



SCHOOL TIME AND ESSENTIAL OILS

**HELPFUL TOOLS FOR THE
SCHOOL YEAR**



Welcome

Maybe you have heard about Essential Oils and wondered what all the fuss was about; or maybe you have started to use them in your home already; whatever the reason you decided to attend, I am glad you are here.

I hope you find some new reasons to use Essential Oils and learn a bit more about them.

Essential Oils in the classroom, as you will see, can be beneficial for the child as well as the teachers.

Let's get started!



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All the info from the class and recipes

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Use to note oils and recipes you enjoyed

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Step-By-Step Guide To
**ESSENTIAL OILS
FOR SCHOOL TIME**



*How to Help Your Child Stay Healthy
Throughout the School Year*

LISA CARTIER | WWW.WOMENSINTEGRATIVEHEALTHNY.COM



Wish List ♡

Use the following
pages as a
reference for the
oils and recipes
you would like to
try

**TIME
SAVING
GUIDE**

19

Reasons to Use
Essential Oils
During the School
Year



ADULT WELLNESS

- Vitality Pack

KIDS NUTRIENT AND VITAMIN PACK

- Children's Chewable Tablets
- Omega 3 Supplement
- Kid's Collection

DEVELOPMENTAL SUPPORT

- Cellular Complex Blend

BRINGING LIFE INTO BALANCE

- Lavender
- Restful Blend



LEARNING SUPPORT

- Frankincense Essential Oil
- Rosemary Essential Oil
- Peppermint Essential Oil

ATTENTION AND FOCUS

- Vetiver
- Cedarwood
- Lemon
- Lime
- Frankincense
- Focus Blend

LEMON AND THE WAKE-UP ROLLER BOTTLE BLEND

- Lemon
- Bergamot
- Wild Orange
- Peppermint

OILS FOR OVERWHELM

- Vetiver
- Cedarwood
- Restful Blend
- Wild Orange



SOCIAL SUPPORT

- Encouraging Blend
- Uplifting Blend
- Reassuring Blend
- Inspiring Blend
- Renewing Blend
- Grounding Blend
- Joyful Blend
- Lemon
- Invigorating Blend
- Spearmint

KEEP CALM AND GET MOTIVATED

- Encouraging Blend

POWER UP

- Spearmint
- Wild Orange
- Bergamot

IMMUNE SUPPORT

- Probiotic Defense Formula
- Protective Blend
- Lemon
- Grapefruit
- Wild Orange
- Cleansing Blend
- Vetiver
- Restful Blend
- Grounding Blend
- Cedarwood
- Bergamot
- Clary Sage
- Patchouli
- Emotional Aromatherapy Set



PROTECTING THROAT

- Protecting Throat Drops
- Lemon
- Clove
- Cinnamon

OILS FOR ON-THE-GO (ALREADY DILUTED)

- Lavender
- Peppermint
- Protective Blend
- Oregano
- Soothing Blend
- Respiratory Blend
- Digestive Blend
- Frankincense
- Melaleuca

IMMUNE SUPPORT FOR PARENTS

- Protection Blend Beadlets

PARENTS: ENERGY

- Peppermint
- Wild Orange
- Encouraging Blend
- Energy & Stamina Complex



PARENTS: EMOTIONAL SUPPORT

- Uplifting Blend

KIDS ROLLER BOTTLE COLLECTION

- Kid's Focus Blend
- Kid's Restful Blend
- Kid's Protective Blend
- Kid's Soothing Blend
- Kid's Grounding Blend
- Kid's Courage Blend

HOW TO SP-OIL YOUR TEACHER

- Lemon
- Protective Blend
- Foaming hand Wash
- Protective Throat Drops
- Diffuser Necklace
- Essential Oil Inhaler
- Encouraging Blend
- Uplifting Blend
- Joyful Blend
- Invigorating Blend
- Touch Oil Rollers
- Cleansing Oil Blend
- Premade Hand
Cleansing Spray
- Keychain Pouch of Oils
- Protective Blend
Cleaner Concentrate
and Glass Spray Bottle

Fractionated Coconut Oil



WHAT ARE ESSENTIAL OILS?

If you have ever enjoyed the scent of a rose, you've experienced the aromatic qualities of Essential Oils.

These naturally occurring, volatile aromatic compounds are found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant.

Essential Oils give plants their distinctive smells, protect plants, and play a role in plant pollination.

In addition to their intrinsic benefits to plants and being beautifully fragrant to people, Essential Oils have long

been used for food preparation, beauty treatment, and health care practices.

Essential Oils:

- Are naturally occurring, volatile aromatic compounds;
- Are found in the seeds, bark, stems, roots, flowers, and other parts of plants;
- Protect plants against environmental threats and provide beneficial properties;
- Are highly concentrated when distilled for purity, potency, and efficacy;
- Have been used historically for food preparation, beauty treatment, and health-care practices.

Why Use Essential Oils?

Essential Oils have been used for thousands of years. When you choose our oils, you are choosing Essential Oils gently and carefully distilled from plants that have been patiently harvested at the perfect moment by experienced growers from around the world for ideal extract composition and efficacy.

Experienced Essential Oil users will immediately recognize the superior quality standard for naturally safe, purely effective Essential Oils.

Essential Oils:

- Provide health-conscious individuals with a safe and natural alternative.
- Used for a wide range of emotional and physical wellness applications.
- Have few, if any, undesirable side effects when used as directed.
- One drop is all that is needed to achieve a powerful benefit.





WHY USE ESSENTIAL OILS FOR SCHOOL TIME



When children are headed back to school, you will often see parents perusing the aisles for school supplies, checking off their list:

- Folders ✓
- Pencils ✓
- Pens ✓
- Paper ✓
- Backpack ✓
- Lunchbox ✓

BUT: what about preparing a child's MIND and BODY for school time?

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.

SCHOOL TIME BENEFITS OF ESSENTIAL OILS:

- Support a healthy immune system
- Promote mental alertness
- Support healthy cell function
- Increase energy
- Sharpen focus
- Lessen anxious feelings
- Reduce tension

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.

**LOOK, FEEL, AND LIVE YOUNGER,
LONGER**

The VITALITY PACK makes taking the first step on the path toward a lifetime of vitality and wellness convenient and affordable.

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.

If you only get ONE PRODUCT, make it the VITALITY PACK! It has the most benefits for your body than ANY OTHER item we offer!!!



VITALITY PACK BENEFITS

- General wellness and vitality
- Antioxidant and DNA protection
- Energy metabolism
- Bone health
- Immune function
- Stress management
- Cardiovascular health
- Healthy hair, skin, and nails
- Eye, brain, nervous system
- Liver function and digestive health
- Lung and respiratory health
- Gentle on stomach
- Non-GMO, gluten-free, dairy-free

Kids Nutrient and Vitamin Pack

Preparing a child's body for the school day's challenges starts with proper nutrition. Inspired by the Vitality Pack, these two products (CHILDREN'S CHEWABLES and OMEGA 3 SUPPLEMENT) come together, making it easy for kids to enjoy taking omega-3s, whole food nutrients, vitamins, and minerals in convenient liquid and chewable forms.

Kids love these supplements because they taste great; adults love them because they are easy to swallow.



CHILDREN'S CHEWABLE TABLETS

- Safe for any age 4 or older who prefer a chewable to capsules.
- Easy to chew.
- Great strawberry flavor.
- 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.
- A balanced blend of essential vitamins including the antioxidant vitamins A, C, and E, and a cellular energy complex of B vitamins.
- Includes a blend of bioavailable minerals including calcium, magnesium, zinc, copper, and manganese.
- Specially formulated to be used daily with IQ Mega as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.

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.
- Formulated with CPTG Certified Pure Therapeutic Grade Wild Orange Essential Oil.
- Specifically formulated to use daily with CHILDREN'S CHEWABLES as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.



DEVELOPMENTAL SUPPORT


DEVELOPMENTAL SUPPORT

They grow up so fast, don't they? As children develop, their bodies go through a multitude of changes. Essential Oils can help in a variety of areas to make sure your child has the support he needs during development.

DEVELOPMENTAL SUPPORT

- Sleep
- Emotions
- Hormones
- Mood
- Brain development
- Exercise and Activities

CELLULAR COMPLEX is a proprietary blend of Essential Oils that help protect the body against oxidative stress to cellular DNA. The Essential Oils in the **CELLULAR COMPLEX** provide antioxidant protection and support a healthy response to cellular stressors.



When our body is experiencing cellular damage from free radicals, our body's immune system is lowered. Using **CELLULAR COMPLEX** Essential Oil blend is important for your long-term wellness.

PRIMARY BENEFITS

- Supports healthy cellular integrity.
- Pairs well with Fractionated Coconut Oil for a soothing topical massage.
- Add one to two drops to citrus drinks, tea, or water and consume daily to protect the body and cells from oxidative stress.
- Provides important antioxidant benefits.

PRACTICAL USES

- Combine with Fractionated Coconut Oil for a soothing topical massage.
- Dilute and apply to the bottom of the feet to support a healthy immune system.
- Dilute and apply to the base of skull and up spine to support healthy brain and nerve function

Bring Life Into Balance



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.

Spruce, one of the oils in **GROUNDING BLEND**, was used by Native Americans for health and spiritual reasons and is still used today to bring harmony to the mind and body. Ho Wood, Blue Tansy, and Blue Chamomile can ease anxious feelings, while Frankincense provides a grounding, balancing effect on emotions.

PRIMARY BENEFITS

- Promotes a whole body
- sense of relaxation.
- May help ease anxious feelings.
- Evokes feelings of tranquility and balance.

PRACTICAL USES

- Diffuse with Lavender or Restful Blend to soothe away feelings of irritability and promote sleep.
- Use topically over the solar plexus and the bottom of the feet to bring a sense of tranquility.
- Use topically with a massage to promote whole body relaxation.
- Combine with Lavender or Restful Blend in a spray bottle to create a natural room spray.

Directions for Use

Diffusion: Use three to four drops in the diffuser of your choice.

Topical use: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.





THE RESTFUL BLEND

THE RESTFUL BLEND

A child having a hard time sitting still during school time can disrupt learning for others, and can often find himself in trouble with his teacher. A child who also struggles with settling down for sleep can be cranky in the morning and be too tired to learn at school.

The **RESTFUL ESSENTIAL OIL BLEND** has a calming and relaxing aroma that soothes the soul, providing a safe haven from life's daily stressors.

The Essential Oils in this must-have blend were meticulously chosen to lessen feelings of tension, calm emotions, and leave a peaceful feeling.

RESTFUL BLEND is the perfect blend to diffuse at bedtime for a restful night's sleep, to calm a restless baby or child, or to help reduce the worry and stress so many of us feel.

RESTFUL BLEND combines the soothing scents of Lavender, Marjoram, Ho Wood, Cedarwood, Vetiver, Roman Chamomile, and Ylang Ylang with the warming aromas of Hawaiian Sandalwood and Vanilla Bean to create a prized Essential Oil blend that every home, family, and individual needs—perhaps especially during school time!

PRIMARY BENEFITS

- Creates a perfect escape with its calming, renewing fragrance.
- Promotes relaxation and a restful sleeping environment.
- Diffuses into a subtle aroma, ideal for relaxation.
- Lessens feelings of tension and calms emotions.

PRACTICAL USES

- Dilute and apply to bottoms of feet at bedtime to help wind down before going to sleep.
- Add 1 – 2 drops to epsom salts and put into a warm bath to create a peaceful, renewing aroma.
- Diffuse to help promote relaxation and decrease stress.
- Apply to an aromatherapy necklace or scarf to help reduce anxious feelings throughout the day.
- Add a drop to about 2 tsp. all natural Hand and Body Lotion and use during a massage to promote relaxation.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of your choice.

Topical Use: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.

Cautions: Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.





Bedtime PILLOW SPRAY

You will need

- 4 oz. glass spray bottle
- 10 drops RESTFUL BLEND
- 1 tbsp. Witch Hazel

To Make

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



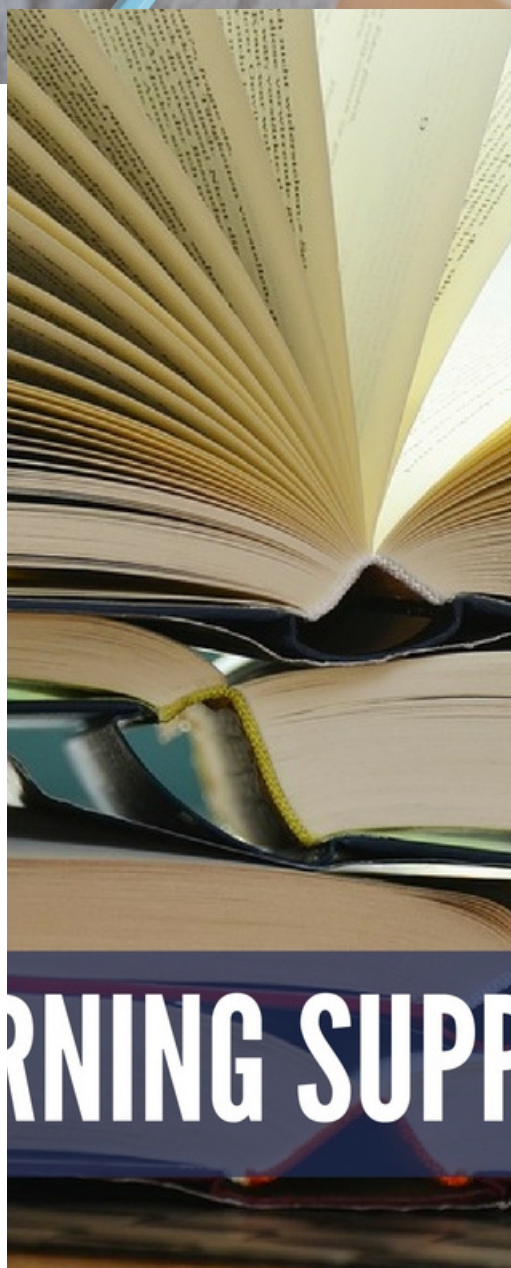
LEARNING SUPPORT

Whether your child struggles with focus, attention, mental clarity, or needs help to calm the body, Essential Oils are an amazing support for him during school days.

In a classroom learning environment, you may need to get creative in supporting your child with Essential Oils. Some schools allow kids to keep Essential Oil rollers with the school nurse, to have on hand and apply when the child needs help.

For a less distracting or interrupting option, try diffuser necklaces and bracelets. Choose from clay beads or pendants, Essential Oil inhalers, or even metal necklace charms with small pads inside. Just add a drop every day, and have your child inhale as needed.

If school rules won't allow your child to use oils topically during the school day, consider adding Essential Oils to your morning routine. Applying the needed oil in a diluted roller to the bottom of your child's feet in the car on the way to school, and on the way home, is a great way to support the body and is so easy to do.



Brain Power Diffuser Blend

Brain Power Diffuser Blend

- 1 Drop of Francincense Essential Oil
- 1 Drop Rosemary Essential Oil
- 1 Drop Peppermint Essential Oil



Attention and Focus

STAY FOCUSED!

No matter your age, staying focused on the task at hand is sometimes difficult. This is especially critical during the formative years when learning and growing create habits and a foundation for life. Essential Oils empower people to recognize their struggle and do something about it in a natural way.

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. This study-time blend of Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, Hawaiian Sandalwood, and Roman Chamomile comes in a ready to use roller so you can use it whenever you need support.

PRIMARY BENEFITS

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



PRACTICAL USES

- Apply to the temples and back of neck when doing tasks that require concentration.
- Apply to wrists or back of hands and inhale deeply to promote a sense of clarity.
- Use at work to stay on task or when feeling tired mid-afternoon.
- Dispense on a clay pendant and place on a desk or in other key areas in a classroom.

DIRECTIONS FOR USE

Topical USE: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.

Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Keep out of eyes, inner ears, and sensitive areas. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity. Avoid sunlight or UV rays for up to 12 hours after applying product.

LEMON ESSENTIAL OIL

The cleansing, purifying, and invigorating properties of LEMON Essential Oil make it one of the top Essential Oils to use during school time.

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.
- Supports healthy respiratory function.*
- Diffuse to promote a positive mood.
- Take internally to assist with seasonal respiratory discomfort.



PRACTICAL USES

- Add Lemon oil to a spray bottle of water to clean tables, countertops, and other surfaces.
- Lemon oil makes a great furniture polish; simply add a few drops to olive oil to clean, protect, and shine wood finishes.
- Use a cloth soaked in Lemon oil to preserve and protect leather furniture and other leather surfaces or garments.
- Lemon oil is a great remedy for the early stages of tarnish on silver and other metals.
- Put on rag to help remove stubborn, sticky residue off surfaces.
- Add a few drops to a diffuser necklace to promote focus.
- Add a few drops to a rag to clean whiteboards.
-

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of your choice.

Internal Use: Dilute one drop in 4 fl. oz. of liquid.

Topical UseE: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.

Cautions: Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.





Wake-Up ROLLER BOTTLE

You will need

- 7 Drops Bergamot Essential Oil
- 5 Drops Wild Orange Essential Oil
- 5 Drops Lemon Essential Oil
- 2 Drops Peppermint Essential Oil

To Make

Add drops to roller bottle. Fill remaining of bottle with a carrier oil. This is diluted to a 2% dilution. Dilute appropriately to child's size and age.



VETIVER ESSENTIAL OIL

Does your mind feel overwhelmed by thoughts not relevant to the task at hand? Did you get eight hours of sleep but your mind kept thinking throughout the night?

What about your school-age kids?

VETIVER helps to close down the mind chatter that can often keep our thoughts going during sleep or distract us from daily tasks. Due to **VETIVER'S** calming, grounding effect on the emotions, it is another ideal **LEARNING SUPPORT** Essential Oil.

CEDARWOOD and **VETIVER** are companion oils. They complement each other's chemical constituents to provide a great support for focus, clarity and deep relaxation.

PRIMARY BENEFITS

- Calming, grounding effect on emotions
- Immune-supporting properties

PRACTICAL USES

- Use as a massage oil to calm emotions.
- Take a warm bath with a few drops for deep relaxation.
- Diffuse with Lavender, Restful Blend, or Grounding Blend to calm emotions, lessen stress and promote sleep.

- Dilute with Cedarwood and other focus oils in a roller bottle and apply up spine and on the big toe to support focus and mental clarity.
- Apply to big toe to promote a good night's sleep.
- Diffuse with Cedarwood and other focus oils to promote focus and mental clarity.

NIGHT-NIGHT DIFFUSER RECIPE

- 1 drop Vetiver Essential Oil
- 1 drop Cedarwood Essential Oil
- 1 drop Restful Blend
- 2 drops Wild Orange Essential Oil

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of your choice.

Internal Use: Dilute one drop in 4 fl. oz. of liquid.

Topical Use: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.

Cautions: Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

Social Support

SUCCEEDING IN SCHOOL CAN BE VERY STRESSFUL

Often, it is the social pressures of school that worry kids the most.

*Will I fit in?
Will I make new friends?
Will I be accepted and liked?*

While Essential Oils won't magically make your child the most popular kid in school, they CAN support the body and mind in combating negative emotions with positive ones.

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.**

The **REASSURING BLEND** of floral and mint Essential Oils is a positive reminder that you don't have to be perfect to find peace. Slow down, take a deep breath, and reconnect in a composed, collected way.

Whatever may be happening in life, a few drops of **REASSURING BLEND** can help you and your child slow down and focus on what's important. This blend features Vetiver Root, Lavender Flower, Ylang Ylang Flower, Frankincense Resin, Clary Sage Flower, Marjoram Leaf, Labdanum Leaf/Stalk, Spearmint Herb.



PRIMARY BENEFITS

- Promotes feelings of peace, reassurance, and contentment.
- Counteracts anxious and fearful emotions.

PRACTICAL USES

- Diffuse at night time to promote a calming environment and restful sleep.
- When experiencing anxious feelings, apply one drop to hands, rub together, and inhale deeply.
- Diffuse or inhale before taking a test, presenting to a large group, or in times of worry or distress.
- To calm an upset or restless child, apply to bottoms of feet.

DIRECTIONS FOR USE:

Diffusion: Use one to two drops in the diffuser of your choice.

Topical Use: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.

CAUTIONS: Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



KEEP CALM AND GET MOTIVATED

Is your child feeling frustrated at school? Is she experiencing setbacks in spite of her best efforts? Is there a lack of confidence, maybe even a somewhat cynical view of life in the classroom?

If so, then it's time stop, reset, and restart with **ENCOURAGING BLEND**. This blend of mint and citrus Essential Oils will help unleash creative energy and embolden your child with courage they need to meet the challenges of school time. Encourage kids to know that they can do it!

This blend features Peppermint Plant, Clementine Peel, Coriander Seed, Basil Herb, Yuzu Peel, Melissa Leaf, Rosemary Leaf, and Vanilla Bean.

PRIMARY BENEFITS

- Promotes feelings of confidence, courage, and belief.
- Counteracts negative emotions of doubt, pessimism, and cynicism.

PRACTICAL USES:

- Apply to shirt collar before giving a speech to instill feelings of confidence.
- Diffuse when working on a project at work or school to stay motivated.
- Apply to pulse points before participating in sporting events or other competitions.

DIRECTIONS FOR USE:

Diffusion: Use one to two drops in the diffuser of your choice.

Topical Use: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



Power Up With Spearmint

PREPARING FOR A SCHOOL PLAY OR CONCERT?

Preparing for a school play or concert? Or a presentation in speech class? Participating in a debate? Power up with **SPEARMINT!**

SPEARMINT is a perennial plant that grows 11–40 inches tall and flourishes in temperate climates. It is widely used in gums, candies, and dental products for its minty taste, and to promote fresh breath.

SPEARMINT has been used for centuries for its digestive benefits. Its sweet, refreshing aroma is cleansing and uplifting, making it ideal to evoke a sense of focus and positive mood.

SPEARMINT is very different from Peppermint, making it a milder option to use on children and those with sensitive skin. Besides its uses during school time, **SPEARMINT** is also used in cooking: most frequently in salads, drinks, and desserts, but it can also be used in homemade salad dressings, chocolate and to marinate meats.



PRIMARY BENEFITS

- Promotes digestion and helps reduce occasional stomach upset.
- Promotes a sense of focus and uplifts mood.
- Cleanses the mouth and promotes fresh breath.

PRACTICAL USES

- Inhale or apply diluted over the solar plexus to promote a sense of focus and to feelings of confidence prior to public speaking.
- Apply to toothbrush before brushing teeth for fresh breath.
- Add a 2 – 4 drops to a 4oz glass bottle of water for a mouth rinse or mouth spray.
- Add a drop or two to any dessert, drink, salad, or entrée for flavoring and to promote digestion.
- For occasional stomach upset, add 1–2 drops to water and drink.
- Add 2 – 4 drops to a batch of brownies for a refreshing treat.

- Add 2 – 4 drops to a batch of brownies for a refreshing treat.
- Apply diluted over lower abdomen to provide temporary respite from cramps.
- Add 3 – 5 drops to 1 cup Epsom salts and add to a bath to promote relaxation, cool body temperature, and to soothe sore achy joints or muscles.

Directions for Use

Diffusion: Use three to four drops in the diffuser of your choice.

Internal Use: Dilute one drop in 4 fl. oz. of liquid.

Topical Use: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

ENERGIZE DIFFUSER BLEND

- 1 drop Spearmint Essential Oil
- 1 drop Wild Orange or Tangerine Essential Oil
- 1 drop Bergamot Essential Oil



IMMUNE SUPPORT

Our immune system is an especially important part of overall health. It is especially important to be mindful of our immune system during transitional times of the year: for instance, the beginning of a new school year when exposure to germs increases.

Many lifestyle factors can also weaken our immune system, including stress, lack of sleep, exposure to toxicity, and poor nutrition. Managing each of these areas and adopting a model of consistency that actively supports the immune system is an excellent way to maintain health throughout the year.

Although the physiologic functioning of the immune system is complex, it can be broken down into two main parts—fixed and mobile immunity. Fixed immunity serves as the body's first line of defense against potential threats by preventing harmful elements from ever entering circulation.





IMMUNE SUPPORT

Take proactive measures to enhance the body's ability to protect itself. Here are steps that can be used to support both fixed and mobile immunity and, in turn, maximize the health of your family during colder months.

- Build a healthy gut flora. A probiotic supplement such as the Probiotic Defense Formula is an excellent way to populate the GI tract with beneficial microflora, thus enhancing immunity.
- Diffuse immune system building Essential Oils like Protective Blend and Lemon daily.
- Clean frequently touched surfaces with Essential Oils. Protective Blend cleaning products are a highly effective way to clean surfaces while preventing exposure to toxins. You can also use Lemon, Grapefruit, Wild Orange, Cleansing Blend, or Protective Blend.
- Decrease stress by using Essential Oils known for calming emotions like Vetiver, Restful Blend, Grounding Blend, and the Emotional Aromatherapy set.
- Promote quality sleep by using Vetiver, Cedarwood, Restful Blend, Wild Orange, Bergamot, Clary Sage, and Patchouli.

Protecting Throat Drops

Our Protecting Throat Drops are a convenient way to receive the immune-supporting benefits of the proprietary Protective Essential Oil blend in an all-natural throat drop.

Blended in a base of organic cane juice and brown rice syrup, Protecting Throat Drops include CPTG Certified Pure Therapeutic Grade® Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary, and Myrrh Essential Oils. Protecting Throat Drops help calm and soothe dry, scratchy throats while supporting overall health.

When taken internally, the protective properties of the Essential Oils in the Protective Blend can promote healthy immune system function. In the same way, Protecting Throat Drops can be a potent addition to a defensive health strategy against seasonal and environmental threats.

PRIMARY BENEFITS

- Helps calm and soothe dry, scratchy throats.
- Helps strengthen the body's defenses.
- Proprietary Protective Throat Drop blend of CPTG Certified Pure Therapeutic Grade Essential Oils, including Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary, and Myrrh in the convenience of an individually-wrapped drop.
- Blended in a sweet base of organic evaporated cane juice and organic brown rice syrup, with no added artificial flavors or colors.

PRACTICAL USES

Dissolve one **Protecting Throat Drop** in the mouth as needed. For best results during seasonal and environmental threats, use throughout the day and wash hands frequently with Protective Blend Foaming Hand Wash.



Scratchy Throat Spray

INGREDIENTS:

- 1 drop Clove Essential Oil
- 1 drop Cinnamon Essential Oil
- 1 -2 drops Lemon Essential Oil

How To Make

Add drops to a 2 oz. spray bottle.
Add distilled water. Spray on
back of throat.



Essential Oils for On-the-Go

Diluting Essential Oils in a carrier oil before application is an excellent way to reduce sensitive skin reactions to certain Essential Oils, but will it reduce its effectiveness? The answer may surprise you. Recent research suggests diluting Essential Oils for topical applications not only does not reduce effectiveness, but may actually have certain advantages.

Evaporation is the primary issue in topical application. One of the most important benefits of dilution is that it decreases the surface area of a substance exposed to air which reduces the rate of evaporation. When diluted, Essential Oil chemical constituents have been shown to pass through the skin more efficiently than when applied neat (no dilution).

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.

PRACTICAL USES

Topical Use: Apply to touch points such as the back of the neck, wrists, and feet. No dilution required.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.





PARENTS: IMMUNE SUPPORT

Parents are **SUPERHEROES**. Parenting requires courage, discipline, patience, integrity, and, above all, a sense of humor.

Essential Oils are a parent's best **SIDEKICK**. Would Batman leave home without Robin? Parents need to oil up for the school day just as much as their kiddos! Parents can find great support for **ENERGY, EMOTIONS, AND THE IMMUNE SYSTEM**.

Protective Blend Beadlets are a great support for a **HEALTHY IMMUNE SYSTEM**. These beadlets combine the proprietary Protective Blend with Black Pepper, Oregano, and Melissa Essential Oils for additional immune support.

Protective Blend Beadlets are a great way to strengthen and maintain healthy immune function when seasonal threats are high. Encapsulated in vegetable beadlets, this distinctive

blend contains Essential Oils known for their positive effects on the immune system and their ability to protect against environmental threats.

PRACTICAL USES

Take one or more beadlets as needed, on an occasional basis, to promote healthy immune function.

PRIMARY BENEFITS

Supports healthy immune and respiratory function.

Freshens breath.

Protects against environmental threats.

Supports the body's natural antioxidant defenses.

Promotes healthy circulation.

Directions for Use: Consume one beadlet as desired.

Cautions: Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.

Parents: Energy

Most of us grab our cup of coffee in the morning to help get motivated and moving. During the day, we may even grab a pop to keep us going.

TRY THIS INSTEAD: Grab your SUPER POWERS and GET GOING!

Having too much caffeine can overstimulate the body, which can overtax the adrenals, causing things like head tension, mood swings, irritability, changes in appetite, digestive discomfort, and trouble focusing.

But parents can SKIP THE CAFFEINE and use more natural supports for energy like Peppermint, Wild Orange, Encouraging Blend, and the ENERGY & STAMINA COMPLEX.



The **ENERGY & STAMINA COMPLEX** is a proprietary formula made of standardized plant extracts and metabolic cofactors that supports healthy cellular energy production. ENERGY & STAMINA COMPLEX supports optimal mitochondrial function, aerobic capacity, and stamina naturally without the use of harmful stimulants.

PRIMARY BENEFITS

- Improves mental energy.
- Enhances stamina and efficient use of oxygen.
- Helps to reduce the effects of fatigue and stress.
- Supports regeneration of cells from damage caused by molecules known as free radicals.
- Promotes healthy circulation.
- Promotes efficient production of ATP in the mitochondria of cells.
- Supports metabolic adaptation for diverse activities, from movie watching to marathon running.

PRACTICAL USES

Take two capsules daily with food. Refrain from using before going to sleep.

CAUTIONS

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken or missing. Does not contain milk or wheat products.

Parents: Emotional Support

Saying goodbye to the carefree summer days? Leaving your Kindergartner at school for the first time? Balancing a full-time job while carpooling kids to extracurricular activities?

School time can sometimes leave parents feeling emotional and overwhelmed. Everyone knows a bright disposition and cheerful attitude can smooth over many of the bumps and challenges of life, BUT sometimes no amount of positive self-talk is enough to avoid the blues.

With a sunshiny, optimistic aroma, the UPLIFTING BLEND can counteract negative emotions and provide a boost of happiness and positivity when you are feeling down.

Its sunshiny, fresh, optimistic aroma of citrus and spice Essential Oils will brighten any moment of your day. UPLIFTING BLEND features Wild Orange Peel, Clove Bud, Star Anise Fruit/Seed, Lemon Myrtle Leaf, Nutmeg Kernel, Vanilla Bean Extract, Ginger Rhizome, Cinnamon Bark, Zdravetz Herb.

PRIMARY BENEFITS

- Promotes feelings of optimism, cheerfulness, and happiness.
- Counteracts negative emotions of feeling down, blue, or low.

PRACTICAL USES

- Diffuse at home, work, or school to promote a positive, uplifting environment.
- Apply to a cotton ball or terra cotta plate and place in car to experience UPLIFTING BLEND'S energizing aroma while driving.
- When feeling down, apply one drop to hands, rub together, and inhale deeply as needed throughout the day.

DIRECTIONS FOR USE

Diffusion: Use one to two drops in the diffuser of your choice.

Topical Use: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.

Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



Kids Roller Bottle Collection

The **KID'S ROLLER BOTTLE COLLECTION** is a wonderful, complete, and ready-made Essential Oil toolbox designed to empower parents and other caregivers to confidently care for the health and wellness of little ones.

Formulated specifically for developing minds, bodies, and emotions, these Essential Oil Blends feature unique combinations therapeutically balanced to provide powerful benefits while being gentle on delicate skin.



This **COLLECTION** contains six unique roller bottles, six silicone toppers with carabiners, instructional flashcards, and a handy carrying case with carabiner.

Here are the roller bottles that are included:

Ideal for everyone and for daily use, **KID'S FOCUS BLEND** is the optimal support to use when distractions are high. To create a supportive and positive environment for enhanced creativity and focus, incorporate **KID'S FOCUS BLEND** into your child's daily learning practice.

KID'S RESTFUL BLEND promotes a serene atmosphere, allowing bedtime to be a peaceful and welcomed experience. When it's time to restore mind and body, apply **KID'S RESTFUL BLEND** to your child's wrists, then encourage her to breathe, and relax.

KID'S PROTECTIVE BLEND evokes feelings of wellness and vitality when needed most. The bright and uplifting aroma of **KID'S PROTECTIVE BLEND** is refreshing to the senses and works as the perfect blend for daily resiliency or when your child is not feeling his best. With the powerful rejuvenating benefits of wood and floral oils, **KID'S PROTECTIVE BLEND** works as the perfect everyday skin health Essential Oil Blend.



KIDS ROLLER BOTTLE COLLECTION

After a busy day of activity, apply KID'S SOOTHING BLEND for a relaxing sensation and to reduce feelings of tension for growing, tired legs. KID'S SOOTHING BLEND has a fresh, yet calming aroma that provides soothing support while comforting the emotions.

Perfect for daily use or as needed, KID'S GROUNDING BLEND has a soft, inviting, and slightly fruity aroma that can help soothe feelings of stress or anxiousness. When feeling overwhelmed, roll KID'S GROUNDING BLEND onto the back of your child's neck or wrists and encourage her to take a deep breath, allowing her mood to find balance. Soothing to the skin and reassuring to the emotions, KID'S GROUNDING BLEND is a great everyday blend.

Before tackling life's big (or small) moments, roll KID'S COURAGE BLEND onto the bottoms of your child's feet and the backs of his hands to instill courage and positivity—along with your reassurance that he can accomplish the tasks before him.

How to Spoil Your Teacher

TEACHERS FACE MANY OBSTACLES AND CHALLENGES TOO!

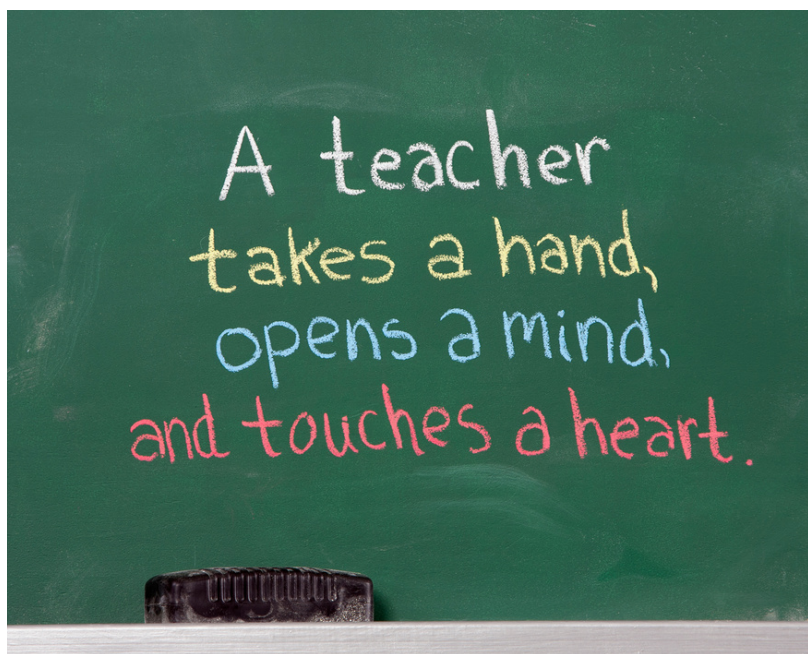
Essential Oils are extremely helpful for children and parents surviving the school days, but let's not forget that TEACHERS face many obstacles and challenges, too.

After grading papers, implementing state standards, organizing classrooms, preparing lessons, gathering supplies, talking with parents, continuing education, and a full day of teaching, teachers can often feel run-down.

Brighten your school teacher's day by showing them how much you appreciate their daily ministry to your child. Grab some Essential Oil goodies and put them in a cute basket or box. Here are some great ideas from real-life teachers Mrs. Wright and Mrs. Herbst about what they love to use in their classrooms!

TEACHER GIFT IDEAS

- 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.

THANK YOU

Have you fallen in love with ESSENTIAL OILS yet?

Can you see the benefits they could bring to your family?

We hope you enjoyed this class and guide book. If you have been keeping track of your favorite oils or recipes and would like to order any of the oils, you can do so here:

my.doterra.com/womenshealth

You can contact me at the email below if you would like to chat about any of the products. Let me know how I can support you in your health goals.

You can also set a [complimentary consult here!](#)

I look forward to helping you on your journey to optimal health.

info@womensintegrativehealthny.com
www.my.doterra.com/womenshealth
www.womensintegrativehealthny.com



Lisa Cartier



THANK YOU

Special Bonus:

Refer to the following Acupressure
Charts for applying your oils.

Reference the area of concern for where
to apply the oils!

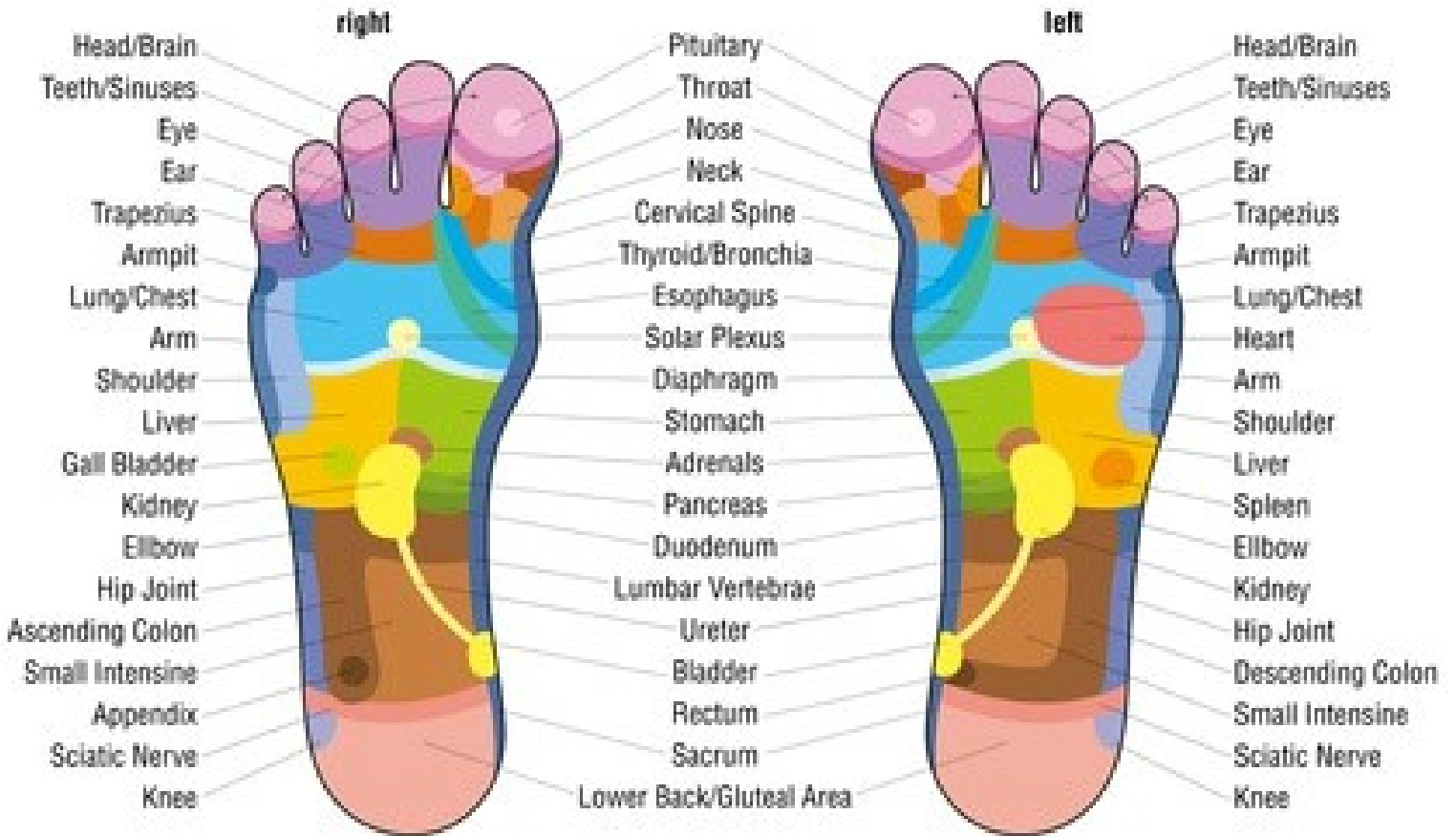
Lisa Cartier

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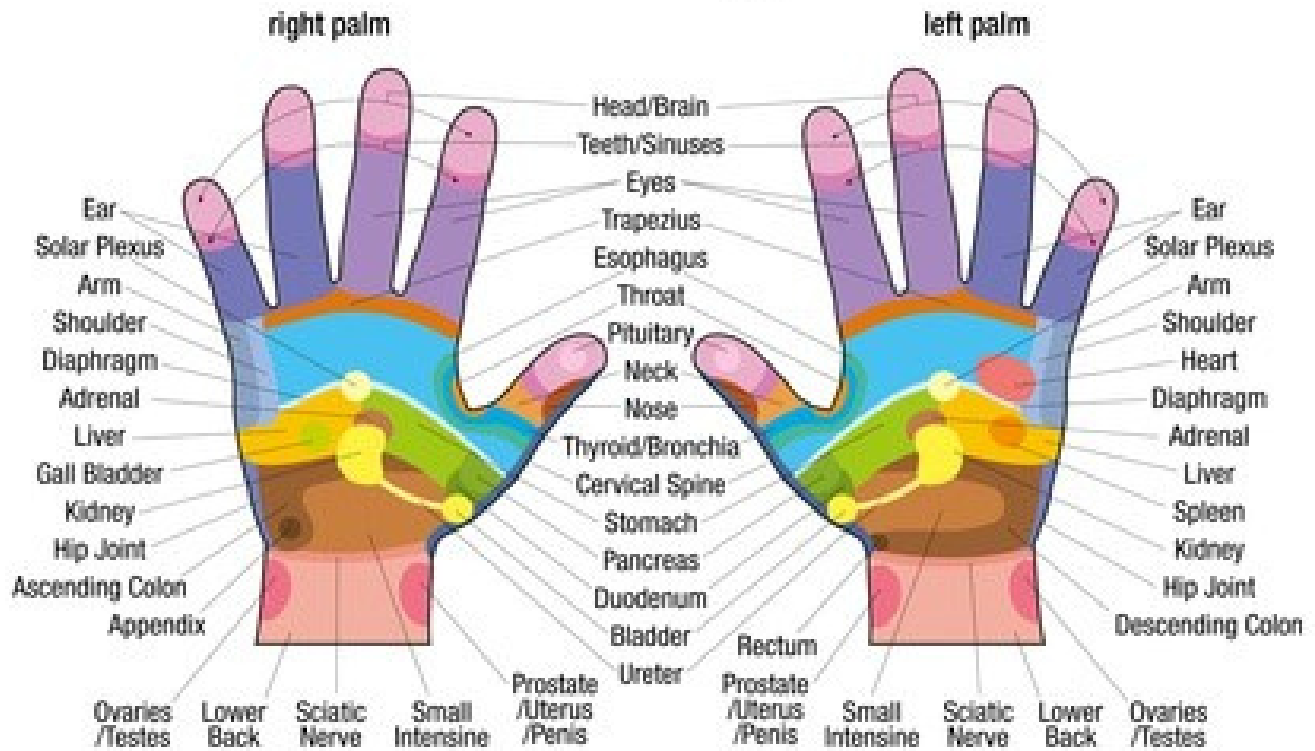
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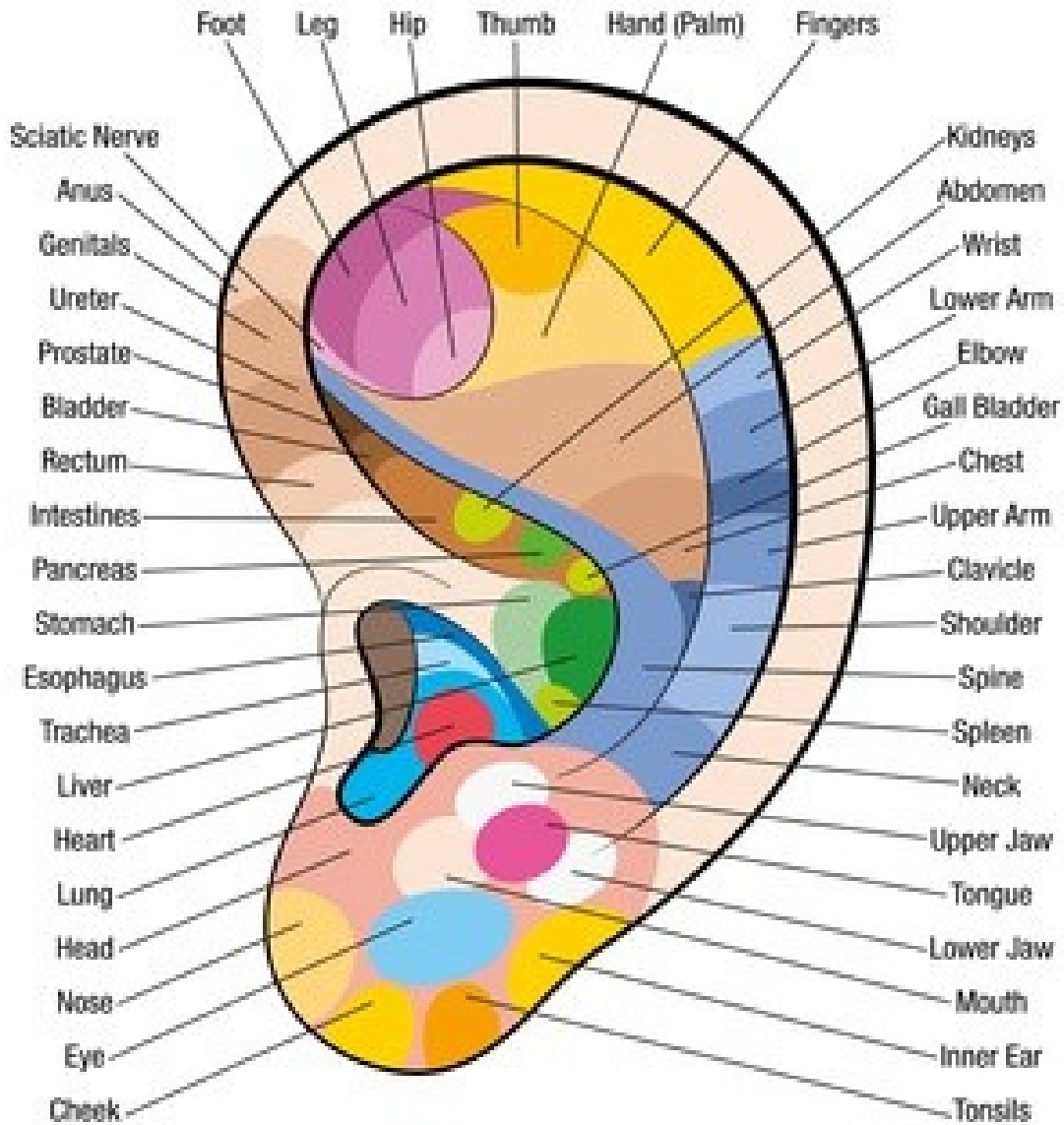
Foot Reflexology Chart



Hand Reflexology Chart



Ear Reflexology Chart





FACE

Use essential oil as part of your regular skin care regimen to beautify the skin and promote a clear, healthy looking complexion.



ROOF OF THE MOUTH (SOFT PALETTE)/BASE OF THE SKULL

Applying oils to these areas is an excellent way to help transform your mood and balance your emotions.



NECK/FOREHEAD/TEMPLES

These areas are good to target if you have tension in the head or neck.



CHEST

Rubbing oils onto the chest promotes a healthy respiratory tract and helps maintain clear breathing.



ABDOMEN

Application of essential oils, especially over major digestive organs, supports healthy function and can help alleviate occasional digestive discomforts.



LIVER

Apply essential oils over the liver in conjunction with a cleanse protocol or to support healthy function of the body's cleansing organs.



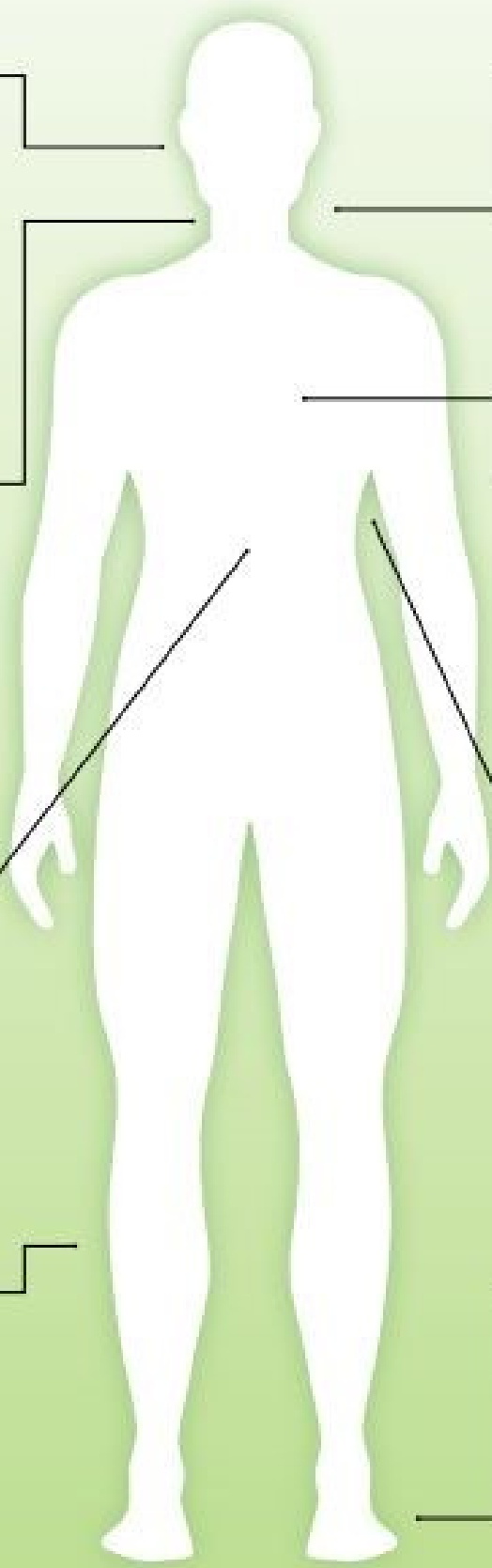
ARMS/LEGS/BACK

Massage onto the arms, wrists, legs, feet, or back to soothe tired, achy muscles and joints and to promote healthy circulation.



BOTTOMS OF FEET

The feet have large pores that rapidly absorb essential oils, making this an ideal application site for generalized effect. Apply and massage in 2-4 drops of essential oil.





Be Well!