



# ESSENTIAL OILS for the NEW NORMAL



## PROTECTION FROM THE INSIDE

For general immune support, and especially during times like these, there are three Essential Oils that stand out.

PEPPERMINT is beneficial for the digestive tract. LEMON detoxifies, and CINNAMON BARK fights the invaders that are trying to attack your body.

**Put 1 drop of each oil in a 24 oz. glass cup of water and drink twice daily.**

Also use our PROTECTIVE BLEND throat drops or beadlets to give that extra boost to your immune system while you are on the go.

## ESSENTIAL OILS FOR THE NEW NORMAL

One thing is certain: We're living in a different world than we were only last year. And that can be hard to deal with. We are going to provide some practical ways you can use natural products to boost your immunity, sanitize the air around you, and make everything around you a little more sane, a little less stressful.

## PROTECTING THE SURFACES

The best defense truly is to have a great offense, which means being proactive with your health and using the oils daily. So our first piece of advice is to CLEAN, CLEAN, CLEAN! In times like these, it is vital to keep often-used surfaces—doorknobs, tables, faucets, counters, etc.—cleaned and free of contamination. As you may know, Essential Oils are excellent for this purpose. Here's a powerful recipe to help you use those oils to best advantage around the house.

### PROTECTIVE POWER SPRAY BOTTLE RECIPE

- 16 oz. glass spray bottle
- 15ml bottle PROTECTIVE BLEND
- Filtered or bottle water

Add the entire bottle of PROTECTIVE BLEND to the glass spray bottle, and top with water.

#### For smaller amounts:

- 2 oz. glass spray bottle, 20–40 drops PROTECTIVE BLEND, and top with water.
- 1 oz. glass spray bottle, 10–20 drops PROTECTIVE BLEND, and top with water.

Use this when travelling, or anywhere you want or need to thoroughly clean—you can even spray it into the air.

TIP: Use this spray to clean dishes, fruits and veggies, and hands, etc., when safe water is not available.

## PROTECTING THE AIR

Now for the air around you, we want to put some specific oils in your routine that will support your body through the inhalation of these particles.

“The best way to diffuse is either nebulizing (cold air) or ultrasonic (water) diffusion. Heating oils to diffuse them can alter their delicate chemistry.”

Don't have a diffuser? Add a few drops of Essential Oil to the palms of your hands, then cup them over your nose. Now, inhale deeply.

Another idea: Add a few drops of oil to a glass spray-bottle of water. Spritz around your rooms.

TIP: Using a diffuser will keep the particles in the air for 4–8 hours, sometimes even longer, depending on your diffuser. Diffuse the following recipe daily for maximum benefit.

### AROUND THE CLOCK DIFFUSER BLEND RECIPE

- 8 drops Protective Blend
- 8 drops Respiratory Blend
- 8 drops Rosemary

You can also create your own recipe using the PROTECTIVE BLEND as the base. What Essential Oils would YOU choose to add? LIME is a great one!

## DEALING WITH STRESS

The quarantine lifestyle has created levels of stress, anxiousness, and tension unlike any other time in recent history. We are stuck at home, constantly watching our social media feed, tuning into the news more often, and getting into stressful arguments and discussions about political and social topics—all of these can slowly cause a buildup of feelings that you didn't realize was affecting your everyday life in a bad way.

The **CALMING BLEND SYSTEM** helps us decrease stress and restore our physical and mental resilience in the process.

Our bodies are intricately designed to naturally adapt and adjust to life's challenges, allowing us to flourish. Unfortunately, things like chronic stress, poor diet, toxins, and inactive lifestyles can inhibit our ability to adapt and deal with everyday stresses.

The **CALMING BLEND SYSTEM** will bio-chemically support your brain to promote feelings of adaptability, self-acceptance, reassurance, security, confidence, awareness, centeredness, peacefulness, tranquility, and relaxation.

## GETTING BETTER SLEEP

Science has shown that with short-term sleep loss you can experience loss of attention, fail to process information, experience impaired memory function, loss of creativity and cognition (the mental action or process of acquiring knowledge and understanding through thought, experience, and the senses), an increase in impulsivity, and loss of empathy.

The **RESTFUL BLEND OIL and COMPLEX CAPSULES** are the natural options you need. Get a good sleep every night and feel ready to tackle what comes up each day. Let's see what all this blend can do for you:

- Relieves occasional sleeplessness.
- Promotes healthy relaxation and sleep.
- Helps you get the refreshing sleep you need without leaving you feeling groggy or sleepy the next day.
- Helps make a difference in the quality and the ease of going to sleep.
- Encourages restful sleep.
- Calms the nervous system.
- Helps reduce stress.

**DIRECTIONS FOR USE** • For oil, diffuse or apply 2–3 drops on your wrists and back of neck. • For capsules, take one to two before sleep. • For a great powerhouse combo, do both!

## 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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## DIY ESSENTIAL OIL MASKS

We'll create a homemade mask into which we'll add Essential Oils, so you get the benefit of constantly breathing in the oils while out and about, or while recovering from the "bug."

Get a reusable cloth mask with an inside pocket. You can also look for videos online to make your own triple layer mask with a bandana, leggings, t-shirt, or other fabric you have around the house.

You will want cotton squares, found in the cosmetic section of most stores; or you can cut a cotton pad if you have some around the house. Felt is another option.

Apply the Essential Oils below to one side of the pad, then rub together to distribute over the surface. Insert pad into inside pocket of mask.

### OIL INFUSED MASK RECIPE

- 2 drops Wild Orange
- 2 drops Protective Blend
- 2 drops Peppermint
- 2 drops Respiratory Blend
- 2 drops Rosemary

**TIP:** For those of you who don't like having a mask over your face, breathing in the Essential Oils can help calm and relax your anxious feelings while supporting the health of the rest of your body.

### We also have a **DIY MASK CLEANING RECIPE:**

- 3 drops Protective Blend
- 2 drops Respiratory Blend
- 2 drops Lemon

Add to 10 ml spray bottle and fill the rest with water. Spray on mask and let dry before wearing