



ELIMINATE STRESS NATURALLY

# Stress-Busting Essential Oils





# *Stress-Busting Essential Oils*

I think we can all agree that life in today's modern world is pretty hectic, right?

It's hard to find the time to breathe, relax, or participate in the hobbies that you truly enjoy.

The sources of stress just never seem to stop.

And it's not like you can just check out, either.

Whether you work outside the home or are a full-time caregiver for your family, stress is probably a huge factor in your life.

So, what can you do about it?

Even if you don't have much time, essential oils remedies take just seconds to mix. And there are certain essential oils that are incredibly beneficial when it comes to stress.

In this guide, you'll find everything you need to know about essential oils and busting your stress levels. Along with some great recipes, you'll get an overview of each oil contained in them, as well as why they are so effective for stress.





*Oils can be diffused, inhaled, or rubbed on the soles of your feet. For direct application, apply to the pain point.*

## *Why Use Essential Oils*

Stress can be either good or bad. However, long-term stressful situations can produce lasting, low-level stress that's hard on people. The nervous system pumps out extra stress hormones over an extended period, which can wear out the body's reserves and the adrenals, leaving a person feeling depleted or overwhelmed, weakening the body's immune system, and causing other problems.

### OILS FOR STRESS:

- Angelica
- AromaEase
- Cedarwood
- Hinoki
- Idaho Blue Spruce
- Lavender



*I believe my issues have been stress related more than anything and I do believe this program has toned me down a great deal!*

*-Beverly R.*



# 1. *Angelica*

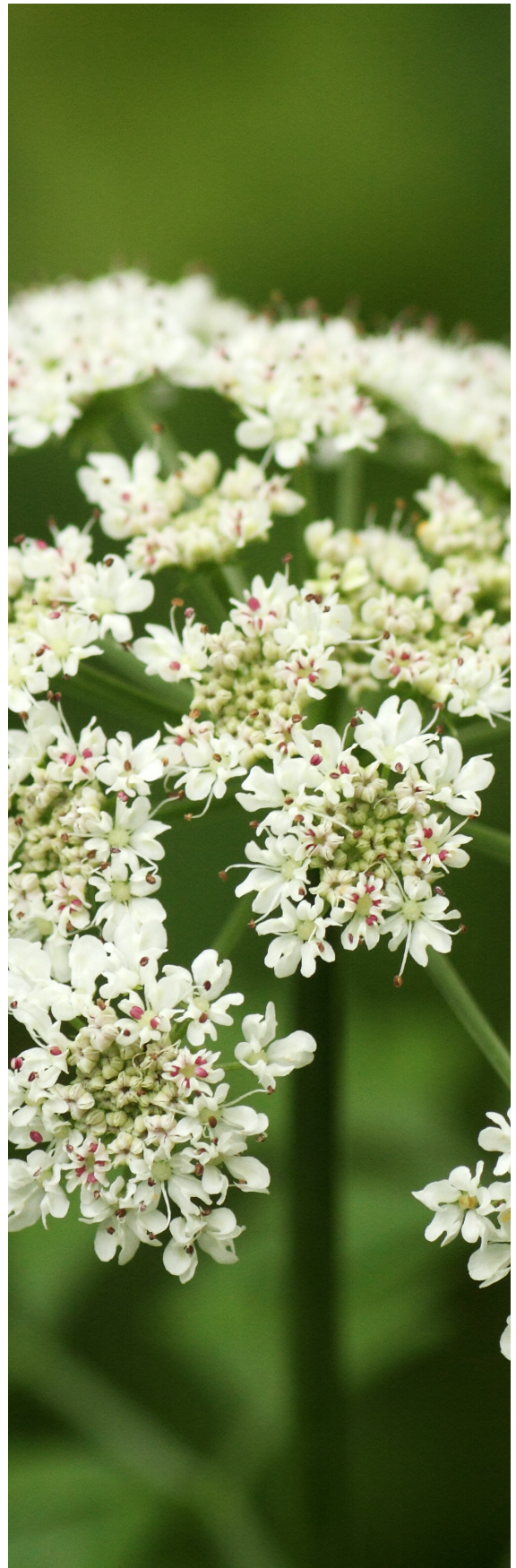
Aromatic: Diffuse or inhale directly

Topical: Dilute 1 drop essentials with 1 drop of carrier oil of choice and apply on location.

Dietary: Dilute 1 drop essential in a capsule with a carrier oil such as coconut oil, olive oil or avocado oil. Take 3 times daily or as needed

Description: Angelica essential oil has soothing aromatic qualities that help create a relaxing environment. It has been referred to as the "oil of angels," in part because of its calming aroma.

## *Plant Reference*





## 2. AromaEase

Aromatic: Diffuse or inhale directly

Topical: Dilute 1 drop essentials with 1 drop of carrier oil of choice and apply on location.

Description: AromaEase™ essential oil blend is perfect for creating a powerful and comforting space. The blend's key essential oils—Peppermint, Spearmint, Ginger, Cardamom, and Fennel—make an aroma that is minty, fresh, and bold. Try diffusing it at home, around the office, or even in your car. AromaEase can also be used topically on your neck, shoulders, or abdomen for a refreshing sensation and soothing aroma.

### *Plant Reference*





### 3. Cedarwood

Aromatic: Diffuse or inhale directly

Topical: Apply 2-4 drops on location of choice. Dilution is not required, except for the most sensitive skin.

Dietary: Dilute 2 drops essential oil in a capsule with carrier oil such as coconut oil, olive oil or avocado oil. Take 3 times daily or as needed.

Description: Cedarwood essential oil has a calming and soothing aroma, and it promotes the appearance of healthy skin, hair, and scalp when applied topically.

#### *Plant Reference*





## 4. *Hinoki*

Aromatic: Diffuse or inhale directly

Topical: Dilute 1 drop essential oil with 1 drop of carrier oil of choice and apply on location.

Description: With its light, woody scent and the naturally occurring constituent alpha-pinene, Hinoki essential oil makes a great addition to your essential oil collection. Steam distilled from Japanese cypress trees, Hinoki has been used historically for refreshing the soul. Today the oil is used to create a calm ambiance that can help increase spiritual awareness.

### *Plant Reference*





## 5. *Idaho Blue Spruce*

Aromatic: Diffuse or inhale directly

Topical: Apply 2-4 drops on location of choice. Dilution is not required, except for the most sensitive skin.

Dietary: Dilute 2 drops essential oil in a capsule with a carrier oil such as coconut oil, olive oil, or avocado oil. Take 3 times daily or as needed.

Description: Idaho Blue Spruce essential oil soothes tired muscles when applied topically with massage and has a grounding aroma that is perfect for use in your spiritual practice.

### *Plant Reference*





## 6. Lavender

Aromatic: Diffuse or inhale directly

Topical: Apply 2-4 drops on location of choice. Dilution is not required, except for the most sensitive skin.

Dietary: Dilute 2 drops essential oil in a capsule with a carrier oil such as coconut oil, olive oil, or avocado oil. Take 3 times daily or as needed.

Description: Lavender essential oil has a scent that's a wonderful blend of fresh, floral, clean, and calm. It's this dynamic aroma that has made the plant a classic for perfumes, soaps, fresheners, and beauty products. Lavender is a great beginner oil and a must for every home. Lavender essential oil isn't a favorite only because of its classic scent—it's also highly versatile. From skin care products to relaxing routines, this oil can infuse and enhance many areas of your life.

### *Plant Reference*



## 7. *Peace & Calming 1*

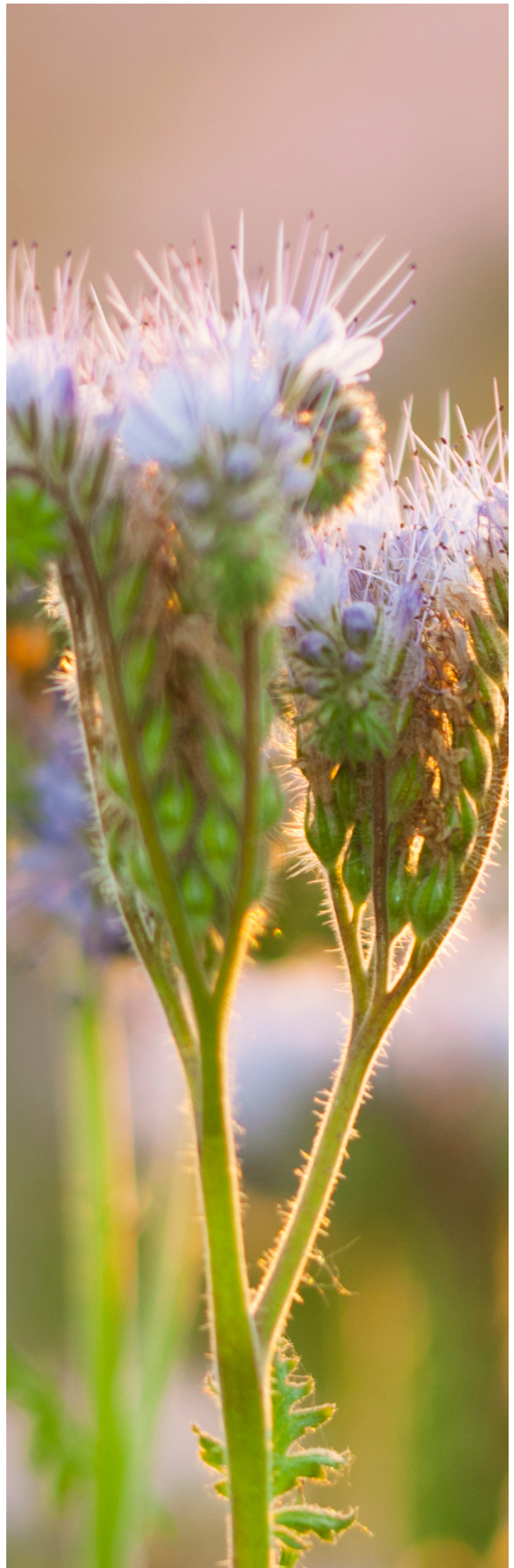
Aromatic: Diffuse or inhale directly

Topical: Dilute 1 drop essential oil with 1 drop of carrier oil of choice and apply on location.

Caution: Possible sun sensitivity

Description: Peace & Calming® essential oil blend is a combination of Blue Tansy, Orange, Tangerine, Patchouli, and Ylang Ylang that creates a moment of tranquility in your everyday life. Its aroma is uplifting and calming—the name says it all.

### *Plant Reference*





## 8. *Peace & Calming 2*

Aromatic: Diffuse or inhale directly

Topical: Dilute 1 drop essential oil with 1 drop of carrier oil of choice and apply on location.

Caution: Possible sun sensitivity

Description: Peace & Calming II™ essential oil blend is a combination of Tangerine, Orange, Ylang Ylang, Patchouli, German Chamomile, Vetiver, Cistus, Bergamot, Cassia, Davana, and Northern Lights Black Spruce that provides a moment of tranquility in your everyday life. Its aroma is uplifting and calming—the name says it all.

### *Plant Reference*





## *9. Roman Chamomile*

Aromatic: Diffuse or inhale directly

Topical: Apply 2-4 drops on location of choice. Dilution is not required, except for the most sensitive skin.

Dietary: Dilute 2 drops essential oil in a capsule with a carrier oil such as coconut oil, olive oil, or avocado oil. Take 3 times daily or as needed.

Description: Roman Chamomile essential oil has a sweet, herbaceous aroma with notes of bright apple. Its warmth and gentleness can help create a relaxing and calming atmosphere that can make a wonderful addition to children's nurseries or play areas. Soothing to all types of skin, it's often used in skin and hair products and even perfumes.

### *Plant Reference*





## 10. *Rutavala*

Aromatic: Diffuse or inhale directly

Topical: Dilute 1 drop essential oils with 1 drop of carrier oil of choice and apply on location

Dietary: Dilute 2 drops essential oil in a capsule with a carrier oil such as coconut oil, olive oil, or avocado oil. Take 3 times daily or as needed.

Description: A blend of Ruta, Valerian, and Lavender essential oils, RutaVaLa™ is a perfect addition to any nighttime routine. Diffuse it after a hectic day to create a calm environment or dilute it with a carrier oil and massage onto the bottoms of your feet during the evening.

### *Plant Reference*





## 11. *Stress Away*

Aromatic: Diffuse or inhale directly

Topical: Apply 2-4 drops on location of choice. Dilution is not required, except for the most sensitive skin.

Caution: Possible sun sensitivity

Description: Stress Away™ essential oil blend features Copaiba, Lime, Cedarwood, Vanilla, Ocotea, and Lavender for an exotic aroma used for exactly what the name says: Stress Away.

### *Plant Reference*





## 12. *White Angelica*

Aromatic: Diffuse or inhale directly

Topical: Apply 2-4 drops on location of choice. Dilution is not required, except for the most sensitive skin.

Description: White Angelica™ essential oil blend is a combination of Bergamot, Myrrh, Geranium, Sacred Sandalwood, Ylang Ylang, and other essential oils, and it has a nurturing aroma to encourage moments of protection and positivity.

### *Plant Reference*







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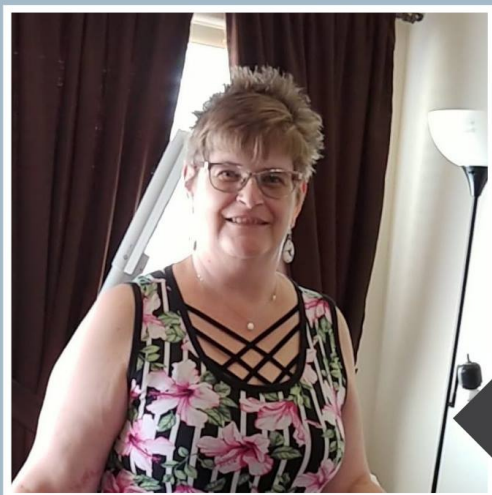
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“My stress level has gone down. Because I have more energy I’m less irritated when people ask me to do them a favor in my spare time  
-Nancy P



## success SPOTLIGHT



key cellular  
NUTRITION

SHERYL F.



"When Sheryl came to us, she rated herself about an 8 out of 10 on a scale of stress. Panic attacks were a normal part of her week. Coffee and sugar were a normal part of her diet. Plus, she was suffering from leg pain due to small fiber neuropathy. Today, Sheryl has made incredible strides. Her cravings have decreased, and her stress level is down to a 3 -- and if you've ever experienced chronic stress before, you know what a huge difference that makes!"

-Dr. Bill Cole



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& learn to regain control of  
your health

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to place an order.

*Click Here!*

