



# **MASK SURVIVAL KIT**

## **ESSENTIAL OILS + AROMATHERAPY**

Ask our staff for our free  
Essentials Guide!





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# WAYS TO USE PEPPERMINT

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 H<sub>2</sub>O
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**





# WAYS TO USE B R E A T H E<sup>®</sup>

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





# WAYS TO USE LAVENDER

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 H<sub>2</sub>O
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**





# WAYS TO USE PURIFY<sup>®</sup>

1. **Diffuse** to purify and freshen the air
2. Place a few drops on a cotton ball and put into the **air vent**
3. Add five drops to a small spray bottle with water and use to **wipe down counter tops**
4. Apply to **bug bites** to soothe irritation
5. Add a few drops to the rinse cycle when doing **laundry to help eliminate odor**
6. Diffuse to **keep bugs and insects away**
7. Use as a **natural deodorant**
8. Add 15 drops to a spray bottle with water for a purifying **bathroom spray**
9. Apply topically to **blemishes**
10. Apply to chest and bottoms of feet for **seasonal threats**





# WAYS TO USE ON GUARD®

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 H<sub>2</sub>O
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





# WAYS TO USE LEMONGRASS

1. Add a few drops to a veggie capsule to support **healthy digestion**
2. Make a natural bug spray
3. Apply diluted after a **long run**
4. Use to **flavor entrées** and meat dishes while promoting healthy digestion
5. Make a **cleaning spray** to clean tables, countertops, and other surfaces
6. **Diffuse** with Basil, Cardamom, or Spearmint
7. Add to your **inflammation roller blend**
8. **Diffuse outside** on your porch or patio to keep away mosquitos and bugs
9. Add to your laundry **rinse cycle**
10. Add a few drops to your **daily moisturizer**

