

# No Worries... we got you

## RENEW

Relieve tension from headaches, backaches, tech neck and sore feet. Anti-inflammatory essential oils go to work on achy joints and sore muscles. Feel renewed!

**Apply to temples, neck, back of neck, wrists, hands, knees, or balls of feet.**

*Includes: Peppermint, Sweet Basil, Lavender and Frankincense*

## UPLIFT

Our mood is very important to mental health. Take a mental health moment with the power hour blend that is designed to uplift your mood and mind so you can go out in the world and make a difference.

**Apply to back of neck, on chest over lungs, outer ear, or apply to palms of hands, then cup and inhale.**

*Includes: Frankincense, and a touch of Sweet Orange*

## ALLERGY

Breathe better and decrease symptoms of seasonal allergies.

**Apply on outer ear, neck, chest over the lungs, or apply to palms of hands, then cup and inhale.**

*Includes: Eucalyptus, Lemon, Tea Tree, Frankincense and Peppermint*

## ENERGY

Just one more cup of coffee never enough? Enhance your energy levels anytime as well as active times like exercise.

**Apply to back of neck, on chest over lungs, outer ear, or apply to palms of hands, then cup and inhale.**

*Includes: Orange, Peppermint, Lemon, Eucalyptus, and Frankincense*

## PEACE

Relax and let tension melt away. Partner with your spa day, a good book, or ten minutes of quiet time and watch the stress melt away.

**Apply to back of neck, temples, palms of hands, bottoms of feet, on chest over lungs, outer ear, or apply to palms of hands, then cup and inhale.**

*Includes: Ylang Ylang, Patchouli, Frankincense, Clary Sage, Sweet Orange, and Thyme*

## RESISTANCE

Antibacterial powerhouse blend to ward off any yuck that comes your way. This spicy blend supports a healthy immune system and helps you breathe better too.

**Apply to palms of hands, wrist, back of neck, temples, bottoms of feet, or on chest over lungs.**

*Includes: Clove, Lemon, Cinnamon, Rosemary, Eucalyptus*

## SLEEP

Sleep is an essential function that allows your body and mind to recharge. Healthy sleep helps the body and brain with optimal health. Supportive blend for healthy sleep habits naturally.

**Apply to back of neck, temples, palms of hands, bottoms of feet, on chest over lungs, outer ear, or apply to palms of hands, then cup and inhale.**

*Includes: Lavender, Sweet Orange, and Chamomile*

## MAGNESIUM STICKS

Waterless solid sticks of lotion infused with Essential Oils offer convenient solutions and provide pinpoint "touchless" application. Not messy or greasy, these are perfect to throw in a purse, backpack or desk drawer. All contain our amazing Magnesium. From headaches to allergies to a sleepless night, we've got a stick for that!



**Renew \$18.50** | #22097

**Uplift \$18.50** | #22028

**Allergy \$18.50** | #22715

**Energy \$18.50** | #22703

**Peace \$18.50** | #22098

**Resistance \$18.50** | #22125

**Sleep \$18.50** | #22721

Any 2, only **\$30**

## MAGNESIUM SPRAYS

Essential Oils and Magnesium-boosted sprays are blended in a soothing, inflammation-calming Witch Hazel. Sprays allow for quick absorption and wider coverage like along the back, calves or whole body. Powerful Essential Oils are blended with 21% Magnesium to tackle whatever life brings you. A solution is a quick spritz away.



**Renew \$18.50** | #15107M-3

**Uplift \$18.50** | #15200M-3

**Allergy \$18.50** | #15215M-3

**Energy \$18.50** | #15103M-3

**Peace \$18.50** | #15104M-3

**Resistance \$18.50** | #15125M-3

**Sleep \$18.50** | #15105M-3