

November 2019

BOGO WEEK

USAGE GUIDE

Thanks for joining in!

This usage guide will remind you of all the amazing reasons you bought your BOGO deals!

TRY SOMETHING
NEW TODAY

On Guard

## DAY 1

Massage on feet to boost immune system

Add a drop to hot water, tea or spoonful of honey to soothe irritated throat

Add 15-20 drops to an 8oz spray bottle with distilled water and use to clean surfaces

Massage along the spine when feeling under the weather to support the immune system

Diffuse with Breathe to cleanse the air and bust congestion

Take 1-2 drops in a veggie capsule with Oregano, Tea Tree and or Lavender to support immune system when not well







DAY 1

Breathe

Diffuse 3 drops with 2 drops Lemon to soothe seasonal discomforts

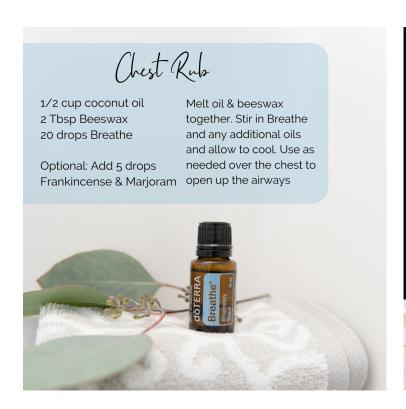
Add 2 drops to a tsp fractionated coconut oil and massage over chest and feet at night

Inhale from the palms of your hands to open airways during a hike or workout

Diffuse 3 drops with 2-3 drops Lavender for a good night's rest

Rub a drop, diluted, along the sides of the nose to soothe sinus tension

Combine with Peppermint, Eucalyptus or Cypress for added relief







### DAY 2

Digestzen

Massage over the stomach during times of digestive upset

Combine with Lavender to soothe bloating

Rub 1 drop, diluted, along the sides of the nose to soothe sinus tension

Add 1-2 drops to a gulp of water to soothe an upset stomach or for acid relief

Massage 1-2 drops over the stomach and lower back to reduce menstrual cramps

Inhale from the palms of your hands to soothe nausea, morning, sickness or motion sickness

Motion Gick

Add a drop direct into the belly button & inhale from your palms to calm nausea

Rub along sides of the nose to open soothe sinuses

Ginns Tension

Rub over stomach & lower back to soothe cramping

Add 1-2 drops to a gulp of water & drink. Rub over tummy

Blend with Lavender to soothe bloating

Place a drop in your palms and inhale deeply

Add 1-2 drops to a gulp of

Rub over stomach before or during a nerve wrecking situation, to calm the nerves





### DAY 2

Boost Immune Gystem

Roll on bottoms of the feet daily

Bed Time Roll behind ears, feet and inhale

before bed time

Goothe Gein Rub over minor skin irritations, like bug bites



Goothe Emotions

Roll palms and inhale deeply during times of distress

Respiratory Support

Rub over the chest and bottom of the feet for daily support





Lift Mood inhale to boost

confidence & calm nerves

Motion Gick

Add a drop direct into the belly button & inhale from your palms to calm nausea

Focus Roll behind ears and inhale to

increase focus

Add 1-2 drops to a gulp of water & drink. Rub over tummy



Bloating Blend with Lavender to soothe bloating

Muscle Tension

Massage into tense muscles for a cooling sensation

Nervous Belly

Rub over stomach before or during a nerve wrecking situation, to calm the nerves

Two of 7 from the Kid's Collection. Prediluted specifically for use with kiddos

Lavender

## DAY 3

Add a drop to coconut oil to soothe minor skin irritations like bug bites, stings & scrapes

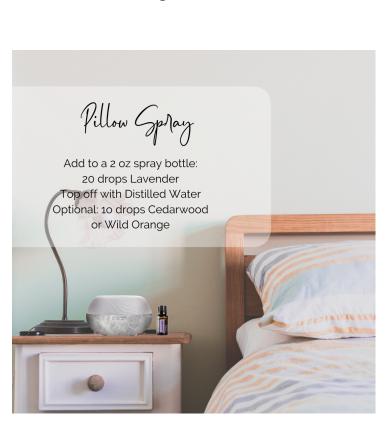
Diffuse with Cedarwood or Breathe for a good night's rest

Add 2 drops with Lemon and Peppermint to a gulp of water to soothe seasonal irritations

Massage into tense and tight muscles to calm

Inhale from the palms of your hands during anxious or stressful moments

Dilute 1 drop to 1 Tbsp coconut oil and massage over baby's gums or jawline to soothe teething discomfort







# Peppermint

## DAY 3

Diffuse 3 drops with 3 drops Wild Orange to promote focus

Inhale from the palms of your hands to open the airways and soothe sinus tension

Massage to the back of the neck & shoulders to soothe tension

Combine 1 drop with 1 drop Lavender to coconut oil and massage over sun exposed skin

Rub over chest with 1 drop each Cypress and Marjoram to break up phelgm & tough coughs

Add a drop to some water to use as mouthwash









## HOLIDAY PEACE Digguser blends

FRESH & AIRY

3 Holiday Peace

2 Lemon

HOLIDAY BLISS

2 Citrus Bliss

2 Holiday Peace

EXTRA PEACE

4 Holiday Peace

2 Peace

FRESH FOREST

3 Holiday Peace

2 Cypress

2 Cedarwood

SILENT NIGHT

3 Holiday Peace

2 Balance

2 Frankincense

## DAY 4





Add to a 20z spray bottle: 1 tsp Rubbing Alcohol Pinch of Epsom Salt 20-30 drops Holiday Peace Top off with Distilled Water



**To Use:** Shake & spritz 4-5 times over the water before you have to go



## CITRUS BLISS Diguser blends

#### **BRIGHT & BREEZY**

- 3 Citrus Bliss
- 2 Breathe

#### HOLIDAY BLISS

- 2 Citrus Bliss
- 2 Holiday Peace

#### APPLE PIE

- 3 Citrus Bliss
- 3 Siberian Fir
- 2 Cinnamon

#### ROOTBEER

- 3 Citrus Bliss
- 2 Wintergreen

#### MELLOW MAMA

- 3 Citrus Bliss
- 2 Sandalwood
- 2 Ylang Ylang

#### MINT CREAMSICLE

- 3 Citrus Bliss
- 2 Spearmint

## DAY 4





# Deep Blue + Rub

DAY 5

Massage over achy or tense muscles to soothe

Combine oil with Copaiba at the end of a stressful day to tense shoulders, neck or feet

Rub over areas of discomfort before and after workout or strenuous activity

Massage the rub over the area of discomfort after a warm shower

Rub into the neck and forehead to soothe head tension

Use over stomach and lower back to soothe menstrual cramps







Thank You!

WE KNOW YOU WILL LOVE YOUR NEW OILS

Please do not hesitate to reach out with any questions. We are ready to support you and want you to get the most out of your essential oil journey!

If you are not already earning FREE rewards points on your orders and shipping, be sure to start ordering your monthly wellness box via our generous Rewards Program! Here is how it works:

#### **Monthly Wellness Box**

- Monthly customized box delivered right to your door
- Earn points back on orders of 50PV or more
- Minimum 1PV order
- Earn free products when you spend 125PV by the 15th
- Earn points back on your shipping costs
- Increase points earned every 3 months of 50PV orders



More info on the next page...

Rewards Mogram

DON'T MISS OUT ON FUTURE FREEBIES!

#### Can I change the items I get each month?

Yes! You have full control. Be sure to change your items at least 24 hours before your shipping date

#### Can I change my shipping date?

Yes, when you are in edit mode, simply click the calendar icon next to your current ship date to select an available date. You also have the option to process your order early and it will count for the month. Simply choose "Proceed to Checkout."

#### Can I opt out of Loyalty Rewards?

Yes, you can do so via Live Chat or by calling Customer Services. Take note that if you opt out, you must use your points before cancelling.

#### How do I use my points?

When in your shopping cart, locate the "Use Points" column to select which items you would like to apply your points toward.

Keady, Get, Vill