply directly to area of concern\*
  - Add few drops to gel capsule\*
  - Diffuse or apply to hands, inhale\*
- \*Caution during pregnancy

**Suggested uses:** adrenals, anxiety, balance heart rhythms, BP regulation, colic, constipation, ↑ circulation, diabetes, hair health, hormone balance, indigestion, insect bites, impotence, infertility, insomnia, ↑ libido, mental fatigue, mood elevator, muscle spasms & soreness, palpitations, perfume, shock

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## MASSAGE BLEND

- Relax, Calm & Relieve Muscle Tension
- Apply directly to area of concern
- Apply over heart and/or along spine
- Rub a few drops on bottom of feet

Basil, Grapefruit, Cypress, Marjoram, Lavender & Peppermint



### PUREtherapeutic essential oils

**Suggested uses:** bone health, bruises, calming, cardiovascular health, ↑ circulation, fatigue, headaches (tension & migraine), ↓ inflammation, lymph decongestant, massage, muscle cramps, muscle soreness, muscle spasm, ↓ muscle tension, pain relief, respiratory problems, sprains, stress, tissue healing

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## GROUNDING BLEND

- Balance & Calm the Mind & Body
- Rub a few drops on bottom of feet
- Apply directly to area of concern
- Diffuse or apply to hands, inhale
- Apply to spine, heart, or solar plexus
- Use during yoga and/or relaxation

Spruce, Rosewood, Blue Tansy, Frankincense & Coconut Oil base



### PUREtherapeutic essential oils

**Suggested uses:** aftershave, balance body systems & emotions, balance right & left brain, calming, ↓ inflammation, liver cleanser, lymphatic cleanser, ↑ oxygen intake, muscle & joint pain relief, nervousness, pineal & pituitary support, release emotional blocks, respiratory support, soothes skin, stress, ↓ tension

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## RESPIRATORY BLEND

- Respiratory & Immune Support
  - Rub a few drops on bottom of feet\*
  - Apply directly to back or chest\*
  - Diffuse or apply to hands, inhale
  - Place few drops in bowl of hot water, place towel over head & bowl, inhale
- \*Possible skin sensitivity, dilute with carrier oil

Laurel Leaf (Bay), Peppermint, Eucalyptus, Melaleuca, Lemon, Ravensara



### PUREtherapeutic essential oils

**Suggested uses:** airborne bacteria and viruses, antiseptic, asthma, bronchial or lung inflammation, bronchitis, ↑ circulation, colds, coughs, congestion, croup, ↓ mucus, muscle aches & spasm, plantar fasciitis, pneumonia, purification, respiratory infections, respiratory support, skin conditions, snoring

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## INVIGORATING BLEND

- Emotional Balance & Immune System
  - Rub a few drops on bottom of feet\*
  - Apply directly to area of concern\*
  - Diffuse or apply to hands, inhale
  - Cleaning: add a few drops on location
- \* Avoid sun exposure for 12 hours after use

Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, Clementine & Vanilla Bean Extract



### PUREtherapeutic essential oils

**Suggested uses:** anger, blood & lymphatic cleanser, circulation, cleaner (home & surfaces), detoxifier, disinfection, diuretic, fluid retention, invigorator, irritability, lymphatic decongestant, mood elevator, muscle soreness, nervous system support, ↑ physical energy, stress & tension relief, water retention

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## TOPICAL SKIN BLEND

- Skin Health
- Apply topically to bottom of feet
- Apply directly to area of concern
- Apply sparingly to face

Rosewood, Eucalyptus Globulus, Geranium, Lemongrass, Melaleuca & Black Cumin Seed Oil



### PUREtherapeutic essential oils

**Suggested uses:** antioxidant, astringent, athlete's foot, Candida, cold sores, eczema, dermatitis, fungal growths, inflammation, moisturize & protect skin, oily skin, psoriasis, rashes, ringworm, skin infection (bacterial, fungal & viral), skin irritation, skin toner, sores, tissue healing, toenail fungus, warts, wounds

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## CELLULAR COMPLEX BLEND

- Promotes DNA & Cellular Health
- Rub a few drops on bottom of feet
- Apply along spine
- Add few drops to gel capsule
- Apply to hands, inhale

Frankincense, Wild Orange, Lemongrass, Thyme, Summer Savory, Clove, and Niaouli



### PUREtherapeutic essential oils

**Suggested uses:** ADD/ADHD, anti-aging, antioxidant, anxiety, apoptosis regulation, auto-immune disorders, CNS support, candida, cell health, ↑ concentration, DNA support, detoxifying, fatigue, ↓ fluid retention, immune support, ↓ inflammation, liver support, lymphatic support, MS, mood elevator, prostate support, tension, thyroid support, tissue repair, wrinkles

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## SOOTHING BLEND

- Soothe Aches, Pain & Inflammation
  - Rub a few drops on bottom of feet
  - Apply directly to area of concern\*
  - Rub on muscles, joints, neck or back\*
  - Use before & after workouts
- \* May follow with frankincense to enhance effects

Wintergreen, Camphor, Peppermint, Blue Tansy, Blue Chamomile, Helichrysum, & Osmanthus



### PUREtherapeutic essential oils

**Suggested uses:** arthritis, back pain, bone health, bruises, headaches, muscle aches & pain, muscle cramps, ↑ nerve function, inflammation, joint pain, joint inflammation, overexertion, rheumatism, sprains, strains, tendonitis, tension

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## DIGESTIVE BLEND

- Digestive Aid & Support
  - Rub a few drops to bottom of feet
  - Rub a few drops on stomach or ears
  - Add a few drops to water, sip slowly
  - Add few drops to gel capsule
- \*Caution during pregnancy or people with epilepsy

Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander & Anise



### PUREtherapeutic essential oils

**Suggested uses:** anorexia, bacterial & fungal infection, bloating, colic, constipation, diarrhea, digestion, dyspepsia, food poisoning, gas, halitosis, heart burn, inflammation, intestinal cramps/spasm, liver function, morning sickness, motion sickness, nausea, nervous digestion, parasites, UTI, vomiting

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## JOYFUL BLEND

- Emotional Health
  - Apply to heart, thymus, neck or wrists\*
  - Diffuse or apply to hands\*, inhale
  - Wear as perfume\*
  - Add to bath water
- \*Avoid sun exposure for 12 hours after skin application

Lavandin, Tangerine, Elemi, Lemon Myrtle, Melissa, Ylang Ylang, Omsanthus & Sandalwood



### PUREtherapeutic essential oils

**Suggested uses:** anxiety, agitation, CNS support, ↓ fluid/water retention, hopelessness, irritability, lymphatic decongestant, mood elevator, perfume, ↑ physical energy, SAD (seasonal affective disorder), skin, stress & tension relief

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## ANTI-AGING BLEND

- Anti-Aging, Skin & Thyroid Health
- Rub a few drops on bottom of feet
- Apply directly to area of concern
- Apply to face, neck and spine
- Roll-on thyroid gland or ankles

Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum & Rose



### PUREtherapeutic essential oils

**Suggested uses:** acne, age spots, antiseptic, anxiety, astringent, beauty serum, brain health, ↑ circulation, detoxifier, ↓ inflammation, insomnia, ↓ melanin production, muscle soreness, PMS, protects & hydrates skin, reverse sun damage, ↑ skin elasticity, skin & tissue repair, skin toner, thyroid, wrinkles

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## FOCUS BLEND

- ↑ Focus, Clarity & Thought Process
- Rub a few drops on bottom of feet
- Apply along spine, neck & temples\*
- Rub on hands, inhale
- \* Avoid contact with eyes and inner ears

Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, Hawaiian Sandalwood, Roman Chamomile

**Suggested uses:** ADD/ADHD, acne, adrenals, aftershave, aging, ↑ alertness, anxiety, autism, brain health, CNS support, circulation, ↑ clarity, concentration, deodorant, dermatitis, eczema, ↑ focus, hives, inflammation, insomnia, lymph system, memory, mood elevator, nerves & nervous tension, pineal & pituitary support, skin infections & rashes, skin toner, tissue regeneration, wrinkles

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## METABOLIC BLEND

- Slimming & Balance Metabolism
  - Rub a few drops on bottom of feet
  - Apply directly to area of concern
  - Add few drops to water/gel capsule\*
- \*Suggested Usages: combine w exercise & healthy eating  
3 drops in water, 3 x day or  
3 drops on tongue, 3 x day or  
5-8 drops in capsule, 3 x day

Grapefruit, Lemon, Peppermint, Ginger, Cinnamon

**Suggested uses:** anxiety, balance metabolism, blood sugar regulation, burn fat (lipolysis), ↑ circulation, detoxifier, diabetes, digestion aid, dissolve petrochemicals, infections (bacterial & fungal), ↑ liver function, lymphatic system cleanser, muscle soreness & spasms, reduce appetite cravings, slim/tone, water retention

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## PROTECTIVE BLEND

- Clean, Disinfect & Immune Protection
- Rub a few drops on bottom of feet\*
- Apply directly to area of concern\*
- Add few drops to gel capsule
- Diffuse or apply to hands, inhale
- Use to clean and disinfect

\*May be warming to skin, dilute with coconut oil  
Wild Orange, Clove Bud, Cinnamon Bark, Eucalyptus, & Rosemary

**Suggested uses:** air purification, bladder & kidney infection, blood-sugar regulation, ↑ circulation, colds, diabetes, digestion, disinfectant, flu, fungus, immune support, infection (bacterial & viral), inflammation, ↑ libido, metabolism, mold inhibition, parasites, respiratory system, sore throat, thymus, thyroid

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## MONTHLY BLEND

- Hormone Health, PMS & Menopause
  - Rub a few drops on bottom of feet
  - Rub on hands, inhale
  - Apply to abdomen, chest or neck\*
  - Roll-on thyroid or ankles\*
- \* Avoid direct sunlight for 72 hrs after topical use

Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, Vitex (chaste berry)

**Suggested uses:** acne, amenorrhea, anxiety, calming, endocrine support, hormonal balance, hot flashes, impotence, inflammation, insomnia, ↑ libido, menopause, menstrual cramps, mood elevator, muscle soreness, nausea, PMS, pre-menopause, skin & tissue repair, stress, thyroid, wrinkles

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## TENSION BLEND

- Muscle & Joint Pain & Tension Relief
- Apply directly to neck, temples or forehead for headache relief
- Apply to hand or feet reflex points
- Apply directly to muscles or joints

Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil & Rosemary

**Suggested uses:** anxiety, arthritis, back ache & pain, body ache & pain, bone pain, calming, ↑ circulation, headache (migraine & tension), ↓ inflammation, joint pain, muscle ache/cramp/spasm, muscle stiffness & tension, neck ache & pain, nervousness, rheumatism, sciatic pain, sinus congestion, ↓ stress, whiplash

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## REPELLENT BLEND

- 100% Natural Bug & Insect Repellent
- Apply several drops directly to exposed skin & openings in clothing
- Reapply every 3-6 hrs or as needed
- Diffuse or apply to string/ribbon
- Safe for entire family!

\*Not for use in eyes, ears or mouth; Apply sparingly around eyes & ears; Do not use over cuts/wounds

Lemon Eucalyptus, Citronella, Lemongrass, Propriety Blend of 12 Other Oils

**Suggested uses:** insecticidal: bugs & insects; repel: ants, biting bugs & insects, cockroaches, flying insects, mosquitoes & silver fish; Does not contain artificial ingredients, fragrances, or harsh chemicals such as DEET. Will not stain clothing.

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## CLEANSING BLEND

- Purify Air & Disinfect Surfaces
  - Rub a few drops on bottom of feet\*
  - Apply directly to area of concern\*
  - Diffuse or apply to hands, inhale
  - Cleaning: add a few drops on location
  - Add to paint to reduce fumes
- \* Avoid sun exposure for 12 hours after use

Lemon, Lime, Pine, Citronella, Melaleuca & Cilantro

**Suggested uses:** air disinfectant & purifier (bacteria, microorganisms, mold & viruses), bites, blood detoxifier, cuts, deodorizer, disinfectant, immune stimulant, infections (bacterial, fungal & viral), insecticidal, insect repellent, ↑ memory, stings, tissue cleanser, tissue healer, UTI, uplifting, water purifier, wounds

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## WOMEN'S BLEND

- Hormonal, Emotional & Skin Balance
- Rub a few drops on bottom of feet
- Diffuse or wear as perfume
- Apply to forearms, wrist, ankles, or stomach for hormonal balance
- Apply to neck in PM for hot flashes

Patchouli, Bergamot, Sandalwood, Rose, Jasmine, Cinnamon Bark, Cistus, Vetiver, Ylang Ylang, Geranium, Cocoa & Vanilla Bean Extracts

**Suggested uses:** anxiety, ↓ blood pressure, calming, emotional balance, headaches, hot flashes, impotence, insomnia, ↑ libido, menstrual & muscle cramps, mental clarity, mood elevator, muscle aches, nervousness, oxygenator, menopause, PMS, skin issues, stress, tension, trauma

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## CALMING BLEND

- Nervous & Emotional Stress Blend
- Apply directly to neck, back and feet
- Apply directly to area of concern
- Diffuse or apply to hands, inhale
- Spray on pillow before retiring to bed
- Use in bath water

Lavender, Sweet Marjoram, Roman Chamomile, Ylang Ylang, Sandalwood & Vanilla Bean Extract

**Suggested uses:** anxiety, ↑ blood flow to brain, emotional stress, hyperactivity, insomnia, muscle aches & tension, mind calming, neuritis, nervousness, nerve support, rashes, restless legs, shock, sleep aid, stress, skin conditions, wounds

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## DETOXIFICATION BLEND

- Cleanse, Detox, & Immune Health
  - Rub a few drops on bottom of feet\*
  - Apply & rub a few drops along spine\*
  - Apply directly to area of concern\*
  - Add few drops to water/gel capsule
- \*May be warming to skin, dilute with coconut oil

Clove, Geranium, Grapefruit, Rosemary

**Suggested uses:** acne, addictions, Candida, cardiovascular support, digestion aid, endocrine health, fat burning, fatty liver, hormone support, infections (bacterial, fungal, & viral), ↓ inflammation, liver detox, liver disease, lymphatic decongestant, ↑ memory, menopause, parasites, respiratory complaints, skin

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