

# 30 Hacks in 30 Minutes

## The Top 10

### PEPPERMINT

- APPLY A DILUTED DROP UNDER YOUR NOSE TO OPEN YOUR AIRWAYS AND ASSIST **RESPIRATORY SUPPORT**.
- **CONSTIPATION FIX.** 2-5 DROPS INTO THE TOILET BOWL WILL ASSIST IN GETTING YOUR BOWELS AWAKE AND MOVING.
- **COOL DOWN.** PEPPERMINT IS A COOLING OIL – GREAT FOR REDUCING TEMPERATURES AND ALSO A GREAT OIL TO ADD TO A COOL COMPRESS FOR ACHY, HOT OR SWOLLEN FEET.
- **FEEL FULL.** DIFFUSING PEPPERMINT CAN CURB APPETITE.
- **STAY AWAKE.** PERFECT FOR DIFFUSING IN THE CAR TO SUPPORT TRAVEL OR MOTION SICKNESS AND ALSO INCREASE ALERTNESS ON THE LONGER TRIPS.
- **CIRCULATION AND CREATIVE BOOSTER.** PEPPERMINT CAN SUPPORT BLOOD CIRCULATION WHEN APPLIED TOPICALLY AND THAT HELPS GET YOUR CREATIVE JUICES FLOWING! A GREAT STUDY TIME OIL TO ENHANCE MEMORY AND CONCENTRATION.

### TEA TREE

- **HAIR & SCALP CARE.** MIX WITH YOUR SHAMPOO AND CONDITIONER - KEEPS NASTIES AWAY AND ALSO CLEANSSES SCALP AND PROMOTES HEALTHY HAIR GROWTH.
- **BLEMISHES.** ADD A DROP TO YOUR SKIN TONER TO KEEP YOUR SKIN BLEMISH FREE - GREAT FOR TEENAGERS IN DEALING WITH BREAK OUTS.
- TEA TREE HAS **ANTIBACTERIAL, ANTIFUNGAL AND ANTIVIRAL PROPERTIES.**
- TEA TREE OIL HAS ANTIMICROBIAL ACTIVITY, GIVING IT THE ABILITY TO FIGHT BACTERIA THAT LEAD TO NASTY RESPIRATORY TRACT INFECTIONS, AND ANTIVIRAL ACTIVITY THAT'S HELPFUL FOR FIGHTING OR EVEN PREVENTING **CONGESTION, COUGHS AND THE COMMON COLD.** THIS IS EXACTLY WHY TEA TREE IS ONE OF THE TOP ESSENTIAL OILS FOR COUGH AND RESPIRATORY ISSUES.
- SKIN INFLAMMATION, INCLUDING BEING USED AS A NATURAL **ECZEMA** TREATMENT AND FOR REDUCING **PSORIASIS.** SIMPLY MIX ONE TEASPOON OF COCONUT OIL, FIVE DROPS OF TEA TREE OIL AND FIVE DROPS OF LAVENDER OIL TO MAKE YOUR OWN SKIN IMPROVING LOTION.



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### LAVENDER

- LAVENDER HAS ANTIOXIDANT ACTIVITY AND HELPS PREVENT OR REVERSE OXIDATIVE STRESS. INHALING THE OIL'S VAPORS CAN HELP REDUCE BRAIN OXIDATIVE STRESS AND IMPROVE COGNITIVE IMPAIRMENT.
- IN THE BIBLE LAVENDER WAS USED TO ANOINT AND HEAL.
- HELPS HEAL BURNS, BITES AND CUTS - APPLY DIRECTLY TO THE AREA.
- RELAXANT PROPERTIES HELP SUPPORT AND BOOST MOOD, PROMOTE SLEEP.
- PAIN RELIEF - HEADACHES, ACHES, PERIOD PAIN.

### LEMON

- PERFECT FEET. LEMON AND TEA TREE WITH FCO ARE THE PERFECT PAIR TO RUB INTO DRY AND CRACKED FEET TO GET THEM SUMMER READY.
- LIGHTEN YOUR HAIR. A COUPLE OF DROPS INTO YOUR PALMS AND RUBBED THROUGH YOUR HAIR BEFORE GOING INTO THE SUN WILL GRADUALLY LIGHTEN YOUR HAIR.
- APPLIANCE FRESHENER. A COUPLE OF DROPS IN A CUP OF WATER INSIDE YOUR MICROWAVE FOR A MINUTE AND IMMEDIATELY WIPE OUT WHEN DONE. A COUPLE OF DROPS ON A PAPER TOWEL AND WIPE OUT YOUR FRIDGE OR PLACE A COUPLE OF DROPS IN A LITTLE CONTAINER OF BICARB AND LEAVE UNCOVERED INSIDE YOUR FRIDGE. A DROP OR TWO IN YOUR DISHWASHER WITH EACH CYCLE LEAVES IT SMELLING AMAZING.
- FRUIT PRESERVER. A COUPLE OF DROPS IN A SPRAY BOTTLE OF WATER AND SPRITZ YOUR FRUIT PLATTERS OR CHOPPED FRUIT. IT STOPS THEM FROM GOING BROWN!
- LEATHERS AND FURNITURE. LEMON MAKES A GREAT LEATHER CLEANER AND FURNITURE POLISH. ALWAYS SPOT TEST A SMALL SECTION BEFORE USING EVERYWHERE!



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### OREGANO – HOT HOT HOT

- ONE OF THE WORLD'S BEST ANTIBIOTICS. WHENEVER WE FEEL ILLNESS KNOCKING, 1 DROP IN A CAPSULE WITH OLIVE OIL DAILY FOR A WEEK IS ALL IT TAKES.
- MOULD DEFENCE. MIXED WITH WATER AND VINEGAR OREGANO IS A POWERFUL CLEANER FOR COOKING SURFACES AND IS A GREAT PREVENTATIVE TREATMENT FOR MOULD.
- WARMER. 1-2 DROPS IN FRACTIONATED COCONUT OIL AND MASSAGE INTO YOUR FEET AND HANDS TO HELP KEEP WARM AND BOOST YOUR IMMUNE SYSTEM.
- RESPIRATORY SUPPORT. TAKEN INTERNALLY OREGANO CLEARS ALL THE RESPIRATORY GUNK AND SUPPORTS CLEAR BREATHING.
- DRINK IT. 1 DROP IN A PITCHER OF WATER (OREGANO WATER) MAKES A HEALTHY AND PURPOSEFUL DRINK TO KEEP YOU RUNNING WELL FOR WINTER.
- DISH SMART. 1-2 DROPS IN A CYCLE OF YOUR DISHWASHER KILLS BACTERIA AND NASTIES AND LEAVES YOUR DISHWASHER CLEAN AND SAFE.

### ICE BLUE

**WINTERGREEN LEAF, CAMPHOR BARK, PEPPERMINT PLANT, YLANG YLANG FLOWER, HELICHRYSUM FLOWER, BLUE TANSY FLOWER, BLUE CHAMOMILE FLOWER AND OSMANTHUS FLOWER ESSENTIAL OILS**

- DILUTE WITH CARRIER OIL AND RUB INTO YOUR FEET BEFORE YOU SLIP INTO YOUR HIGH HEELS OR WHEN YOU KNOW YOU WILL HAVE A LONG DAY ON YOUR FEET.
- PERIOD PAIN BOMB - DILUTE AND APPLY TO LOWER ABDOMENT AND BACK TO EASE CRAMPING. THIS WORKS FOR ALL CRAMPING - ICE BLUE IS A MUSCLE RELAXANT!
- TENSION HEADACHES - APPLY TO YOUR NECK, SHOULDERS AND TEMPLES FOR RELIEF.
- GROWING PAINS? DILUTE AND MIX WITH COPAIBA AND LEMONGRASS AND RUB INTO LEGS.

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### FRANKINCENSE

- HELPS REDUCE STRESS REACTIONS AND NEGATIVE EMOTIONS - WHEN INHALED, FRANKINCENSE OIL BEEN SHOWN TO REDUCE HEART RATE AND HIGH BLOOD PRESSURE. IT HAS ANTI-ANXIETY AND DEPRESSION-REDUCING ABILITIES, BUT UNLIKE PRESCRIPTION MEDICATIONS, IT DOES NOT HAVE NEGATIVE SIDE EFFECTS OR CAUSE UNWANTED DROWSINESS
- FRANKINCENSE BENEFITS EXTEND TO IMMUNE-ENHANCING ABILITIES THAT MAY HELP DESTROY DANGEROUS BACTERIA, VIRUSES AND EVEN CANCERS.
- THE ANTISEPTIC QUALITIES OF THIS OIL MAY HELP PREVENT GINGIVITIS, BAD BREATH, CAVITIES, TOOTHACHES, MOUTH SORES AND OTHER INFECTIONS FROM OCCURRING
- FRANKINCENSE IS AN ANTISEPTIC AND DISINFECTANT AGENT THAT HAS ANTIMICROBIAL EFFECTS. IT HAS THE ABILITY TO ELIMINATE COLD AND FLU GERMS FROM THE HOME AND THE BODY NATURALLY, AND IT CAN BE USED IN PLACE OF CHEMICAL HOUSEHOLD CLEANERS.
- FRANKINCENSE OIL BENEFITS MAY INCLUDE REDUCING SYMPTOMS ASSOCIATED WITH MENSTRUATION AND MENOPAUSE BY BALANCING HORMONE LEVELS, FRANKINCENSE OIL MAY ALSO HELP WITH REGULATING ESTROGEN PRODUCTION AND MAY REDUCE THE RISK OF TUMOR OR CYST DEVELOPMENT IN PREMENOPAUSAL WOMEN.
- FRANKINCENSE OIL CAN HELP WITH WOUND HEALING AND MAY DECREASE THE APPEARANCE OF SCARS. IT MAY ALSO HELP REDUCE THE APPEARANCE OF DARK SPOTS CAUSED FROM ACNE BLEMISHES, STRETCH MARKS AND ECZEMA, AND IT CAN HELP WITH HEALING SURGICAL WOUNDS.

### EASY AIR - RESPIRATORY BLEND

**LAUREL LEAF, EUCALYPTUS LEAF, PEPPERMINT PLANT, MELALEUCA LEAF, LEMON PEEL, CARDAMOM SEED, RAVINTSARA LEAF AND RAVENSARA LEAF ESSENTIAL OILS**

- DIFFUSE AT NIGHT TO OPEN AIRWAYS AND PROMOTE CLEAR BREATHING.
- PERFECT FOR RELIEVING THE SNIFFLES AND BLOCKED NOSES - DILUTE AND APPLY OVER CHEST AND NECK AREA OR INHALE FROM BOTTLE.
- SEASONAL ALLERGIES? THIS IS A GREAT BLEND TO APPLY AND DIFFUSE FOR SINUS AND HAYFEVER.
- SINUS STEAMER, SHOWER FLOOR - ALL GREAT WAYS TO USE THIS BLEND.
- AFTERNOON SLUMP? STRESSED OUT? THE OILS IN THIS BLEND ARE UPLIFTING AND CALMING SO THIS IS A PERFECT WAY TO GET REFOCUSSED AND MOTIVATED.
- RUNNING OR WORKING OUT? POP A DROP ON YOUR SHIRT OR GYM CLOTHES.



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## ON GUARD - PROTECTIVE BLEND

### ROSEMARY, CLOVE, CINNAMON, WILD ORANGE, EUCALYPTUS

- YOUR MOUTH WILL THANK YOU. TRY SWISHING ON GUARD WITH A BIT OF WATER AFTER DENTAL WORK. YOU CAN ALSO APPLY ON GUARD DIRECTLY TO YOUR TEETH AND GUMS (OR ADD A DROP TO YOUR TOOTHPASTE) TO SOOTHE IRRITATED GUMS. FOR A CLEAN TOOTHBRUSH, STORE IT OVERNIGHT IN A SMALL GLASS OF WATER WITH 3-5 DROPS OF ON GUARD.
- ERADICATE OVEN SMELLS. AFTER CLEANING YOUR OVEN (WHETHER SELF-CLEANING OR WITH ELBOW GREASE) SPRAY THE INSIDE WITH A MIX OF WATER, ON GUARD AND LEMON OILS). THIS REMOVES ALL ODOURS – EVEN THE SMELL OF OVEN CLEANER (WHICH NONE OF US USE AS IT IS SO TOXIC, RIGHT?).
- SOOTHE YOUR THROAT. MIX A DROP OF ON GUARD, 2 DROPS OF LEMON TO A TEASPOON OF HONEY TO SOOTHE SORE THROATS IN WINTER. YOU CAN EVEN GARGLE ON GUARD AND WATER TO SUPPORT A SORE THROAT.
- IMMUNE BOOST. FOR THOSE THAT ARE CONSCIOUS OF BOOSTING THEIR IMMUNE SYSTEM 1 DROP OF ON GUARD IN YOUR JUICE OR SMOOTHIE EACH DAY IS ENOUGH TO SUPPORT YOU THROUGH WINTER MONTHS. IF YOU CANNOT DO THE CLOVE TASTE (WHICH BLENDS WELL WITH ORANGE JUICE) THAN TRY A CAPSULE OR 2 BEADLETS.
- MOULD BE GONE. GET THIS EVERYWHERE THAT IS DARK AND DAMP.

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## ZENGEST - FORMERLY DIGESTZEN - DIGESTIVE BLEND

**GINGER RHIZOME/ROOT, PEPPERMINT PLANT, CARDAMOM OIL, CARAWAY SEED, CORIANDER SEED, ANISE SEED, FENNEL SEED**

- SOOTHES THE STOMACH - TRAVEL OR MOTION SICKNESS, NAUSEA, ANXIOUS BUTTERFLIES. DILUTE AND APPLY TO STOMACH AREA.
- GREAT FOR REGULATING - A DAILY MUST FOR CONSTIPATION SIMPLY ROLL ONTO STOMACH AND LOWER BACK BUT ALSO GREAT AT STOPPING DIARRHEA.
- REGULATES BLOCKED AND RUNNY NOSES (THANKS CARDAMOM!) - SIMPLY ROLL DOWN THE BRIDGE OF THE NOSE AND INHALE.
- HANGOVER? 1-2 DROPS IN A SHOT OF WATER AND DRINK IT - IT WILL SETTLE THE STOMACH AND LETHARGY. GASTROINTESTINAL TRACT MAINTENANCE - DRINK DAILY.
- SORE OR ACHEY BODIES - DILUTE AND MASSAGE INTO AREAS OF CONCERN.

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