



USING OILS FOR BACK TO SCHOOL

Learning is such an invaluable part of each of our lives, continually rewarding for students and teachers alike. Unfortunately, the pressures of the workload can build up and take their toll on the teacher, the student, and even their families. And the school environment is often a magnet for attracting germs.

In this Class, we are going to talk about how Essential Oils allow your family to thrive when school is in session.

ADULT WELLNESS SUPPLEMENTS

School is in session! And that means early mornings, homework time, carpooling kids, and extra responsibilities for parents. The VITALITY PACK should be the first step in anyone's morning routine.

The three core products of the VITALITY PACK is formulated to provide you with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity.

The Essential Oils allow the body to absorb the nutrients more effectively making these supplements our number one used product.

KID'S NUTRIENT AND VITAMIN PACK

CHILDREN'S CHEWABLE TABLETS

- Safe for any age 4 or older who prefer a chewable to capsules.
- Easy to chew.
- No high fructose corn syrup, artificial colors, sweeteners, or flavors.
- Contains a superfood blend that helps support overall health and wellness.
- Combining a blend of B vitamins with a blend of vitamins A, C, and E, as well as botanical extracts, supports healthy cell development and longevity when taken daily.
- Formulated with our proprietary Cellular Vitality Complex.

OMEGA 3 SUPPLEMENT

- Promotes cardiovascular health.
- Supports healthy joint function and comfort.
- Provides important modulating nutrients for healthy immune function.
- Protects against lipid oxidation and supports healthy function of the brain.
- Promotes healthy skin.
- Delivers 1,000 mg of pure, concentrated, molecularly-filtered, and completely deodorized marine lipids with 600 mg of EPA and 400 mg of DHA per daily serving.

GROUNDING BLEND

This is the perfect start for everyone's day! The warm, woody aroma of the GROUNDING BLEND creates a sense of calm and well-being, security, and inner strength, making it a great support for emotional development, as well as promoting sleep, where the majority of development takes place.

PRIMARY BENEFITS

- Promotes a whole body sense of relaxation.
- May help ease anxious feelings.
- Evokes feelings of tranquility and balance.
- Diffuse with Lavender or Restful Blend to soothe away feelings of irritability and promote sleep.

ESSENTIAL OILS for SCHOOL TIME



PROPER DILUTION

- Newborn to six months: 1 drop Essential Oil in 4 tsp. of carrier oil.
- Six months to two years: 1 drop Essential Oil in 2 tsp. of carrier oil.
- Two to five years: 1 drop Essential Oil in 1 tsp. of carrier oil.
- Five to ten years: 1 to 2 drops Essential Oil in 1 tsp. of carrier oil
- Ten to eighteen years: 1 to 5 drops Essential Oil in 1 tsp. of carrier oil.

ATTENTION AND FOCUS

We have several Essential Oils that can enhance and sustain focus while promoting healthy thought processes. The oils that support focus are VETIVER, CEDARWOOD, LEMON, LIME, FRANKINCENSE, and the FOCUS BLEND.

The FOCUS BLEND is perfect for staying on task when you are trying to study or concentrate.

- Enhances and sustains a sense of focus.
- Supports efforts of those who have difficulty paying attention and staying on task.
- Study-time blend.

SOCIAL SUPPORT

The best Essential Oils to support your child socially are ENCOURAGING BLEND, UPLIFTING BLEND, REASSURING BLEND, INSPIRING BLEND, RENEWING BLEND, GROUNDING BLEND, JOYFUL BLEND, LEMON, INVIGORATING BLEND, and SPEARMINT.

SP-OIL YOUR TEACHER

- Lemon Essential Oil for cleaning the dry erase boards.
- Protective Blend Foaming Hand Wash for the staff bathroom to protect teachers from all the germs the kids love to pass around.
- Protective Throat Drops or Respiratory Drops to help with scratchy throats.
- Keychain pouch of Essential Oils to have on hand to diffuse or use in a diffuser necklace during school hours.
- Protective Blend Cleaner Concentrate and a glass spray bottle so teachers can make a non-toxic cleaner to use on desks and around the classroom.
- Diffuser necklace or Essential Oil inhaler with an uplifting Essential Oil blend like Encouraging Blend, Uplifting Blend, Joyful Blend, or Invigorating Blend.
- Touch oil rollers to support everyday needs.
- Cleansing Essential Oil blend to diffuse after school hours or after the weekend to purify the stagnant air.
- Make a premade Hand Cleansing spray for teachers to use in the classroom as a quick, non-toxic option for cleaning hands.

ESSENTIAL OILS ON THE GO

Now dilution is easy for all of us! You can now find nine of our most popular Essential Oils in a base of Fractionated Coconut Oil for easy-to-use application. Safe for the entire family, this Kit includes Lavender, Peppermint, Protective Blend, Oregano, Soothing Blend, Respiratory Blend, Digestive Blend, Frankincense, and Melaleuca.

NOTES:

*All statements in this class have not been approved by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure or prevent disease. Pregnant or lactating women and persons with known medical conditions should consult a physician prior to the use of any Essential Oil product.

BEDTIME PILLOW SPRAY

- 4 oz glass spray bottle
- 10 drops RESTFUL BLEND
- 1 tbsp. witch hazel

DIRECTIONS

- Add ingredients to the spray bottle.
- Fill the remainder of the spray bottle with distilled or filtered water.

BRAIN POWER DIFFUSER BLEND

- 1 drop Frankincense EO
- 1 drop Rosemary EO
- 1 drop Peppermint EO

LEMON ESSENTIAL OIL

When diffused, Lemon is very uplifting and energizing and has been shown to improve mood and cognitive ability.

PRIMARY BENEFITS

- Cleanses and purifies the air and surfaces.
- Naturally cleanses the body and aids in digestion.*
- Diffuse to promote a positive mood.

NIGHT-NIGHT DIFFUSER RECIPE

- 1 drop Vetiver EO
- 1 drop Cedarwood EO
- 1 drop Restful Blend EO
- 2 drops Wild Orange EO