

100

ways to use your kit



Peppermint + Lavender



1. **Inhale** directly from cupped hands
2. **Diffuse** with Wild Orange for an energizing boost
3. Make a **room spray** - add 15 drops to an 8 oz spray bottle with H₂O
4. Add a drop to your favorite **smoothie recipe**
5. Combine a drop with Lemon oil in water for a healthy, refreshing **mouth rinse**
6. Make a **bug repellent** spray
7. Apply diluted down the neck and spine for a **cooling sensation**
8. Apply to temples, back of neck and shoulders for **head tension**
9. Add a few drops to **diffuser jewelry**
10. Take in a Veggie Capsule to alleviate **occasional stomach upset**

1. **Inhale** directly from cupped hands
2. **Diffuse** at night to calm a restless baby
3. Make a **room spray** - add 15 drops to an 8 oz spray bottle with H₂O
4. Add 2-3 drops into a **warm bath** with Epsom salts
5. Add to **dryer balls**
6. Add a few drops to tea or water to reduce **anxious feelings** and promote peaceful sleep
7. Apply to **bottoms of feet** at bedtime to help unwind
8. Put a few drops on your **pillow** at night
9. Add a few drops to **diffuser jewelry**
10. Apply to skin to **soothe irritations**



Copaiba + Lemon



1. Add one to two drops to **water, juice or tea**
2. Combine with Deep Blue to soothe sore, tired muscles
3. **Swish** with two drops and one drop of Peppermint to **freshen the breath**
4. Add 2-3 drops to a **veggie cap**
5. Place one to two drops **under tongue**
6. Combine 1-2 drops with **face moisturizer**
7. **Inhale** directly from cupped hands
8. Apply to bottom of feet **before bed**
9. **Diffuse** with Vetiver, Lavender, and Wild Orange before bed
10. **Diffuse** two drops with four drops of Serenity to promote a calm and peaceful environment

1. Add a few drops to your water for a **gentle detox**
2. **Diffuse** to create an uplifting environment
3. Add a few drops to your **smoothie or tea**
4. Use a cloth soaked in Lemon oil to preserve and **protect your leather**
5. Make a **spray to clean** tables, counter tops, and other surfaces
6. Diffuse with **Lavender and Peppermint**
7. **Inhale** directly from cupped hands
8. Add to your **dryer balls**
9. Add to your laundry **rinse cycle**
10. **Remove stickers and gum** from hair and **crayon** markings from walls



Deep Blue[®] + Breathe[®]



1. Apply on feet and knees **before and after exercise**
2. Massage with a few drops of carrier oil onto **growing kids' legs** before bedtime
3. Rub on **lower back muscles** after a day of heavy lifting
4. Apply diluted to **back of neck and shoulders**
5. Apply to sore joints to help **reduce inflammation**
6. Add a few drops to lotion for a **soothing back massage**
7. Make a roller blend with **Copaiba and Lemongrass**
8. Apply diluted to wrists after a **long day at the computer**
9. Add a few drops to **diffuser jewelry**
10. Apply to bottoms of feet after a **long day of walking**

1. **Diffuse** to help clear airways
2. **Inhale directly from palms** when seasonal threats are high
3. Add a few drops to lotion and **rub on chest**
4. Diffuse throughout the home to help **purify and freshen the air**
5. Add a few drops to a **sinus steamer**
6. Place one drop in hand and inhale for a **mid-day pick-me-up**
7. Apply under and over **bridge of nose** when congested
8. Inhale a few drops before and after **exercise**
9. Place a few drops on **shower floor** in the morning to help clear airways and wake you up
10. **Diffuse with Lavender** at bedtime



On Guard® + DigestZen®



1. Add two to three drops to a **veggie capsule** for an immune boost
2. Make a non-toxic **All Purpose Cleaning Spray** - add 15 drops to an 8 oz spray bottle with H₂O
3. **Soak sliced apples** in water and a few drops for a healthy, immune-boosting snack
4. Combine a few drops with Fractionated Coconut Oil for a **natural hand cleanser**
5. Use internally to promote **healthy circulation**
6. Take a few drops daily in a veggie cap to support **healthy cardiovascular function**
7. **Inhale** directly from cupped hands
8. **Diffuse** for an energizing and uplifting aroma
9. Combine one drop with Lemon and **gargle**
10. Add a drop to **tea with honey** to soothe a sore throat

1. Rub on the stomach before **flying or a road trip**
2. **Diffuse** for occasional motion sickness
3. Add a **few drops to water**
4. **Inhale** directly from cupped hands
5. Apply diluted over **sinuses**
6. Add a few drops to a hot mug of water to make a **sinus steamer**
7. Apply to **abdomen before a stressful situation**
8. Make a **roller bottle** for on-the-go use
9. Add a few drops to **diffuser jewelry**
10. Add a few drops to a **veggie cap**



Balance® + Adaptive®



1. Begin your day by putting a few drops on the **bottom of your feet**
2. **Diffuse** to create a tranquil environment
3. Diffuse in your car during **road trips**
4. Add a few drops to your **bath** with Epsom Salts
5. Make a **calming spray**
6. Diffuse with **Serenity®**
7. **Inhale** directly from cupped hands
8. Add to your **dryer balls**
9. Add a few drops to **diffuser jewelry**
10. Blend with AromaTouch for a **hand massage**

1. **Diffuse** to soften stressful moments
2. Mix three drops with FCO for a soothing **massage**
3. Add a few drops to your **diffuser jewelry**
4. Add 2-3 drops to 1 cup of **Epsom salts** and add to bath
5. Wear as a **perfume** by adding a few drops to your pulse points
6. Combine 1-2 drops with **body lotion**
7. **Inhale** directly from cupped hands
8. Apply to bottom of feet **before bed**
9. Inhale and apply to pulse points before a **stressful meeting**
10. Add 15 drops to a **roller** and top with FCO

