

Benefits of Your Everyday Oil Starter Kit

LAVENDER - (*Lavandula angustifolia*) is the most versatile of all essential oils. Therapeutic-grade lavender has been highly regarded for the skin. Lavender has been clinically evaluated for its relaxing effects. It may be used to cleanse cuts, bruises and skin irritations. The fragrance is calming, relaxing and balancing -- physically and emotionally.

- ♦ Rub on feet for calming.
- ♦ Rub on your pillow to help you sleep.
- ♦ Put a drop on a bee sting or insect bite to stop itching & reduce swelling.
- ♦ Put 2-3 drops on a minor burn to decrease pain.
- ♦ Drop Lavender oil on a cut to stop the bleeding.
- ♦ Mix several drops with V-6 Vegetable Mixing Oil and use topically on eczema and dermatitis.
- ♦ To alleviate the symptoms of motion sickness, place a drop on the end of the tongue, around the naval or behind the ears.
- ♦ To stop a nosebleed, put a drop of oil on a tissue and wrap it around a small chip of ice. Push up under the middle of the top lip to the base of the nose and hold.
- ♦ Rub Lavender oil on dry or chapped skin.
- ♦ Rub a drop of Lavender oil on chapped or sunburned lips.
- ♦ To minimize the formation of scar tissue, massage on and around the affected area.
- ♦ Rub 2 – 4 drops over the armpit area to act as a deodorant.
- ♦ Put a drop between your palms and inhale deeply to help alleviate the symptoms of hay fever.
- ♦ Rub several drops of Lavender oil into scalp to help eliminate dandruff.
- ♦ Place a few drops on a cotton ball and place in your linen closet to scent the linens and repel moths and insects.
- ♦ Place a drop of Lavender oil in your water fountain to scent the air, kill bacteria and prolong the time between cleanings.
- ♦ Place a few drops on a wet cloth and throw into the dryer.
- ♦ Put a drop of Lavender oil on a cold sore.
- ♦ Diffuse Lavender oil to alleviate the symptoms of allergies.
- ♦ Spritz several drops of Lavender oil mixed with distilled water on a sunburn to decrease pain.
- ♦ Drop Lavender oil on a cut to clean the wound and kill bacteria.
- ♦ Apply 2-3 drops of Lavender to a rash to stop the itching and heal the skin.

VALOR - A blend of rosewood (*Aniba rosaeodora*), blue tansy (*Tanacetum annuum*), frankincense (*Boswellia carteri*), and spruce (*Picea mariana*).

- ♦ Apply 3-4 drops on feet or spine for improved spinal alignment.
- ♦ Apply topically or diffuse for calming and stress relief.
- ♦ Apply topically on temples and back of neck for improved focus and mental clarity.
- ♦ Massage a few drops into your temple and wrists to help build self confidence.

PEPPERMINT - (*Mentha piperita*) is one of the oldest and most highly regarded herbs for soothing digestion. Jean Valnet, M.D., studied peppermint's effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in affecting impaired taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to improve concentration and mental accuracy. Alan Hirsch, M.D., studied peppermint's ability to directly affect the brain's satiety center, which triggers a sense of fullness after meals.

- ♦ Rub 4-6 drops in the palm and rub over stomach and around the navel to relieve indigestion, flatulence, diarrhea and nausea.
- ♦ Add Peppermint to herbal tea to aid in digestion and relieve heartburn.
- ♦ Massage several drops of oil on an injury to reduce inflammation.
- ♦ Apply Peppermint oil immediately to an injured area (bruised shin, put on the foot or hand) to relieve pain. If there is a cut, apply the Peppermint oil around (not on) the open wound.
- ♦ Rub several drops of oil on the bottoms of the feet to reduce fever.
- ♦ Apply Peppermint oil topically on unbroken skin to stop itching.
- ♦ For poison ivy or poison oak, apply Peppermint oil on location neat or dilute with V-6 Vegetable Mixing Oil.
- ♦ Inhale before & during a workout to boost your mood and reduce fatigue.
- ♦ To relieve a headache, rub on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.
- ♦ To stop hiccups, apply a drop of Peppermint oil on each side of the fifth cervical vertebra (up three notches from the base of the neck).
- ♦ Place two drops of Peppermint oil on the tongue and rub another drop under the nose to improve alertness and concentration.
- ♦ Diffuse Peppermint in the room while studying to improve concentration and accuracy. Inhale Peppermint while taking a test to improve recall.
- ♦ Rub 4 drops on chest and stomach to relieve travel sickness.
- ♦ Place a drop of Peppermint oil on the tongue and inhale into the nose and sinuses to relieve congestion from a cold.
- ♦ To deter rats, mice, ants or cockroaches, place two drops on a cotton ball and place along the path or point of entry for these pests.
- ♦ Place a couple of drops in a cup of hot water and enjoy in place of coffee.
- ♦ To kill aphids, add 4-5 drops to 4 ounces of water and spray the plants.
- ♦ Drink a drop mixed in a glass of cold water to cool off on a hot day.
- ♦ Rub Peppermint oil on joints to relieve arthritis or tendonitis pain.
- ♦ Place a drop of Peppermint oil on the tongue to stop bad breath.
- ♦ Inhale the fragrance to curb appetite and lessen the impulse to overeat.
- ♦ Remove ticks by applying a drop of Peppermint oil on a cotton swab. Wait for it to unhinge its head, then remove from your pet.
- ♦ Mix Peppermint oil in a footbath to relieve sore feet.

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PURIFICATION - *An antiseptic blend of Citronella (Cymbopogon nardus), lemongrass (Cymbopogon flexuosus), rosemary (Rosmarinus officinalis), melaleuca (Melaleuca alternifolia), lavandin (Lavandula x hybrida) and myrtle (Myrtus communis) formulated for diffusing to purify and cleanse the air and neutralize mildew, cigarette smoke and disagreeable odors.*

- Diffuse Purification oil to clean the air and neutralize foul or stale odors.
- Put several drops of Purification oil on a cotton ball and place in the air vents in the home, office, hotel room or other enclosed area.
- While traveling, inhale Purification oil during flights to protect yourself from pathogens found in the recirculated air.
- Put a drop of Purification oil on insect bites to cleanse and stop the itching.
- Apply a drop of Purification oil on blemishes to clear the skin.
- Rub on the outside of a sore throat when it is first beginning.
- Rub a drop of Purification oil on a blister to cleanse and disinfect.
- Put 2 drops of Purification oil on two cotton balls and place in the toes of smelly sneakers to combat odors.
- Place a drop of Purification oil on each end of a cotton swab and place on top of your cold water humidifier to clean the air.
- Dilute Purification oil with V-6 Vegetable Mixing Oil and swab the nasal cavity to ward off the flu.
- Spritz several drops of Purification oil mixed with water to repel insects.
- Apply Purification oil and Peppermint oil diluted with V-6 Vegetable Mixing Oil to a cotton swab and rub just inside the ear to eliminate ear mites in cats and dogs.

THIEVES - *A blend of highly antiviral, antiseptic, antibacterial, antiinfectious oils. Includes: clove (Syzygium aromaticum), lemon (Citrus limon), cinnamon bark (Cinnamomum verum), eucalyptus (Eucalyptus radiata), rosemary (Rosmarinus officinalis). Named after a band of Thieves who used essential oils to avoid the Plague while robbing the sick and dying.*

- Make a Spritzer to use as a disinfectant. (Combine water and vinegar, or alcohol, with Thieves oil.)
- Diffuse to kill airborne microbes and pathogens. (Research shows a 99.96% decrease in airborne pathogens.)
- Diffuse and use directly for toxic molds.
- Use Thieves oil, natural soap and water to clean outdoor surfaces like concrete, wood and siding to stop toxic molds.
- Mix water, vinegar and Thieves oil for internal digestive cleanse.
- Dilute and use for teething, mouth and dental pain.
- Dilute and use for sore throats, swollen glands and tonsils.
- Dilute and apply around ear area (never directly in ear) for infection.
- Rub 3 drops directly on bottom of feet to enhance immune function.
- Use directly on toenail fungus.
- Dilute and dab on pimples, boils and acne.
- Dab on warts, until eliminated.
- Use Thieves Household Cleaner to eliminate and prevent airborne pathogens from home, school, indoor and outdoor work environments.

PEACE & CALMING - *A gentle, fragrant blend of Tangerine (Citrus nobilis), orange (Citrus sinensis), ylang ylang (Cananga odorata), patchouli (Pogostemon cablin) and blue tansy (Tanacetum annuum) specially designed for diffusing. It promotes relaxation and a deep sense of peace, helping to calm tensions and uplift spirits.*

- Rub 1-2 drops of Peace & Calming oil on the bottom of the feet and on the shoulders before bedtime to get good quality sleep.
- Diffuse in the room to calm overactive or hard to manage children.
- Mix with massage oil for a relaxing massage.
- Mix with Bath Gel Base in warm water for a relaxing bath.
- To help stop nocturnal teeth grinding, diffuse while sleeping.



Dawn Sullivan

Distributor #1028239

Email: dawn@newwaytowellness.com

www.newwaytowellness.com

262.292.9757

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