



November 2019

BOGO WEEK

USAGE GUIDE

The background features a teal and light blue geometric design. A teal triangle is in the top-left corner, and a teal rectangle covers the top-right. The rest of the top half is white, and the bottom half is a solid light blue.

*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



## On Guard Honey

4 oz honey  
10 drops each:

On Guard	Tea Tree
Lemon	Frankincense
Peppermint	Lavender

Stir oils in to the honey and store in a small jar.

Take 1 small spoonful every hour or two, as needed, to soothe an irritated throat.



## Steam Mug

3 drops On Guard  
3 drops Breathe

Optional: Add a  
citrus or mint

Add to a steamy mug of water, close your eyes and cover your head with a towel to inhale the goodness. Open the airways & boost your immune system.



# Breathe

## DAY 1

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



### Chest Rub

1/2 cup coconut oil  
2 Tbsp Beeswax  
20 drops Breathe

Optional: Add 5 drops  
Frankincense & Marjoram

Melt oil & beeswax together. Stir in Breathe and any additional oils and allow to cool. Use as needed over the chest to open up the airways



DIY

*Stuffy Nose*  
10 ml roller

15

5





# DigestZen

## DAY 2

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 Sick*

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

### *Sinus Tension*

Rub along sides of the nose to open soothe sinuses

### *Bloating*

Blend with Lavender to soothe bloating

### *Menstrual Cramps*

Rub over stomach & lower back to soothe cramping

### *Morning Sickness*

Place a drop in your palms and inhale deeply

### *Constipation*

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

### *Acid Support*

Add 1-2 drops to a gulp of water & drink

### *Nervous Belly*

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



# DAY 2

## Boost Immune System

Roll on bottoms of the feet daily

## Bed Time

Roll behind ears, feet and inhale before bed time

## Soothe Skin

Rub over minor skin irritations, like bug bites



## Soothe 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

Roll onto wrists and inhale to boost confidence & calm nerves

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



## Motion Sick

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

## Focus

Roll behind ears and inhale to increase focus

## Constipation

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

# 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



### Pillow Spray

Add to a 2 oz spray bottle:  
20 drops Lavender  
Top off with Distilled Water  
Optional: 10 drops Cedarwood  
or Wild Orange



### Laundry Scent Booster

Add 2 cups Fine Sea Salt to a jar  
Mix in 15 drops each:  
Lavender & Peppermint

Add a tablespoon to your washer  
to give a light boost to the scent



# 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 phlegm & tough coughs

Add a drop to some water to use as mouthwash



### Lime Mint Foot Scrub

2 cups Epsom Salt  
1/2 cup Baking Soda  
1/4 cup Coconut oil  
4 drops each: Lime & Peppermint

Mix together & store in a jar. Massage into feet to exfoliate & cleanse



### Mint Hot Chocolate Mix

Add 3-5 drops Peppermint in  
1 cup Coconut Sugar  
1/2 teaspoon Sea Salt  
Stir in 1 cup Cocoa powder  
Store in a quart sized mason jar

**To Serve:** Use 1/3 cup of hot cocoa mix & stir in 1 cup of hot milk or almond milk





# DAY 4

## HOLIDAY PEACE *Diffuser 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



## *Holiday Peace* NO. 2 SPRAY

Add to a 2oz 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



# DAY 4

## CITRUS BLISS *Diffuser 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



*Citrus Bliss*

PURE-FUME

Add to a 10ml roller bottle:

20 drops Citrus Bliss

10 drops Grapefruit

10 drops Sandalwood

Top off with Fractionated Coconut Oil

# 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



## ACHY DAY protocol

### Morning

Add 1 drop lavender to rub & massage over achy muscles after a warm shower

### Noon

Massage the oil into tense muscles, feet or neck

### Evening

Layer 1-2 drops Copaiba over 1-2 drops Deep Blue before bed time

### Pre & Post Workout

Pre-workout: Massage rub over trouble areas.

Post-workout: Massage rub over tense areas & apply warm compress

### Extra Support

Add 8 drops to 2-3 cups Epsom Salts & soak feet or bath 20 min

## Blends well with...



Muscle & Joint discomfort



Soothe Nervous System



Massage & Relax



Increase Circulation



Post Strenuous Activity



Reduce Inflammation

# 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

**10%  
BACK**

Months  
1-3

**15%  
BACK**

Months  
4-6

**20%  
BACK**

Months  
7-9

**25%  
BACK**

Months  
10-12

**30%  
BACK**

Beyond  
a year

More info on the next page...

# Rewards Program

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.

Ready, Set, Oil!