



ESSENTIAL OILS for COLLEGE LIFE



VITALITY PACK SUPPLEMENTS

There are many changes in a college student's life. It's important for the mind, body, and emotions to keep as much of an established routine as possible when facing a new environment or schedule. This includes continuing with any daily SUPPLEMENTS that are taken regularly.

The VITALITY PACK consists of three supplements that combine the vitamins, minerals, antioxidants, and Essential Oils that are optimal for energy, wellness, and longevity. They are gentle on the stomach and support many of the body's systems.

ESSENTIAL OILS FOR YOUR COLLEGE STUDENT

Whether your youngsters are just headed across town, or to another state, you want to be sure to send them off with everything they need, so don't forget to supply them with the Essential Oils they use at home.

Let's get started learning all about Essential Oils for College Life!

DIFFUSERS

There are a few things to look for when choosing a diffuser for a college student. In particular, a diffuser should be:

- Portable. It should be easy for the student to pack up, transport, and unpack for weekend trips home or to friends' houses.
- Quiet. It should be quiet enough to be non-distracting for sleep and study time.
- Durable. Needed to survive travel, possible neglect by a busy student, and occasional tossing of a football around the dorm.

A water-based ULTRASONIC DIFFUSER is a great choice. Simply fill with water and then add a few drops of Essential Oil. It creates ultrasonic vibrations that cause the Essential Oil drops to break into tiny particles. The resulting mist is then released and distributed throughout the air you breathe.

EMOTIONAL TRANSITIONS

It can be exciting to start this new chapter of life! Many students thrive out on their own in the college setting. But it can also be scary and stressful at times.

Beginning the day by applying the GROUNDING BLEND to the bottoms of the feet can promote feelings of calmness and emotional balance throughout the day, no matter what situations or emotions you face.

8:00 AM CLASSES

A super-simple but effective combo to help wake up and stay alert is Peppermint and Wild Orange Essential Oils. Peppermint is invigorating. Wild Orange is uplifting. Together they're stimulating, encouraging, and motivating. Put a drop of each oil in the palm of your hands. Cup hands near the face and inhale. You'll feel energized and ready to tackle that 8 AM class, no matter how dry the subject.

SKIN ISSUES

An added bonus of the TOPICAL BLEND is that it's hydrating. Many other skin products can dry out or irritate skin (or both), but the Essential Oils found in this blend are cleansing, soothing, and hydrating.

Two other Essential Oils to have on hand for virtually any skin issue are Lavender and Melaleuca. Melaleuca cleanses skin and helps reduce the appearance of blemishes, while Lavender soothes cuts, scrapes, bug bites, and even minor burns.

ON-THE-GO CLEAN

The PROTECTIVE BLEND SANITIZING MIST kills 99.9% of germs and bacteria, which makes it the ideal product to have ready and waiting in a purse or backpack when the need to cleanse and purify hands without water comes up.

It cleanses surfaces as well, so it can tackle that desk or cafeteria table that looks icky or has who knows how many other people's germs lingering. It doesn't dry out hands, but instead moisturizes while it cleans.

UNDER PRESSURE

CITRUS OILS (which include Lemon, Wild Orange, Bergamot, Lime, Tangerine, and Grapefruit) are very uplifting to mood. They are energizing and refreshing and give off a fresh, sweet scent that most people love. Citrus aromas increase feelings of happiness and decrease stress. Diffuse three to five drops, put a drop in water, or dilute with Fractionated Coconut Oil and apply topically.

CAUTION: Citrus Oils can be phototoxic, so avoid exposure to the sun or UV rays for at least 12 hours after topical application.

When extra stress piles on, the REASSURING BLEND can provide additional support. Diffusing or inhaling this minty-floral blend before taking a test, presenting to a large group, or in times of worry or distress can help bring about inner peace and the reassurance needed to push past fearful emotions.

TUMMY TROUBLE

DIGESTIVE BLEND, which is full of oils like Peppermint, Fennel, and Ginger that soothe the occasional upset stomach and help reduce bloating and gas. Diffuse three to five drops, smell it right out of the bottle, add one drop to water, or mix with Fractionated Coconut Oil and apply topically to the tummy to ease any sort of stomach discomfort. Other Essential Oils that support the digestive system:

- Peppermint
- Lemon
- Black Pepper
- Cardamom
- Ginger
- Fennel
- Cassia
- Cilantro
- Frankincense
- Lime
- Melissa
- Oregano
- Petitgrain
- Rosemary
- Spearmint
- Thyme

TOOTH AND GUM HEALTH

GUM SOOTHER MOUTH SWAB RECIPE

- 2 drops Clove Essential Oil
- 1 drop Peppermint Essential Oil
- 1 drop Frankincense Essential Oil
- 1 tbsp. Olive Oil (or other carrier oil suitable for internal use)

Combine Essential Oils and Carrier Oil. Apply to outside cheek and/or jaw area near discomfort. Dip a cotton swab into mixture and apply to the gums and/or teeth near area of discomfort.

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.

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STUDY BUDDY DIFFUSER BLEND RECIPE

- 4 drops Citrus Essential Oil of your choice
- 1 drop Peppermint Essential Oil
- 2 drops Rosemary Essential Oil

DIRTY DORMITORY ALL-PURPOSE SPRAY CLEANER RECIPES

POWER COMBO BLEND

- 15 drops Protective Blend
- 15 drops Cleansing Blend

BACK TO BASICS BLEND

- 10 drops Lemon Essential Oil
- 10 drops Lavender Essential Oil
- 10 drops Melaleuca Essential Oil

FRESH EUCALYPTUS BLEND

- 10 drops Eucalyptus Essential Oil
- 10 drops Peppermint Essential Oil
- 10 drops Wild Orange Essential Oil

For all these blends, put Essential Oils in an eight-ounce spray bottle. Add 1–2 tbsp. Vinegar. Top with water. Shake and spray.

CATCH ENOUGH ZZZZZ'S

For maximum sleep support, try pairing the RESTFUL BLEND with the RESTFUL COMPLEX. These softgels also help encourage quality sleep and the ease with which one falls asleep.

SILENT NIGHT DIFFUSER BLEND RECIPE

- 3 drops Lavender Essential Oil
- 2 drops Wild Orange Essential Oil
- 2 drops Frankincense Essential Oil
- 1 drop Roman Chamomile EO