

LIVING WATERS OUTREACH



LIVING + WELL

together

A NATURAL WELLNESS COMMUNITY

Getting Started With Essential Oils

Disclaimer

I am not a doctor.

NOTHING I SAY IS INTENDED
TO DIAGNOSE, TREAT, OR CURE
ANY ILLNESS OR CONDITION.

Other Essential Oils...

THE RECOMMENDATIONS I MAKE
ARE FOR YOUNG LIVING PRODUCTS ONLY.
I BELIEVE THESE ARE THE MOST PURE OILS ON
THE MARKET TODAY AND MY EXPERIENCES
ARE FROM THIS BRAND ONLY. I CANNOT
SPEAK ON BEHALF OF ANY OTHER
BRAND AT THIS TIME.



What is an Essential Oil?

- » THEY CARRY VITAL NUTRITION TO THE PLANT AND PROTECT IT FROM DISEASE.
- » ESSENTIAL OILS DO FOR PLANTS WHAT OUR BLOOD DOES FOR US.
- » OILS ARE DISTILLED FROM SHRUBS, FLOWERS, TREES, ROOTS, BUSHES, FRUIT, RINDS, RESINS AND HERBS.
- » THEY CONSIST OF OVER 100 DIFFERENT NATURAL ORGANIC COMPOUNDS, CALLED CONSTITUENTS.
- » OILS CAN SUPPORT EVERY SYSTEM OF YOUR BODY, FROM YOUR MUSCLE AND CIRCULATORY SYSTEM TO YOUR HORMONES, RESPIRATORY AND IMMUNE SYSTEMS.
- » BECAUSE THE MOLECULES THAT COMPRISE ESSENTIAL OILS ARE SO SMALL, THEY CAN CROSS THE BLOOD BRAIN BARRIER AND POSITIVELY AFFECT YOUR BRAIN AND YOUR EMOTIONS.
- » YOUR FIRST LINE OF DEFENSE!



THEY SUPPORT YOUR SYSTEM NATURALLY TO HELP HEAL THE ROOT CAUSE RATHER THAN JUST MASKING THE SYMPTOMS.

Six Ways that Essential Oils Support Us

#1 AS FIGHTERS AGAINST UNFRIENDLY MICROBES

#2 AS BALANCERS OF BODILY FUNCTIONS

#3 AS RAISERS OF OUR BODILY FREQUENCIES

#4 AS ANTIOXIDANTS THAT PURIFY OUR SYSTEMS

#5 AS CLEARERS OF NEGATIVE EMOTIONAL BAGGAGE

#6 AS UPLIFTERS OF OUR SPIRITUAL AWARENESS

The Power of Prayer*

- » FREQUENCIES OF OILS ARE AFFECTED BY THOUGHTS.
- » NEGATIVE THOUGHTS LOWERED FREQUENCIES BY 12MHz WHILE POSITIVE THOUGHTS RAISED THEM BY 10MHz
- » PRAYER MADE AN EVEN GREATER DIFFERENCE, RAISING THE FREQUENCY LEVELS BY 15MHz
- » BIBLICAL APPLICATION OF ESSENTIAL OILS WAS ALWAYS WITH PRAYER
- » THE INTENT AND RIGHTEOUSNESS OF THE PERSON APPLYING THE OIL, AS WELL AS THE FAITH OF THE RECEIVER, HAS A GREAT DEAL TO DO WITH THE PROGNOSIS FOR SUCCESS IN HEALING.
- » **DEUTERONOMY 7:13 - MOSES COMMENTS THAT GOD WILL BLESS THE OIL OF THE RIGHTEOUS PERSON**

*RESEARCH BY BRUCE TAINIO, TAINIO TECHNOLOGY, CHENY WASHINGTON

How do we use oils?

APPLY TOPICALLY.

APPLY DIRECTLY TO THE SKIN. USE A CARRIER OIL. START WITH THE FEET.

INGEST.

VITALITY OILS: ENJOY A FEW DROPS IN A GLASS OF WATER

INHALE.

PLACE A FEW DROPS IN YOUR DIFFUSER AND ENJOY!

When you apply topically...

START LOW AND SLOW (ONE DROP GOES A LONG WAY!)

USE A CARRIER OIL TO SLOW ABSORPTION (ESPECIALLY IN CHILDREN)

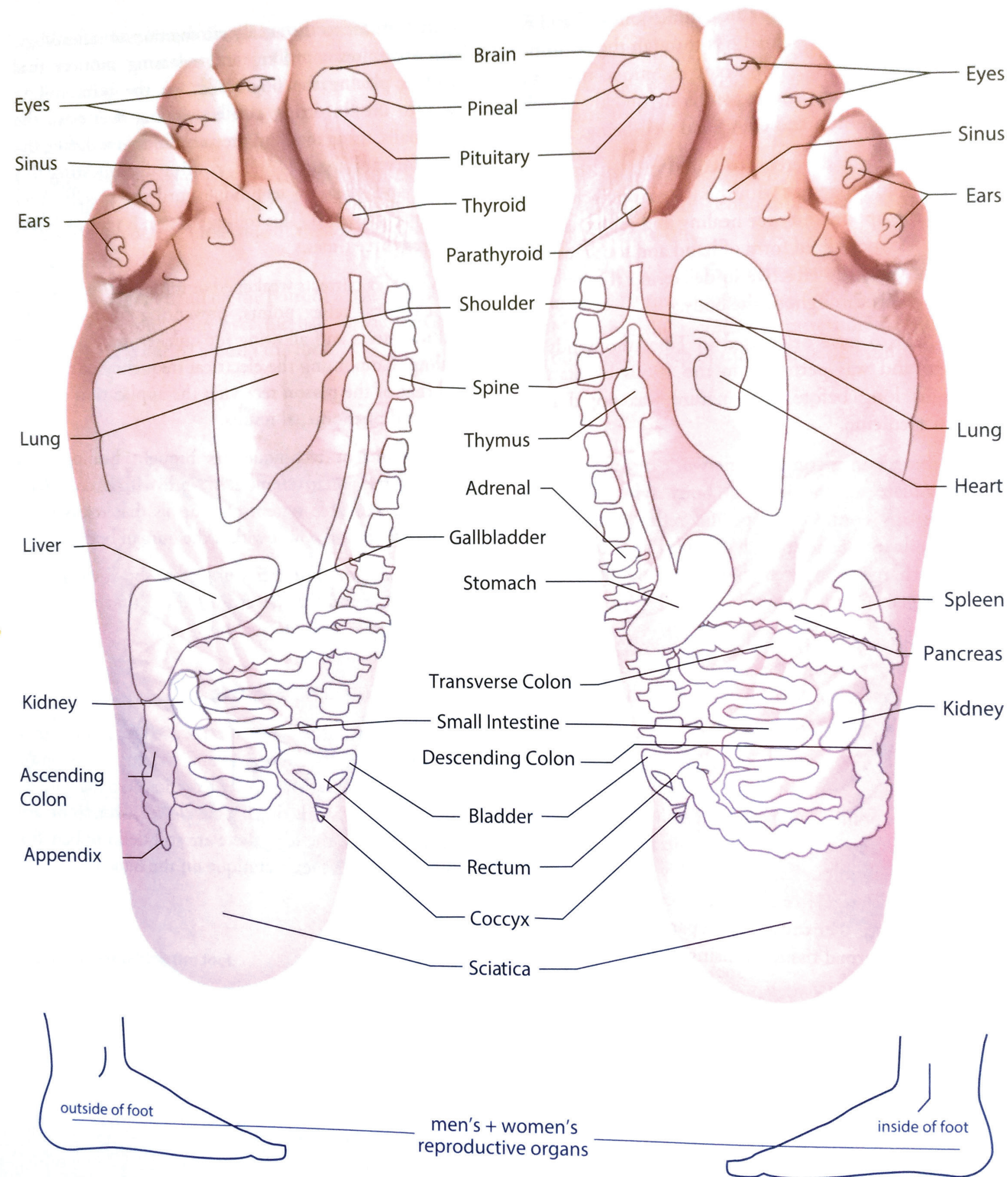
NEVER APPLY IN NOSE, EYES OR EARS

SOME OILS ARE PHOTSENSITIVE AND OTHERS HAVE A HIGH VIBRATION (HOT OILS)

YOUR BODY IS SMART & CARRIES THE OIL WHERE IT NEEDS IT MOST (FREQUENCY)



ESSENTIAL OILS HAVE BEEN FOUND IN THE BLOODSTREAM IN
TWENTY-SIX SECONDS WHEN APPLIED TOPICALLY



Vita Flex Technique

AN EASY WAY TO APPLY ESSENTIAL OILS IS THROUGH THE BOTTOMS OF THE FEET. IT IS A TECHNIQUE THAT CAN FACILITATE THE RELIEF QUICKLY AS WELL AS IMPROVE PHYSICAL AND EMOTIONAL WELL-BEING.

IT IS BASED ON A COMPLETE NETWORK OF REFLEX POINTS THAT STIMULATE ALL THE INTERNAL BODY SYSTEMS. WHEN THE FINGERTIPS CONNECT TO SPECIFIC REFLEX POINTS WITH ESSENTIAL OILS, AN ELECTRICAL CHARGE IS RELEASED THAT SENDS ENERGY THROUGH THE NEUROELECTRICAL PATHWAYS. THIS CHARGE FOLLOWS THE PATHWAYS OF THE NERVOUS SYSTEM TO WHERE THERE IS A BREAK IN THE ELECTRICAL CIRCUIT, USUALLY RELATED TO AN ENERGY BLOCK CAUSED BY TOXINS, DAMAGED TISSUE, OR LOSS OF OXYGEN.

When you inhale...

- » WHEN YOU INHALE, BREATH IN, OR DIFFUSE ESSENTIAL OILS THE PARTICLES GO DIRECTLY INTO YOUR LUNGS. THEY ARE THEN QUICKLY ABSORBED INTO THE BLOOD STREAM AS THEY CROSS THE AIRWAY/CAPILLARY SYSTEM.
- » THE MOLECULES ARE TRANSPORTED THROUGHOUT THE BODY AND INTO EACH AND EVERY CELL. SINCE IT ONLY TAKES A FEW MINUTES FOR BLOOD TO CIRCULATE, THE OIL YOU'VE JUST INHALED WILL AFFECT EVERY CELL OF YOUR BODY WITHIN 20 MINUTES.
- » THE LIMBIC SYSTEM CONTROLS MEMORY, STRESS LEVELS, FIGHT/FLIGHT, HEART RATE, BLOOD PRESSURE, BREATHING, AND HORMONE BALANCE.

(HIGLEY & HIGLEY, 1998)



TESTS HAVE SHOWN OILS REACH THE HEART, LIVER AND THYROID IN THREE SECONDS WHEN INHALED.

Quality Matters

- » ESSENTIAL OILS ARE NOT REGULATED BY THE FDA WITH NO OVERSIGHT IN TERMS OF QUALITY OR LABELING.
- » IT IS IMPERATIVE THAT YOU RESEARCH THE COMPANY BEFORE USING ANY BRAND OF ESSENTIAL OILS.
- » **SADLY, A COMPANY MAY LABEL THEIR OIL AS 100% PURE IF IT IS COMPRISED OF ONLY 5% OF A PURE ESSENTIAL OIL.**



THE FDA DOES NOT ALLOW ANYONE TO MAKE CLAIMS OR PUBLICLY SHARE THAT A NATURAL PRODUCT SUCH AS AN ESSENTIAL OIL CAN HEAL OR TREAT ANY HEALTH CONDITION.

Safety First!

- » **EVERY BODY IS DIFFERENT AND MAY REACT TO OILS DIFFERENTLY.**
- » IF YOU ARE ON MEDICATIONS OR HAVE SERIOUS HEALTH ISSUES, CONSULT YOUR PHYSICIAN BEFORE USE.
- » ESSENTIAL OILS CAN EFFECT METABOLISM.
- » RASHES CAN DEVELOP AS A RESULT OF DETOXIFICATION, ESPECIALLY IF CHEMICALS ARE TRAPPED IN THE BODY AND SKIN (SMOKERS AND THOSE WHO HAVE RECEIVED CHEMOTHERAPY).
- » THE OILS WILL REACT IN ABNORMAL WAYS IN A BODY THAT IS HIGHLY ACIDIC.

40,000,000,000,000,000,000

BECAUSE OF THE TINY MOLECULAR STRUCTURE OF THE COMPONENTS OF AN ESSENTIAL OIL, THEY ARE EXTREMELY CONCENTRATED. **ONE DROP CONTAINS APPROXIMATELY 40 MILLION-TRILLION MOLECULES.** NUMERICALLY THAT IS A 4 WITH 19 ZEROS AFTER IT: 40,000,000,000,000,000,000. **WE HAVE 100 TRILLION CELLS IN OUR BODIES,** AND THAT'S A LOT. BUT ONE DROP OF ESSENTIAL OIL CONTAINS ENOUGH MOLECULES TO COVER EVERY CELL IN OUR BODIES WITH 40,000 MOLECULES. CONSIDERING THAT IT ONLY TAKES ONE MOLECULE OF THE RIGHT KIND TO OPEN A RECEPTOR SITE AND COMMUNICATE WITH THE DNA TO ALTER CELLULAR FUNCTION, YOU CAN SEE WHY EVEN INHALING A SMALL AMOUNT OF OIL VAPOR CAN HAVE PROFOUND EFFECTS ON THE BODY, BRAIN, AND EMOTIONS. SOMETIMES TOO MANY OIL MOLECULES OVERLOAD THE RECEPTOR SITES, AND THEY FREEZE UP WITHOUT RESPONDING AT ALL, WHEN A SMALLER AMOUNT WOULD HAVE BEEN JUST RIGHT. THIS IS WHY WE SAY THAT WHEN USING OILS, "SOMETIMES LESS IS BETTER." SOMETIMES MORE IS BETTER, TOO. KNOWING THE DIFFERENCE IS THE ART OF AROMATHERAPY.

– DAVID STEWART, PH.D., R.A.

The Blood-Brain Barrier

- » IT WAS THOUGHT FOR YEARS THAT THE INTERSTITIAL TISSUES OF THE BRAIN SERVED AS A BARRIER TO KEEP DAMAGING SUBSTANCES FROM REACHING THE NEURONS OF THE BRAIN AND THE CEREBROSPINAL FLUID. INSTEAD OF A BARRIER, IT WOULD BE MORE ACCURATE TO CONSIDER IT AS A SIEVE OR FILTER THROUGH WHICH ONLY MOLECULES OF A CERTAIN SIZE OR SMALLER CAN PASS.
- » DOCTORS DON'T KNOW FOR SURE, BUT IT SEEMS THAT IN ORDER TO CROSS THE BLOOD-BRAIN BARRIER, ONLY MOLECULES LESS THAN 800-1000 ATOMIC MASS UNITS (AMU) IN MOLECULAR WEIGHT CAN GET THROUGH. LIPID SOLUBILITY SEEMS TO BE ANOTHER FACTOR WHICH FACILITATES PASSING THROUGH THE BLOOD-BRAIN BARRIER. WATER SOLUBLE MOLECULES DON'T USUALLY PENETRATE INTO BRAIN TISSUE, EVEN WHEN VERY SMALL. THE MOLECULES OF ESSENTIAL OILS ARE ALL NOT ONLY SMALL, BUT LIPID SOLUBLE AS WELL.
- » IN FACT, WHEN IT COMES TO ESSENTIAL OILS, SMALL MOLECULES (LESS THAN 500 AMU) ARE WHAT THEY ARE MADE OF. THAT IS WHY THEY ARE AROMATIC. THE ONLY WAY FOR SOMETHING TO BE AROMATIC IS FOR THE MOLECULES TO BE SO SMALL THAT THEY READILY LEAP INTO THE AIR SO THEY CAN ENTER OUR NOSES AND BE DETECTED AS ODOR AND SMELL.
- » THAT IS WHY OILS FOR COOKING OR MASSAGE, SUCH AS CORN, PEANUT, SESAME SEED, SAFFLOWER, WALNUT, ALMOND, CANOLA, OLIVE AND OTHER OILS PRESSED FROM SEEDS ARE NOT AROMATIC. SURE, THEY HAVE A SMELL, BUT YOU CAN'T SMELL THEM ACROSS THE ROOM IN MINUTES AS ONE CAN WHEN YOU OPENS A BOTTLE OF PEPPERMINT, HYSSOP, OR CINNAMON OIL. ESSENTIAL OILS OF EVERY SPECIES CROSS THE BLOOD-BRAIN BARRIER.
- » THIS MAKES THEM UNIQUELY ABLE TO ADDRESS DISEASE, NOT ONLY FROM A PHYSICAL LEVEL, BUT FROM A MORE BASIC AND FUNDAMENTAL LEVEL-THAT OF THE EMOTIONS WHICH ARE OFTEN THE ROOT CAUSE OF PHYSICAL ILLNESS.

#1 PHENYLPROPANOIDS

PHENYLPROPANOIDS ARE COMPOUNDS OF CARBON-RING MOLECULES INCORPORATING ONE ISOPRENE UNIT. THEY ARE ALSO CALLED HEMITERPENES. THERE ARE DOZENS OF VARIETIES OF PHENYLPROPANOIDS.

THEY ARE FOUND IN CLOVE (90%), CASSIA (80%), BASIL (75%), CINNAMON (73%), OREGANO (60%), ANISE (50%), PEPPERMINT (25%). WHILE THEY CAN CREATE CONDITIONS WHERE UNFRIENDLY VIRUSES AND BACTERIA CANNOT LIVE, **THE MOST IMPORTANT FUNCTION PERFORMED BY PHENYLPROPANOIDS IS THAT THEY CLEAN THE RECEPTOR SITES ON THE CELLS.** WITHOUT CLEAN RECEPTOR SITES, CELLS CANNOT COMMUNICATE, AND THE BODY MALFUNCTIONS, RESULTING IN SICKNESS.

#2 SESQUITERPENES

SESQUITERPENES ARE COMPOUNDS OF THREE ISOPRENE UNITS, WHICH IS FIFTEEN CARBONS AND TWENTY-FOUR HYDROGENS PER MOLECULE- MOLECULAR WEIGHT 204 AMU. THERE ARE MORE THAN 10,000 KINDS OF SESQUITERPENES. SESQUITERPENES ARE THE PRINCIPAL CONSTITUENTS OF CEDARWOOD (98%), VETIVER (97%), SPIKENARD (93%), SANDALWOOD (ALOES) 90%, BLACK PEPPER (74%), PATCHOULI (71%), MYRRH (62%), AND GINGER (59%). THEY ARE ALSO FOUND IN GALBANUM, ONYCHA, AND FRANKINCENSE (8%).

SESQUITERPENE MOLECULES DELIVER OXYGEN MOLECULES TO CELLS, LIKE HEMOGLOBIN DOES IN THE BLOOD. SESQUITERPENES CAN ALSO ERASE OR DEPROGRAM MISWRITTEN CODES IN THE DNA. SESQUITERPENES ARE THOUGHT TO BE ESPECIALLY EFFECTIVE IN FIGHTING CANCER BECAUSE THE ROOT PROBLEM WITH A CANCER CELL IS THAT IT CONTAINS MISINFORMATION, AND SESQUITERPENES CAN ERASE THAT GARBLED INFORMATION. AT THE SAME TIME THE OXYGEN CARRIED BY SESQUITERPENE MOLECULES CREATES AN ENVIRONMENT WHERE CANCER CELLS CAN'T REPRODUCE. HENCE, SESQUITERPENES DELIVER CANCER CELLS A DOUBLE PUNCH-ONE THAT DISABLES THEIR CODED MISBEHAVIOR AND A SECOND THAT STOPS THEIR GROWTH.

#3 MONOTERPENES

MONOTERPENES ARE COMPOUNDS OF TWO ISOPRENE UNITS, WHICH IS TEN CARBON ATOMS AND SIXTEEN HYDROGEN ATOMS PER MOLECULE- MOLECULAR WEIGHT 136 AMU. THERE ARE AN ESTIMATED 2,000 VARIETIES OF MONOTERPENES.

MONOTERPENES ARE FOUND IN MOST ESSENTIAL OILS: GALBANUM (80%), ANGELICA (73%), HYSSOP ((70%), ROSE OF SHARON (54%), PEPPERMINT (45%), JUNIPER (42%), FRANKINCENSE (40%), SPRUCE (38%), PINE (30%), CYPRESS (28%), AND MYRTLE (25%).

WHILE OFFERING A VARIETY OF HEALING PROPERTIES, **THE MOST IMPORTANT ABILITY OF THE MONOTERPENES IS THAT THEY CAN REPROGRAM MISWRITTEN INFORMATION IN THE CELLULAR MEMORY.** WITH IMPROPER CODING IN THE DNA, CELLS MALFUNCTION AND DISEASES RESULT, INCLUDING LETHAL ONES SUCH AS CANCER.

PUTTING IT SIMPLY:

- » OILS RESTORE THE BODY BACK TO ITS NATURAL STATE OF BALANCE AND HEALTH AT THE MOST BASIC AND FUNDAMENTAL LEVELS WITHIN THE CELLS.
- » THE GENERATIONAL CURSES MENTIONED IN THE BIBLE (EXODUS 20:5, 34:7; NUMBERS 14:18; DEUTERONOMY 5:9) THAT COME TO US THROUGH GENES OR OUR PARENTS ARE NOT IMMUTABLE AND INCURABLE, AS MODERN MEDICAL DOCTORS BELIEVE.
- » THESE INHERITED CONDITIONS CAN BE REPROGRAMMED IN THE DNA BY THE ACTIONS OF ESSENTIAL OILS COMBINED WITH LAYING ON OF HANDS AND PRAYERFUL INTENT.

JAMES 5:14

IS ANYONE AMONG YOU SICK?

LET THEM CALL THE ELDERS OF THE CHURCH TO PRAY OVER THEM AND
ANOINT THEM WITH OIL IN THE NAME OF THE LORD.

Man's First Medicine

IN 1817 THE EBERS PAPYRUS, A MEDICAL SCROLL OVER 870 FEET LONG, WAS DISCOVERED THAT DATED BACK TO 1500 BC. THE SCROLL INCLUDED OVER 800 DIFFERENT HERBAL PRESCRIPTIONS AND REMEDIES. OTHER SCROLLS DESCRIBED A HIGH SUCCESS RATE IN TREATING 81 DIFFERENT DISEASES. MANY OF THE REMEDIES CONTAINED **MYRRH** AND HONEY. MYRRH IS STILL RECOGNIZED FOR ITS ABILITY TO HELP WITH INFECTIONS OF THE SKIN AND THROAT AND TO REGENERATE SKIN TISSUE. BECAUSE OF ITS EFFECTIVENESS IN PREVENTING BACTERIAL GROWTH, MYRRH WAS ALSO USED FOR EMBALMING.

A Weapon Against Bacterial Resistance

THE MULTITUDE OF CHEMICAL CONSTITUENTS THAT MAKE UP A SINGLE ESSENTIAL OIL PRESENT BACTERIA WITH A PUZZLE THAT CAN NOT BE SOLVED. THE MOSAIC OF HUNDREDS OF CHEMICAL CONSTITUENTS SIMPLY DO NOT ALLOW FOR BACTERIAL RESISTANCE.

How do they differ from pharmaceutical drugs?

- » MEDICINAL PLANTS AND OILS WORK WITH YOUR BODY TO PROMOTE HOMEOSTASIS.
- » PHARMACEUTICALS ARE ISOLATED AND OFTEN SYNTHETIC COMPOUNDS
- » THERE IS A PLACE FOR PHARMACEUTICALS BUT THEY DO NOT WORK IN HARMONY WITH YOUR BODY.
- » BE MINDFUL OF THE “BIG” BUSINESS

“[Prescription drugs] are often developed as pharmaceutical chemists ask ‘What is the active ingredient in this medicinal plant that makes it work? How can we isolate that ingredient and make it synthetically so we can patent it and earn money from it?’ The other minerals and enzymes and co-agents in the plant are ignored, yet in nature those constituents act synergistically to help the herb work at its best. When you take away all the other parts of the herb and use only its so-called active ingredient it becomes unnatural and creates unwanted side affects”

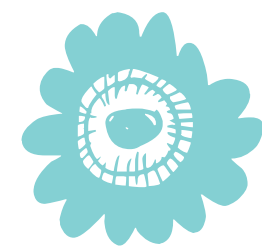
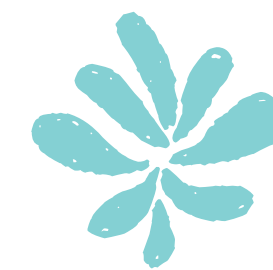
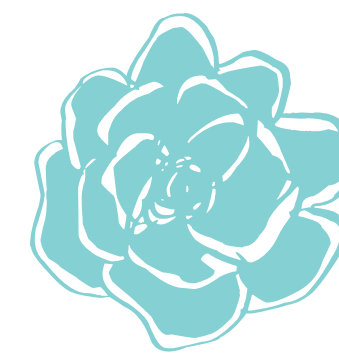
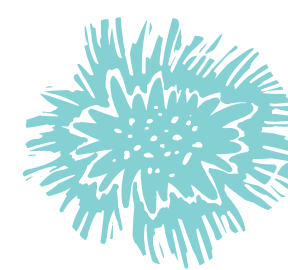
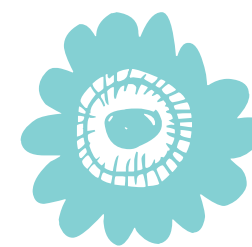
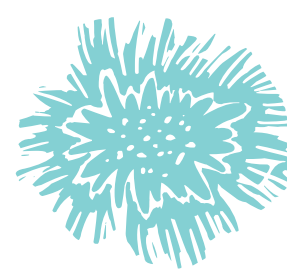
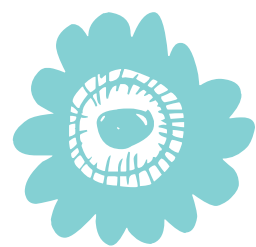
– *Inner Transformations Using Essential Oils*,
by Dr. LeAnne Deardeuff, DC

“DRUGS AND OILS WORK IN OPPOSITE WAYS. DRUGS TOXIFY. OILS DETOXYFY. DRUGS CLOG AND CONFUSE RECEPTOR SITES. OILS CLEAN RECEPTOR SITES. DRUGS DEPRESS THE IMMUNE SYSTEM. OILS STRENGTHEN THE IMMUNE SYSTEM. ANTIBIOTICS ATTACK BACTERIA INDISCRIMINATELY, KILLING BOTH THE GOOD AND THE BAD. OILS ATTACK ONLY THE HARMFUL BACTERIA, ALLOWING OUR BODY’S FRIENDLY FLORA TO FLOURISH.”

– DAVID STEWART, PH.D., R.A., THE CHEMISTRY OF ESSENTIAL OILS, 2005

Fun Facts

- » 60 THOUSAND ROSE BLOSSOMS PROVIDES ONLY 1 OZ OF ROSE OIL
- » 220 POUNDS OF LAVENDER WILL PROVIDE 7 POUNDS OF OIL
- » JASMINE FLOWERS MUST BE PICKED BY HAND BEFORE THE SUN BECOMES HOT ON THE VERY FIRST DAY THEY OPEN, THUS MAKING IT THE MOST EXPENSIVE OIL IN THE WORLD! IT TAKES 8 MILLION HAND-PICKED BLOSSOMS TO PRODUCE 2.2 POUNDS OF OIL.



So how do we get started?

Build A Wellness Kit

Lemon
Lavender
Peppermint
Frankincense
Copaiba
Raven
Peace & Calming

Purification or Tea Tree
PanAway
Stress Away
Valor
Thieves
Digize
carrier oil

Veggie capsules also available

Vitality vs. Non-Vitality



Ingestible
Label

Standard
Label

...but the SAME oil

Lemon

Diffuse / Apply Topically / Take Internally

It takes about 75 lemons to make one 15mL bottle of Lemon Essential Oil.

- ★ Cold-pressed from the rind rather than steam distilled, (not the pulp & not acidic to teeth).
- ★ It is so high in Monoterpenes, you can use it to clean the blackest grime off of surfaces with ease!
- ★ Add a drop in a glass of water to for liver, kidney and urinary track support.
- ★ Promotes circulation, leukocyte formation (white blood cells) & lymphatic function.
- ★ Erodes petrochemicals.
- ★ PH balancing.
- ★ Immune / Respiratory supporting.
- ★ Uplifting & skin brightener.
- ★ Apply to nail beds and rub in to support nail strength.

- » Anticancer
- » Antidepressant
- » Antiseptic
- » Antifungal
- » Antioxidant
- » Antiviral
- » Astringent
- » Invigorating

OFFERED IN VITALITY &
NON-VITALITY OPTIONS

Lavender

Diffuse / Apply Topically / Take Internally

Lavender is one of the most well-known and well-loved essential oils. It is commonly referred to as the “Swiss Army Knife” of oils. There is more synthetic Lavender on the market than the real thing so be mindful of the brand you use!

- ★ Calms the nervous & respiratory system.
- ★ Diffuse during the day for better focus.
Diffuse at night for a more restful night's sleep.
- ★ Skin loving, skin soothing.
- ★ Great for “seasonal support”.
- ★ Add to your daily face cream or serum.

- » **Antidepressant**
- » **Antifungal**
- » **Antihistamine**
- » **Anti-infectious**
- » **Anti-inflammatory**
- » **Anti-microbial**
- » **Anti-mutagenic**
- » **Antiseptic**
- » **Antispasmodic**
- » **Antitoxic**
- » **Antitumor**
- » **Cardiotonic**
- » **Regenerative**
- » **Sedative**

**OFFERED IN VITALITY &
NON-VITALITY OPTIONS**

Peppermint

Diffuse / Apply Topically / Take Internally

It takes about one pound of peppermint material to produce one 15mL bottle of Peppermint Essential Oil. It is a natural hybrid of Spearmint and Watermint. Peppermint is a driving oil that helps drive other oils in deeper and faster.

- ★ Provides circulatory and digestive support, airway support, cravings and appetite support.
- ★ Uplifting and energizing aroma, cooling sensation for topical use. Great to promote alertness!
- ★ Add a drop to a glass of water for digestive upset.
- ★ Oxygenating to the lungs.
- ★ Can provide relief of “head discomfort”.

- » Analgesic
- » Antibacterial
- » Anticarcinogenic
- » Anti-inflammatory
- » Antiseptic
- » Antispasmodic
- » Antiviral
- » Invigorating

OFFERED IN VITALITY &
NON-VITALITY OPTIONS

Frankincense

Diffuse / Apply Topically / Take Internally

Frankincense has been traded around the Middle East for over 5,000 years. The tree is cut, then the sap/resin that slowly oozes out of the tree and dries is collected and steam distilled. This oil has a MYRIAD of uses which is why I say “When in doubt, frank it out.”

- ★ When taken internally supports immunity and respiratory systems.
- ★ Sub-lingual or breathe in for calming/grounding (stops the “freak out”).
- ★ Top skin loving oil.
- ★ Top brain oil and wonderful for focus/tremors.
- ★ Diffuse or breathe during prayer time.
- ★ Very high in Monoterpenes!

» **Anticatarrhal**

» **Anticancer**

» **Antidepressant**

» **Anti-infectious**

» **Anti-inflammatory**

» **Antiseptic**

» **Antitumoral**

» **Expectorant**

» **Immune-stimulant**

» **Sedative**

**OFFERED IN VITALITY &
NON-VITALITY OPTIONS**

Copaiba

Diffuse / Apply Topically / Take Internally

Copaiba is steam distilled from the oleoresin, which is a mixture of the essential oil and resin of the plant. It is excellent to help calm and soothe muscles and joints.

- ★ When taken internally supports cardiovascular, nervous, and respiratory systems.
- ★ Helpful to calm and focus the mind when diffused or applied topically. Helps to soothe muscle tension.
- ★ Very anti-inflammatory!
- ★ Very high in Sesquiterpenes!
- ★ Apply topically after strenuous exercise. Rub a drop on the back of the neck and temples to support calming cognitive support.

- » Analgesic
- » Powerful Anti-inflammatory
- » Antibacterial
- » Antiseptic
- » Stimulant (circulatory, pulmonary systems)

**OFFERED IN VITALITY &
NON-VITALITY OPTIONS**

Raven

Diffuse / Apply Topically

Raven™ is a cleansing and opening blend that creates a cooling sensation when applied topically to the chest and throat. It calms, soothes, and protects for overall wellness. Rather than use a synthetic chest rub, this blend is a pure botanical option when wanting to support health. A favorite for moms, dads, and kids and perfectly safe for your kids and babies when diluted.

**This blend contains
Ravintsara, Lemon,
Wintergreen, Peppermint,
and Eucalyptus Radiata**

- ★ Apply to chest for respiratory clearing.
- ★ Very healing to the lungs and especially useful for viral infections.
- ★ Diffuse for respiratory support and to create a relaxing environment.
- ★ Use a carrier oil with children under 6.
- ★ Caution around pets.

**NON-VITALITY ONLY
DO NOT INGEST!**

Peace & Calming

Diffuse / Apply Topically

This blend contains
Ylang Ylang, Orange, Tangerine,
Patchouli, and Blue Tansy

Peace & Calming® is a new mother's best friend. This synergy helps littles at bedtime, but is also the perfect choice for adults, too. The gentle and sweet aroma will quickly become one of your household staples.

- ★ Helpful to relax and calm down when diffused or applied topically.
- ★ Supportive to hyperactive children.
- ★ Helps to soothe muscle tension and emotional needs.
- ★ Rub a drop on your big toes before bed for a more restful night's sleep.

**NON-VITALITY ONLY
DO NOT INGEST!**

Tea Tree

- ★ Clear acne and support skin infections.
- ★ Keeps bugs away / ticks / bites.
- ★ Promotes wound healing.
- ★ A natural deodorant.
- ★ Can sooth ear aches.
- ★ May aid in the healing of Athlete's foot (fungal situations).
- ★ High in Monoterpenes.

Diffuse / Apply Topically

- » Analgesic
- » Antibacterial
- » Antifungal
- » Anti-infectious
- » Anti-inflammatory
- » Antioxidant
- » Antiparasitic
- » Antiseptic
- » Antiviral
- » Decongestant,
- » Digestive expectorant
- » Immune-stimulant
- » Insecticidal
- » Neurotonic
- » Stimulant
- » Tissue regenerative

Purification

Diffuse / Apply Topically

The individual oils in this blend have powerful antiseptic, antibacterial, antifungal, and sanitizing properties. This blend is therefore useful for killing odors and their bacteria, molds, and fungus.

**This blend contains
Citronella, Lemongrass,
Rosemary cineol, Tea Tree,
Lavandin, Myrtle**

- ★ Purifies and cleanses bacteria in the air and neutralizes mildew, cigarette smoke, and other noxious odors.
- ★ Repels bugs, insects and mice.
- ★ Neutralizes poison from insect bites (blood cleanser). Also great for cuts.
- ★ Add a drop to vase water.
- ★ Natural repellent.

**NON-VITALITY ONLY
DO NOT INGEST!**

Panaway

Apply Topically

When a person physically needs this blend, they usually smell it and love it! PanAway has a childproof cap that indicates the oil is not for consumption.

**This blend contains
Wintergreen, Helichrysum,
Clove, and Peppermint.**

- ★ Apply on location as needed. It is considered a hot oil, meaning it can feel biting, but has a cooling sensation, so it is best to use with a carrier oil.
- ★ Muscle support! Very anti-inflammatory.
- ★ Can help with “head discomfort”.
- ★ Helichrysum is known for its regenerative properties.

**NON-VITALITY ONLY
DO NOT INGEST!**

Stress Away

Diffuse / Apply Topically

Stress Away is a customer favorite blend, and it's commonly joked that users would bathe in it if they could. It contains a small amount of Vanilla absolute, making it a favorite among kids and adults alike, with children often calling it their "vanilla ice cream oil."

**This blend contains
Copaiba, Lime, Cedarwood,
Ocotea, and Lavender with a
touch of Vanilla absolute.**

- ★ Calming for emotions, helpful during times of stress, great for focus and mental clarity.
- ★ Rub a drop on the wrists and back of neck in the morning for a more focus-friendly day.
- ★ Diffuse for a calm environment and for more restful sleep.
- ★ Cedarwood & Copaiba are very high in Sesquiterpenes and anti-inflammatory.
- ★ Ocotea is blood-sugar balancing!

**NON-VITALITY ONLY
DO NOT INGEST!**

Valor

Valor[®], also known as the “Courage Blend” is one of the most popular blends. This blend is often referred to as a “Chiropractor in a bottle.” It is the foundation blend for the Raindrop Technique[®].

- ★ Calming and promotes courage.
- ★ Promotes alignment of physical structure (spine).
- ★ Balances electrical energies.
- ★ Remember... Frankincense is very high in Monoterpenes!
- ★ Supportive to the adrenals.

Diffuse / Apply Topically

**This blend contains
Northern Lights Black Spruce[™],
Blue Tansy, Camphor Wood,
Geranium, and Frankincense.**

**NON-VITALITY ONLY
DO NOT INGEST!**

Thieves

The name “Thieves” comes from a legend about four 15th Century thieves who rubbed on a similar blend before they robbed the dead and dying during the plague.

- ★ Supports overall wellness & Respiratory support.
- ★ Oral Health.
- ★ Diffuse to clean and freshen the air.
- ★ Used in cleaning products.

Diffuse / Apply Topically / Take Internally

**This blend contains
Clove, Lemon, Cinnamon
Bark, Eucalyptus Radiata,
Rosemary.**

- » **Antibacterial**
- » **Antimicrobial**
- » **Antifungal**
- » **Antiseptic**
- » **Antiviral**

**OFFERED IN VITALITY &
NON-VITALITY OPTIONS**

DiGize

A life-saver for many people, DiGize™ has been known to help calm digestion just by holding the bottle! Many people do not leave home without it.

- ★ Digestive support and intestinal support.
- ★ Calming and cleansing (parasites).
- ★ Rub a drop on the abdomen clockwise to help promote healthy movement and counter-clockwise to slow down movement.

Diffuse / Apply Topically / Take Internally

**This blend contains
Tarragon, Ginger, Peppermint,
Juniper, Fennel, Lemongrass,
Anise, and Patchouli.**

**OFFERED IN VITALITY &
NON-VITALITY OPTIONS**

CARRIER OILS 101

What's Your Type?

Skin Types

Normal Skin- Hempseed, Coconut, Grape Seed, Sunflower & Sweet Almond

Oily Skin- Grape Seed, Sweet Almond, Apricot Kernel, Jojoba & Sunflower

Dry Skin- Avocado, Sweet Almond, Rosehips, Olive, Coconut, Cocoa Butter

Sensitive Skin- Jojoba, Sesame Seed, Sweet Almond & Apricot Kernel

Mature Skin- Grape Seed, Jojoba, Sesame Seed, Rosehips, Almond, Apricot

Oil Types

Liquid

- Olive
- Canola
- Grapeseed
- Safflower
- Argan
- Jojoba
- Apricot Kernel
- V6
- Avocado
- Sweet Almond

Soft

- Shea Butter
- Coconut Oil
- Capuacu Butter
- Mango Butter
- Babassu Oil

Brittle

- Cocoa Butter
- Kokum Butter
- Illipe Butter

Fast Absorption

- Safflower
- Hazelnut
- Grapeseed
- Apricot Kernel
- Canola
- Camellia Seed
- Rose Hip

Average Absorption

- Jojoba
- Coconut
- Argan
- Olive
- V6
- Sunflower
- Hemp seed

Slow Absorption

- Avocado
- Castor
- Flax Seed
- Evening Primrose
- Oat
- Macadamia Nut
- Sweet Almond

Comedogenic Ratings

- 0 - Won't clog pores
- 1 - Low
- 2 - Moderately Low
- 3 - Moderate
- 4 - Fairly High

- Almond Oil - 2
- Apricot Kernel - 2
- Avocado Oil - 2
- Castor Oil - 1
- Cocoa Butter - 4

- Coconut Butter - 4
- Coconut Oil - 4
- Corn Oil - 3
- Evening Primrose - 2
- Grape Seed Oil - 2
- Hazelnut Oil - 2

- Hemp Seed Oil - 0
- Jojoba Oil - 2
- Olive Oil - 2
- Safflower Oil - 0
- Shea Butter - 0
- Sunflower Oil - 0

Savor Simple Living

V-6 Vegetable Oil Complex

V-6™ Vegetable Oil Complex is a blend of fractionated coconut oil, sesame seed oil, grape seed oil, sweet almond oil, wheat germ oil, sunflower seed oil, and extra virgin olive oil—all nourishing, antioxidant vegetable oils that are colorless and odorless and can be used to dilute essential oils and create custom blends, formulas, and massage oils.



These oils may be purchased in the
Church book store.

You may also order direct,
contact us for details.