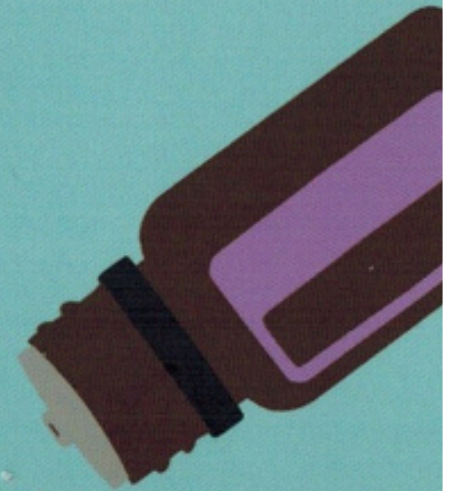




ESSENTIAL OILS
Starter Guide



what are they?



Did you know? Only an estimated 10% of the world's plants produce essential oils. These plants can usually be recognized by the aroma that they produce. The plants used to make essential oils originate from all over the world and are cultivated from many locations in North and South America, Europe, Africa, Asia and Australia.

Purity Matters

The APRC - Aromatic Plant Research Centre - tested oils from more than 50 companies, including from direct sellers, online retailers and retail stores.

The Results

- Of all oils tested from these companies (and some have had all of their oils tested) - 80% of oils sold are adulterated.
- Some reputable social media focused companies were 100% adulterated.
- Other large companies are 50% or more adulterated, harmful contaminants.
- Stringent third party testing ensures authenticity and potency.



ESSENTIAL OILS safety



Effectiveness



Use many available essential oil reference resources to find solutions to your daily wellness questions.



Different essential oils work for different people. When you're not getting the desired results, try different oils or application methods.



Massage to increase benefits and promote rapid absorption.



Try different application methods: apply to the bottoms of the feet, spine or navel.



Use oils topically with Fractionated Coconut oil to enjoy greater sustained absorption.

Safety



Avoid contact with the eyes, inside of nose and ears.



Dilute with Fractionated Coconut Oil for sensitive skin and sustained absorption.



Avoid sun exposure for at least 12 hours after applying Lemon, Wild Orange, Bergamot, Lime, Grapefruit, or other citrus oils topically.



Read labels and follow recommendations.

Best Practices



Keep your products at their best by avoiding exposure to extreme temperatures or direct sunlight.



Use glass containers with your essential oils, as they can break down some plastics over time.

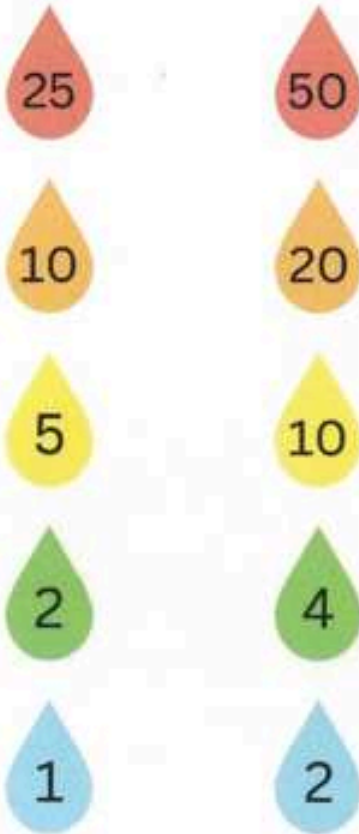


The 100% pure grade oils are potent. For best results, use smaller amounts frequently.

Drop = drops	Adult		Child	
	Ideal Amount	24 hr Max	Ideal Amount	24 hr Max
Aromatic	—	—	—	—
Internal	2 - 4 Ⓣ	12 - 24 Ⓣ	1 - 2 Ⓣ	3 - 12 Ⓣ
Oral	1 - 3 Ⓣ	4 - 18 Ⓣ	—	—
Dermal	3 - 6 Ⓣ	12 - 36 Ⓣ	1 - 2 Ⓣ	3 - 12 Ⓣ

ESSENTIAL OILS

making rollerballs



Targeted Concern	20%
Strong Everyday	10%
Everyday 11+ Years	5%
Pregnant & Children	2%
Elderly & 1+ Year	1%



5 ml

10 ml

10ml = about 200 drops total
5ml = about 100 drops total

Add the essential oil drops to roller bottle, fill with carrier oil and apply regularly to targeted areas.

For general wellness, apply to feet.

ESSENTIAL OILS
internally



Add 1-2 drops of the protective blend to a **veggie capsule** and swallow with water to support a healthy **immune** system.



Add 1-2 drops of **citrus** or **mint** oil to your water and drink throughout the day for their cleansing properties.

(avoid plastic containers)



Add a drop of Frankincense **under** the **tongue** for cellular health.

ESSENTIAL OILS
topically



Apply to **targeted areas** of concern or discomfort, dilute with carrier oil.

Top tip: applying through massage and adding a **heat** compress will help to drive the oils deeper into muscle tissue.



The feet contain pressure points that correspond to different body parts and organs.

Essential oils can be absorbed through the pores on the **bottom of the feet**, which are the largest on the body, making it an effective way to apply them.



Try rolling on **temples or back of neck** to support focus or relieve tension.

Add a drop of Lavender or Frankincense to your **moisturiser** and add to skin care routine.

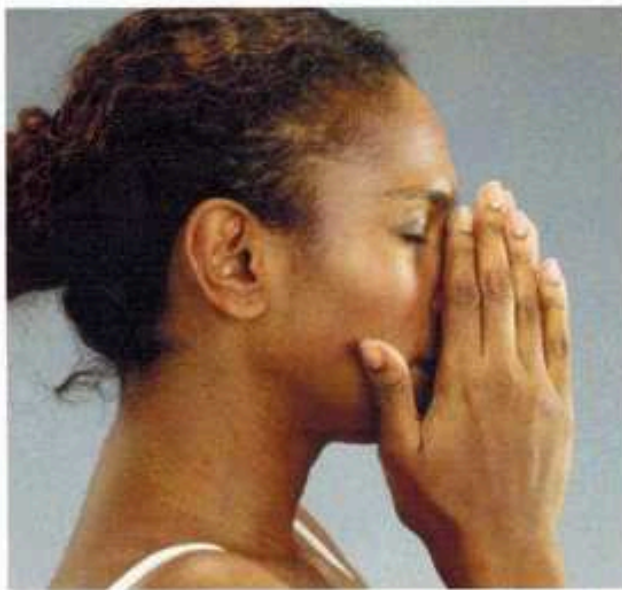
ESSENTIAL OILS

aromatically



Inhale straight from the bottle for instant relief.

Try inhaling the **Supportive Blend** for nausea/motion sickness.



1. Apply a drop of essential oil to hands;
2. Rub together;
3. Cup hands over mouth;
4. **Inhale** for 4, **exhale** for 4.



Apply a few drops of your favourite oil to **diffuser jewellery** and inhale throughout the day.



Essential oils can be enjoyed through ultrasonic diffusers. To use, add water and a few drops of essential oil to the diffuser, turn it on and enjoy the aroma.

Diffusing essential oils can freshen the air, maintain clear breathing, create an uplifting or calming atmosphere and more.

Cleaning the diffuser is important for keeping it in good condition, and a quick clean can be done by diffusing Lemon essential oil. A deep clean can be done monthly by adding white vinegar to the water and running the diffuser.

diffuser blends

Stop the Spread
3 drops Protective Blend
2 drops Lemon

De-congest
3 drops Clear Blend
2 drops Frankincense

Wake Up
3 drops Peppermint
3 drops Lemon

Feeling Queasy
4 drops Digestive Blend
2 drops Peppermint

Relax
3 drops Frankincense
2 drops Lavender

Stop the Sneeze
2 drops Lemon
2 drops Lavender
2 drops Peppermint

De-stress
4 drops Frankincense
2 drops Wild Orange

Cleaning Day
2 drops Protective Blend
2 drops Wild Orange
2 drops Lemon

Restful Sleep
2 drops Clear Blend
2 drops Lavender
3 drops Wild Orange



∞

How to Use the 10 Core

Start The Day

Lemon

Add 1 - 2 drops of Lemon to your morning water to cleanse your whole body, diffuse AM to energise the whole household.



Top 5 Immunity Oils



Frankincense, Lemon, Oregano, Protective Blend, Teatree
FLOOT BOMB: add 1 drop of each to a veggie capsule, or 10 drops of each to a 10ml roller diluted with FCO.

Tummy Tamers

Peppermint Supportive Blend



Add a drop or 2 of Supportive Blend or Peppermint in a capsule or water, to soothe and support digestion or dilute and apply topically to tummy area.

For acid reflux, dilute Supportive Blend and apply over upper chest.

Desk Saviours

Add Wild Orange and Peppermint to your diffuser in your workspace to help boost mood and focus. Add either to water for digestive benefits.



Add a drop of Frankincense under the tongue daily for cellular health.



Lemon
 Protective Blend
 Oregano

Gargle a drop of 1 each in a small glass of water.

Sore Throat Support



Peppermint
 Soothing Blend
 Frankincense

Pain & Inflammation

Intense Immune Support

Oregano oil for Immune support in the digestive tract, take a drop of Oregano in a capsule for up to 10 days.



Skin, Hair, Nails



Ouch Spray
 Healing Skin Combo
 Mix equal amounts of Teatree, Lavender and Frankincense.

Ear & Gums



Protective Blend
 Tea Tree

Respiratory Support



Supportive Blend, Clear Blend,
 Peppermint, Protective Blend

Sweet Dreams

Make a pillow spray with Lavender oil and filtered water / make Lavender infused bath salts by adding 10 drops to a cup of Epsom salts and dissolve a scoop in a warm bath. Drop Lavender into palms, inhale and apply to temples and pulse points. Diffuse both before bed to open airways for a deeper, restful sleep.



Clear Blend
 Lavender

Seasonal Allergy Support

Lemon, Lavender, Peppermint

Take 1 drop of each in a veggie capsule am and pm when seasonal threats are around. Or take 10 drops of each in a rollerball, top with FCO, roll on feet and apply under nose.



Head Tension & Migraines

Peppermint, Soothing Blend, Frankincense, Lavender

Add a combination of 2 or 3 of these, 15 drops of each in a 10ml roller top with FCO:

- Apply behind ears
- Down centre of skull
- Back of neck and temples





Lemon



Energy Inhale 1-2 drops from cupped hands.

Detox Drink 1-2 drops in water.

Stains, Stickers, Gum, Permanent Marker
Rub several drops with a clean cloth.

Sore Throat
Take 1-2 drops with a spoonful of honey.

Increase Alkalinity
Drink 1-2 drops in water.

Household Cleaner Use 10-15 drops with 3 parts water to 1 part white vinegar in a glass spray bottle.

Food & Cooking
Use in smoothies, baking.

Other Uses High Blood pressure, kidney stones, disinfectant, parasites.



Lavender



Stress & Anxiety Apply 1-2 drops to temples, inhale through cupped hands.

Sleep Apply 2 drops to temples, bottoms of feet, diffuse near bedside.

Skin Irritations & Burns
Apply 1-2 drops with carrier oil.

Allergies & Hay-fever Put a drop under tongue for 30 seconds then swallow with water.

Cuts, Blisters & Scrapes
Apply diluted to affected areas.

Headaches & Migraines
Apply 1-2 drops to temples and base of skull.

Bath Soak
Add 5 drops to epsom salts.



Protective Blend



Protective Blend:
Orange, Clove, Cinnamon, Rosemary, Eucalyptus

Immune Support
Take 1-2 drops in a capsule as a daily supplement, or apply to bottoms of feet.

Colds & Flu
Apply 1-2 drops to bottoms of feet, and take with water or in a capsule.

Airbourne Viruses
Diffuse 5-10 drops.

Mouthwash
Rinse mouth with 2 drops in water.

Cold Sores
Apply a drop with carrier oil to area.

Gum Issues
Rinse mouth with 2 drops of water.



Oregano



Bacterial & Viral Infections
Take 1-3 drops in a capsule.

Warts Apply directly to warts with a toothpick or cotton bud, avoiding surrounding skin.

Candida & Staph Infection
Take 1-2 drops in a veggie capsule.

Pneumonia & Whooping Cough
Diffuse 1-3 drops, sit by diffuser for several minutes. Also dilute & rub on bottoms of feet.

Rheumatoid Arthritis Massage 1 drop heavily diluted over area.

Strep Throat & Tonsillitis
Gargle a drop in water. Also take 1-3 drops in a capsule.

Use for up to 10 days internally



Clear Blend



Clear Respiratory Blend: *Peppermint, Laurel, Eucalyptus, Tea tree, Lemon, Ravintsara, Ravensara, Cardamom*

Cough, Bronchitis, Pneumonia
Inhale 2-4 drops from cupped hands, apply diluted over chest.

Asthma
Inhale 2-4 Inhale from cupped hands and apply to lung reflex points.

Cold & Flu
Diffuse 5-10 drops or apply with carrier oil over chest.

Allergies
Apply 1-2 drops over bridge of nose and sinuses, avoiding eyes.

Snoring
Apply 1-2 drops over throat and bridge of nose or reflex point on toes.



Soothing Blend



Soothing Blend: *Wintergreen, Camphor, Peppermint, Blue Tansy, Helichrysum, Blue Chamomile*

Muscle Pain & Inflammation
Massage 2-4 drops with carrier oil or lotion into affected areas.

Joint Pain & Arthritis Apply 1-2 drops to affected areas.

Lupus & Fibromyalgia
Apply 1-2 drops with carrier oil when experiencing flare-ups.

Whiplash/Bruising/Bone Pain
Apply 2-3 drops to affected areas.

Headache
Apply 1-2 drops to temples & back of neck.





Peppermint



Headache & Migraine Massage 1-2 drops into temples and base of skull, avoid near eyes.

Digestive Upset Drink 1-2 drops in water or massage directly over stomach.

Asthma & Cough Apply 2 drops with carrier oil over chest and lung reflex points. Diffuse.

Bad Breath Lick a dab from your finger.

Low Energy & Mental Fog Inhale 1 drop through cupped hands over nose, closing eyes.

Muscle & Joint Pain Rub 1-2 diluted drops into affected areas.

Fevers/Hot flushes Apply 1-2 drops to back of neck.



Tea Tree



Rashes & Eczema Apply 1-2 drops diluted to affected areas.

Dandruff Apply 2 drops to shampoo daily.

Athlete's Foot Apply 1-2 drops neat to clean feet.

Acne & Blemishes Apply a dab to affected areas.

Strep Throat & Tonsillitis Gargle 2 drops with water, rub 1-2 drops diluted to outside of throat.

Herpes Apply 1 drop diluted to affected areas.

**Truly Pure steam distilled Tea Tree can be used internally*



Frankincense



Depression & Anxiety Use a drop under the tongue, apply to pulse points or diffuse.

Cognitive Support Apply 2 drops to bottoms of feet and base of skull twice daily.

Cellular Function Take 1-2 drops in a capsule.

Pain & Inflammation Use a drop under the tongue or massage into inflamed areas.

Cancer Support Take 1-2 drops in a capsule and apply close to the affected area frequently.

Skin Aging Add a drop to jojoba oil or moisturiser and apply daily.



Supportive Blend



Supportive Digest Blend: *Peppermint, Ginger, Caraway, Coriander, Anise, Tarragon*

Gas & Bloating or Stomach Upset Massage 2-4 drops over stomach, or take in a capsule or glass of water.

Diarrhoea & Constipation Massage 2-4 drops over stomach or take in water or a capsule.

Irritable Bowel Syndrome Massage 2-4 drops over stomach or take in a capsule.

Food poisoning Drink 3-5 drops in water or take in a capsule.

Nausea Put a drop under tongue, or rub over stomach and inhale from bottle.



Copaiba



Headaches & Migraines Massage gently onto Temples, scalp and back of neck.

Pain & Inflammation Inhale or diffuse, apply topically to affected areas.

Mood Disorders/Panic Attacks Massage a drop into webs of hands and base of skull.

Wrinkles/Pimples/Blisters Apply daily with carrier oil.

High blood pressure Apply to bottoms of feet daily.

Detox Apply over bladder to stimulate detox through urination.



Wild Orange



Energy Inhale 1-2 drops from cupped hands.

Cheering Mood Enhancer Inhale 1-2 drops from cupped hands or add 4 drops to your diffuser.

Anxiety & Depression Inhale 1-2 drops from cupped hands or diffuse.

Immune Support Gargle 2 drops with water or apply to bottoms of feet.

Sleep Issues Put a drop under tongue before bed and inhale.

Smoothies, dressings and sauces Add according to taste.

Household cleaning/ Wood Polish Great to add to sparkling water, baking, gin and tonic, hot chocolate.





Grounding Blend



Grounding Blend: *Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile*

Emotional Grounding

Inhale 1-3 drops from cupped hands, or apply to bottoms of feet daily.

Focus & Concentration

Apply 1-3 drops to temples and pulse points.

Stress & Anxiety

Apply 1-3 drops to pulse points and temples, or to bottoms of feet.

Neurological Issues

Apply 2-4 drops to bottoms of feet.

Balance

Apply 1-2 drops behind ears.



Invigorating Blend



Invigorating Blend: *Orange, Lemon, Grapefruit, Mandarin, Bergamot, Clementine, Vanilla*

Lack of Creativity & Inspiration

Inhale 2 drops from cupped hands or diffuse.

Low Energy Apply 2 drops to pulse points or diffuse.

Moodiness

Diffuse 5-10 drops next to bedside in the morning, inhale deeply.

Lymphatic Drainage

Apply 3-4 drops to bottoms of feet.

Stress & Anxiety

Inhale 2 drops from cupped hands or apply to pulse points.

Depression & Gloom

Inhale 2 drops from cupped hands.



Restful Blend



Restful Blend: *Lavender, Sweet Marjoram, Chamomile, Ylang Ylang, Sandalwood, Cedarwood, Vetiver, Vanilla*

Sleep Issues

Apply 1-2 drops to temples and bottoms of feet. Diffuse near bedside.

Stress & Anxiety

Apply 1-2 drops to pulse points and inhale from cupped hands.

ADD & ADHD

Apply 1-2 drops to back of neck and inhale.

Anger & Restlessness

Massage 1-2 drops into back of neck.

Hormone Balance & Mood Swings

Apply 1-2 drops to pulse points or diffuse.



Calming Blend



Calming Blend: *Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, Sweetgum*

Anxiety

Apply 2 drops onto webs of hands and base of skull. Diffuse throughout the day.

Depression

Massage 1-3 drops onto the base of skull and over solar plexus.

PTSD Rub 1-2 drops onto insides of arms and onto base of skull.

Hyperactivity

Diffuse several drops. Also rub 2 drops onto bottoms of feet.

Bipolar

Apply 2-4 drops to temples and inner thighs 2x daily.



Lemongrass



Main Properties: Analgesic, Antiseptic, Astringent, Tonic

Thyroid Support (hypo & hyper)
Apply a drop diluted over thyroid.

High Cholesterol

Take 1-2 drops in a capsule.

Ligament & Tendon Issues

Apply 1-2 drops diluted to painful areas.

Stomach Ulcers

Take 1 drop in a capsule.

Immune Support

Apply 1-2 drops to bottoms of feet.

Lactose Intolerance

Take 1 drop in a capsule.



Massage Blend



Massage Blend: *Cypress, Peppermint, Marjoram, Basil, Grapefruit, Lavender*

Top Uses: Arthritis, Circulation, Ligament Damage, Tension, Aches & Pains.

Muscle Tension & Aches Massage 2-4 drops with carrier oil into tight muscles before and post exercise.

Adrenal Fatigue & Lethargy
Apply 1-2 drops to lower back.

Back, Neck & Shoulder Pain
Massage 2-4 drops with carrier oil into affected muscles or add 6 drops to salts into a warm bath.

Headache Apply 1-2 drops to temples, avoiding eyes.



ESSENTIAL OILS

Make Your Own



The FLOOT bomb

This unique combination of oils is specifically chosen to fight seasonal issues and keep you healthy.



F L O O T

Feeling Under the Weather? Want to Stay Strong?

Use the FLOOT Combination of oils.

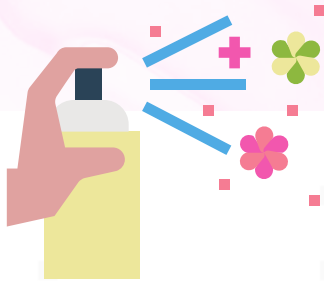
Topically - Add 10-15* drops of each to a 10ml roller, top with carrier oil and roll on bottoms of feet/ spine regularly.
(Adapt ratio for age)



Internally - Add 1 drop of each to a Veggie Capsule or a teaspoon and swallow with a glass of water.
(Optional: add olive oil)



Aromatically - Add 2-3 drops of each in the diffuser.

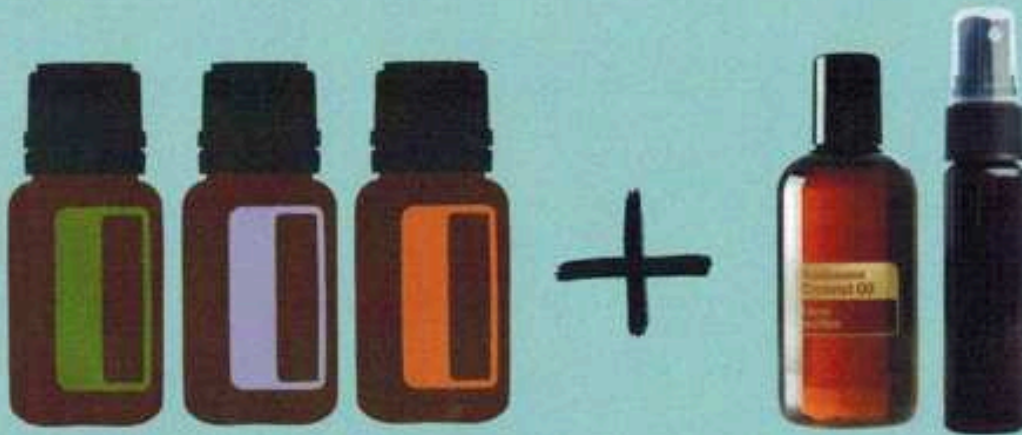


ESSENTIAL OILS

Make Your Own

Did you know?

Lavender oil offers several potential benefits for your skin, including reduced inflammation and improved wound healing.



Ouch Spray

Cuts, Grazes, Bruises, Bites and Burns

15 drops Lavender

15 drops Tea Tree

15 drops Frankincense

Combine all essential oils in a 2 oz spray bottle and top with Fractionated Coconut Oil.

Shake gently before each use. Spray on irritated skin as needed. Why this combination?

Lavender is soothing, Tea Tree is antiseptic and Frankincense is great for all round support.

All these oils are wonderful for our skin, especially when combined.



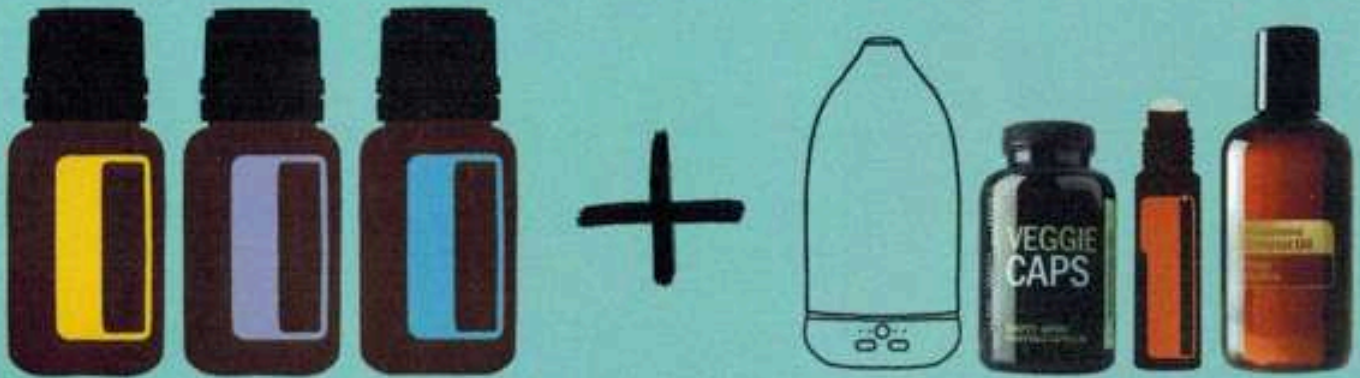


ESSENTIAL OILS

Make Your Own

Did you know?

This blend is useful for both pet and seasonal allergies. Opens airways and relieves itchiness.



Seasonal Sniffles

Lavender, Lemon and Peppermint

Aromatically - Add 1-2 drops of each to the palm of your hand, rub hands together, close eyes, cup hands over nose and breathe deeply for 30 seconds. Diffuse 3 drops of each in room.

Topically - Rub a carrier oil on chest and add 1 drop of each over chest and just under nose.

Internally - Take a drop of each in a capsule or add a drop of each to glass of water and drink before going out.





ESSENTIAL OILS

Make Your Own

Did you know?

Lavender contains Linalool, believed to be one of the oldest sleep aids in the world.



Sleep & Calm Blend

Lavender, Frankincense and Wild Orange

Aromatically - Add 1 drop of each to the palm of your hand, rub hands together, close eyes, cup hands over nose and breathe deeply for 30 seconds.

Spray onto pillow.

Diffuse 2 drops of each in room.

Topically - Add 15 drops of each to a 10ml roller bottle, top with Fractionated Coconut Oil. Apply to feet, temples, pulse points.

Internally - Take a drop of each in a capsule or under the tongue to calm internally.



ESSENTIAL OILS

Make Your Own

Did you know?

Peppermint oil helps to drive the oil deeper into the tissue layer.



Pain & Tension Blend

Deep blue, Frankincense, Peppermint & Lavender

Add 10-15 drops of each to a 10ml roller, top with carrier oil and roll on areas of discomfort every 3 hours.

Massaging the blend in and applying a heat compress over the top will enhance the effects.

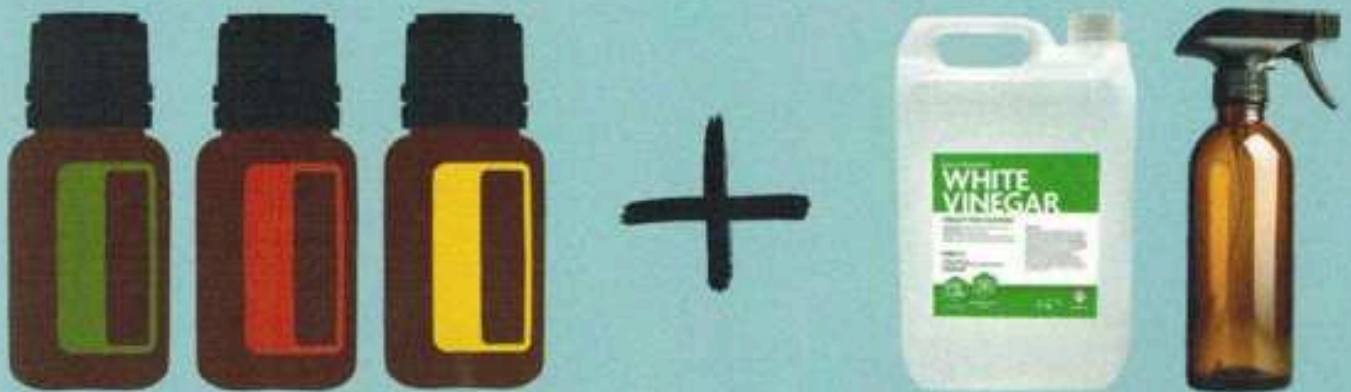


ESSENTIAL OILS

Make Your Own



Use to clean kitchen, bathroom surfaces, hobs, sinks and toilet.



Multi-Surface Cleaner

- Funnel
- 500ml Glass Spray Bottle
- 250ml Filtered Water
- 150ml Distilled White Vinegar
- Lemon Oil, Teatree Oil & Protective Blend (15 drops of each)

Combine and shake before each use.

Other great oils for cleaning:

Oregano

Purify

Lime

Lemongrass,

Wild Orange

Cilantro





ESSENTIAL OILS

Make Your Own

*a natural gentle
foaming handwash,
safe for all the family.*

Foaming Hand Wash

- Foaming hand wash dispenser
- Funnel or jug
- 150ml Filtered Water
- 60ml Castile Soap
- 1/2 tsp FCO
- Essential Oils (10-16 drops)



Try Other Oils...

Lavender Essential Oil: The Soothing Cleanser

It is widely known for its calming and relaxing properties. It possesses antibacterial and antifungal properties, making it an excellent choice for hand soap. The gentle scent of Lavender promotes a sense of tranquillity.

Tea Tree Essential Oil: The Protector

It is a powerful antimicrobial agent, making it an ideal addition to hand soap. It effectively kills bacteria and viruses providing an extra layer of protection during handwashing.

Lemon Essential Oil: The Zesty Cleanser

It is known for its bright and citrusy fragrance. It possesses antibacterial properties that can effectively eliminate germs and odours from the hands.

Peppermint Essential Oil: The Cooling Cleanser

It provides a cooling sensation that can invigorate the hands during washing. Its antimicrobial properties aid in eliminating bacteria, while the minty aroma stimulates the senses.

Wild Orange Essential Oil: The Energizing Cleanser

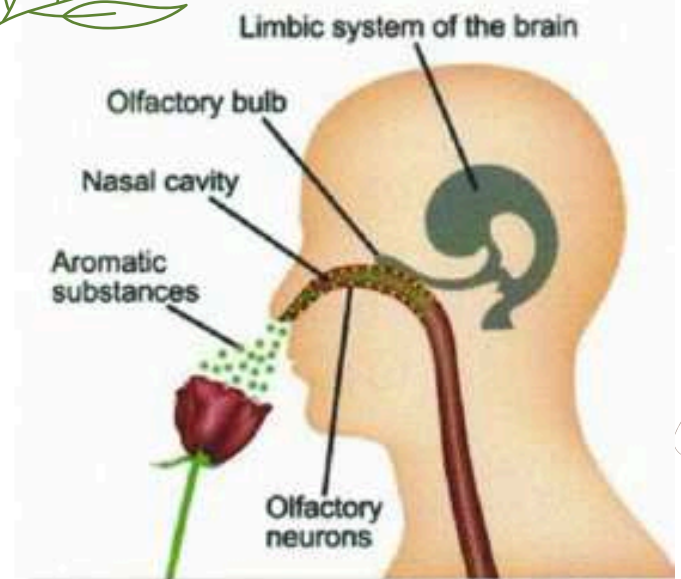
It is renowned for its refreshing and energizing scent. It possesses antibacterial properties and can help cleanse and purify the skin.

ESSENTIAL OILS

the limbic system



The limbic system is responsible for regulating emotional behaviour and reactions to memories, making essential oils a powerful tool for physiological and emotional responses.



How Aromatic Molecules from Essential Oils Influence the Emotional Centre of the Brain.

Essential oils can have a significant impact on our emotions. This is due to the close relationship between the **limbic system** and **olfactory nerves**. When inhaled, essential oils dissolve in the mucus membranes at the back of the nose and are carried to the limbic system by way of the olfactory nerve.

Smell and emotions are processed in the same brain structures located in the limbic system. The amygdala, a gland found in the limbic system, plays a crucial role in processing emotional trauma. In the 1980s, it was discovered that fragrance or the sense of smell can stimulate the amygdala. As such, essential oils can be a powerful tool to help unlock and **release emotional trauma**.

Aromatherapy can **uplift, invigorate** or **calm**, depending on the type of essential oil used. Diffusion is one of the most common ways to experience the benefits of aromatherapy. You can use cold air or water diffusers, but a few drops of essential oil in your palm and inhaling deeply can achieve the same health benefits.

ESSENTIAL OILS

oils for emotions



<i>mints</i>	I Feel Apathetic Insecure Anxious	I want to feel Positive Courageous Confident
<i>citrus</i>	I Feel Discouraged Gloomy Distressed	I want to feel Energised Optimistic Creative
<i>spices</i>	I Feel Somber Disinterest Bored	I want to feel Enthusiastic Joyful Bold
<i>herbs</i>	I Feel Discontented Bitter Angry	I want to feel Open Content Comforted
<i>trees</i>	I Feel Grieving Sad Ashamed	I want to feel Uplifted Grounded Peaceful
<i>floral</i>	I Feel Fearful Worried Hurt	I want to feel Tranquil Reassured Affirming



uplift

lemon



relax

lavender



cheer

wild orange



energise

peppermint



ground

grounding
blend



calm

calming
blend



rest

restful
blend

HOW TO USE:

Apply 1-2 drops to palms of hands, rub together, cup hands over nose, close eyes and inhale to a count of 4 exhale. Repeat a couple more times. Repeat throughout the day as needed.

Apply topically to feet, back of neck, pulse points or to diffuser jewellery to smell throughout the day.

ESSENTIAL SUPPLEMENTS

vitality supplement trio

Live a life of vitality with the Supplement Trio Pack. Each supplement specialises in vitality-promoting benefits to maximise your energy, focus and wellbeing.

Energy & Metabolism



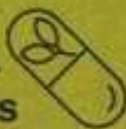
General wellness and vitality



Antioxidant and DNA Protection



Food Nutrient Complex is bioavailable formula of **vitamins, minerals & wholefoods**



Essential Oil Omega Complex is a formula of CPTG essential oils and a blend of **omega fatty acids**



Cellular Vitality Complex contains powerful plant **polyphenols and natural botanical extracts**



Food Nutrient Complex

Supports healthy immune function, digestion and metabolism.

Supports bone health.

Provides vitamins A, C, E, and B vitamins.

Includes a blend of kale, dandelion, parsley, kelp, broccoli, brussels sprouts, cabbage and spinach.

Contains calcium, magnesium, zinc, selenium, copper, manganese, chromium and other minerals.

Essential Oil Omega Complex

CPTG essential oils with omega fatty acids and carotenoids.

It contains EPA and DHA which contribute to the normal function of the heart.

Supports healthy function of the brain, eyes and nervous system.

Maintains healthy skin, hair and nails.

Supports fatigued muscles.

Promotes strong teeth and bones.

Cellular Vitality Complex

Supports healthy cell function and metabolism.

Antioxidant protection.

Supports mental clarity.

Includes the tummy tamer blend to soothe stomach upset.

Supports brain function.

How to take

Start slowly by taking 1 of each a day with food and build up to the suggested dose for you.

ESSENTIAL SUPPLEMENTS

digestive enzyme complex



Provides a proprietary blend of 10 active whole-food enzymes



Supports the conversion of food nutrients into cellular energy



Promotes safe and effective gastro-intestinal comfort and food tolerance



What they do

Enzymes support vital body processes, **aid digestion** and **nutrient absorption**. Modern diets often lack natural enzymes, but digestive enzymes play a crucial role in **breaking down food** and supporting muscle growth.

An enzyme is a type of protein found within a cell. Enzymes create chemical reactions in the body and can actually speed up the rate of a chemical reaction to help support life.

Why needed

The body's need for digestive enzymes may deplete essential metabolic enzymes crucial for health and cell function. Consuming enzymes can help conserve resources by reducing the production of digestive enzymes and supporting metabolic enzyme levels for energy and waste elimination.

How to take

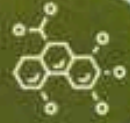
Digestive enzymes can be taken daily with meals. Adjust the dose based on the meal: for heavier or fatty meals, take up to 3 capsules; for lighter meals like salads, only 1 capsule may be needed.

ESSENTIAL SUPPLEMENTS

probiotic complex



Supports digestive health and gut barrier integrity



Aids digestive comfort, micronutrient synthesis and healthy metabolism



Supports production of good bacteria



What they do

Provides a unique formulation of 30 pre-, pro- and postbiotics, and bacteriophages that help restore microbial diversity and balance for optimal microbiome health, all in an easy-to-use, dual chamber, take once-a-day capsule. It aids digestive comfort, micronutrient synthesis, gut barrier integrity and healthy metabolism.

Why needed

The body's microbiome acts as an unseen organ, representing a broad and varied community of microbes crucial for overall health.

Factors such as natural aging, dietary habits, physical inactivity, inadequate sleep and stress can disturb the microbiome's balance. Introducing supplements can aid in rejuvenating microbiome health, leading to enhanced support for the immune system, cognitive abilities and other essential bodily functions.

How to take

Take 1 capsule daily with plenty of water. For maximum benefit, take prior to a meal that includes healthy fats. Avoid taking the capsule with high temperature foods or beverages (above body temperature).

Sample Wellness routine

Time of Day	Description
Wake Up	Start the day by inhaling 1 drop of Grounding blend blend oil through cupped hands, apply also to feet. Sip a glass of water with a drop of Lemon oil.
AM	Take 1* of each of the Vitality Supplement Trio and a Probiotic Complex with your first meal of the day. Diffuse 3 drops Wild Orange and 2 drops Peppermint to create a positive, invigorating atmosphere.
NOON	Continue drinking lots of fresh filtered water throughout the day, adding a drop of citrus oil. Inhale a drop of Peppermint oil to cupped hands, closing eyes to energise!
PM	Take 1* of each of the Vitality Supplement Trio and 1* Digestive Enzyme with your meal. Apply 2 drops of Soothing blend diluted to aching muscles after a long day..
Evening	Set up your diffuser with Lavender and Wild Orange oil to create a restful atmosphere. Apply Lavender or Restful blend diluted to pulse points and feet, also inhale the aroma though cupped hands. Apply a drop of Frankincense under the tongue before you sleep, to help calm the body.

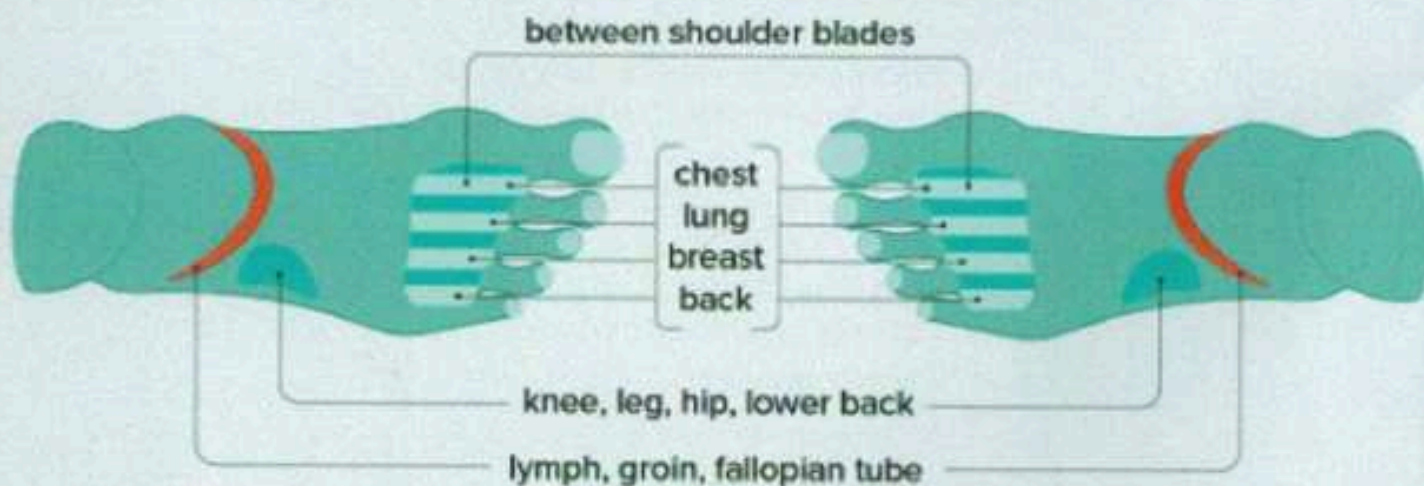
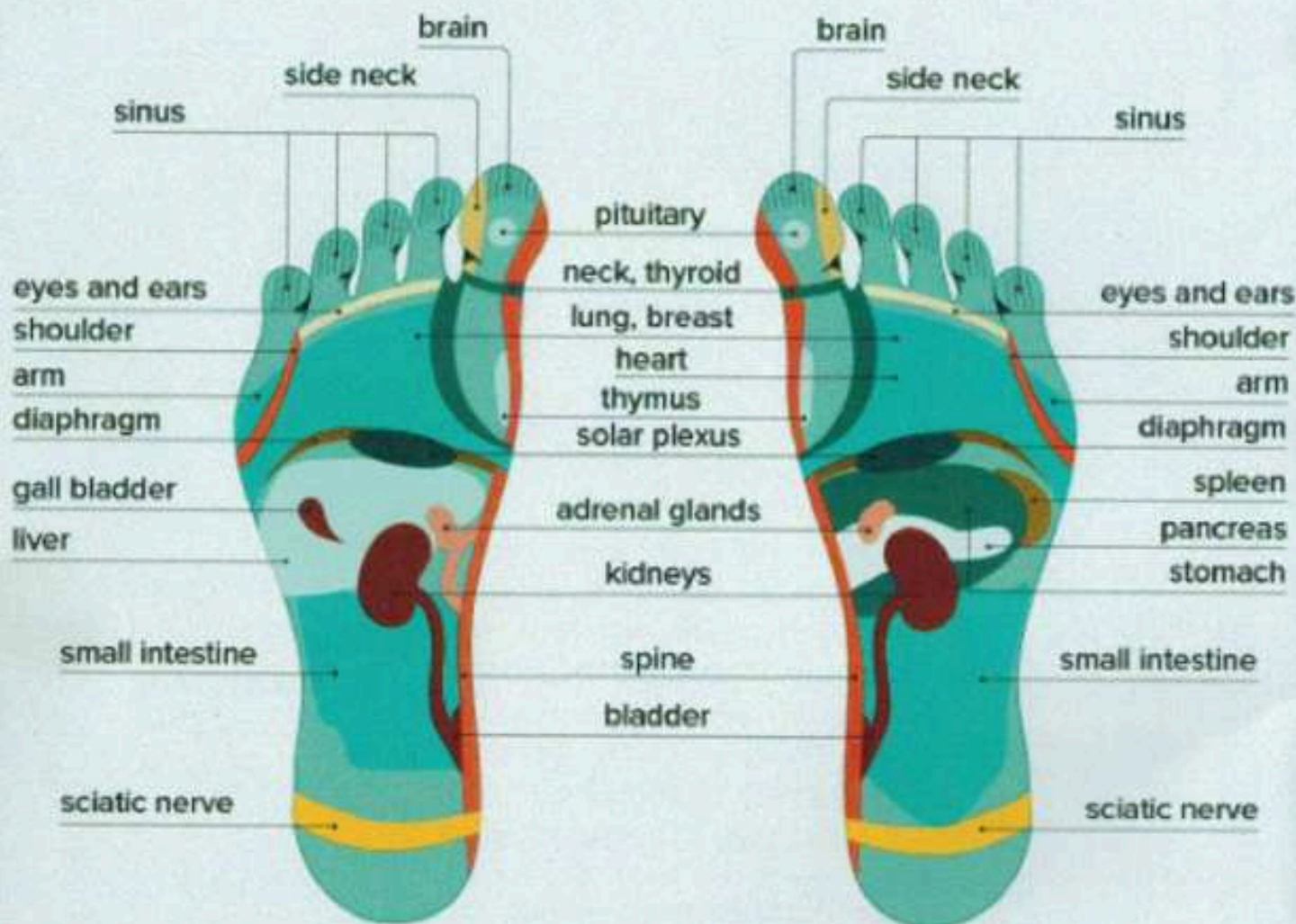
*Start slowly by taking 1 of each a day with food and build up to the suggested dose best for you.

Your wellness routine

Time of Day	What to Take
Wake Up	
AM	
NOON	
PM	
Evening	

TOPICAL USE

reflexology chart





Useful Info

Your Customer ID: _____

Loyalty Rewarded

With a Wholesale account, you have the option to join the Loyalty Rewards Programme (LRP) for exclusive benefits such as earning product points on purchases over 50pv and qualifying for a free product of the month by spending over 125pv before the 15th of each month.

To set it up, log into your account, scroll down on homepage to Loyalty Rewarded section, click "Get Started".

Understanding the Loyalty Rewards System:

- PV = Product Value.
- Points will be credited to your account 60 days after your first LRP date and can be used to purchase oils and other products.
- Points will expire after 12 months and a £2 fee will apply when redeemed.

Requirements:

- To maintain your rewards level, you only need to spend 1pv. To increase the percentage, spend 50pv for 3 months.
- Orders of 50pv or more will earn you 10-30% back in points.
- LRP orders will get points back on the delivery costs.

Customising Your Order:

- You're in charge of what goes in your order and can change it whenever you like. You have up to two days before the processing date to modify your basket, depends on your needs, so set a reminder to edit your basket!

