



## Guide to Dropwise Essential Oil & Diffuser Blends

### Boo Boo Blend

**For:** minor cuts, scrapes, cracks, burns, blisters, sores, bug bites and/or inflamed skin

**Ingredients:** Essential oils of Tea Tree, Lavender, Geranium and Roman Chamomile.

**Directions for Use:** Apply a drop or two of the blend directly to the wound or affected area and let it soak in. If possible, rub it gently onto the area until absorbed. Repeat several times a day for the first day or two, until wound has closed or affected area has cleared up. Larger wounds may take longer to heal. This blend may be combined with a carrier oil or with aloe vera gel and used to soothe minor burns. For best results apply 7-10 drops of Boo Boo blend to a tablespoon of carrier oil or gel then rub gently onto affected area. Repeat as needed. This blend may also provide relief from stings and bug bites.

**Warning:** This is an undiluted blend that is safe for application on the skin in small amounts. Avoid contact with eyes. If essential oil gets into or on your eye DO NOT FLUSH WITH WATER. Smear a tiny amount of vegetable oil (i.e. olive, safflower, sunflower, canola, etc.) on the affected area and dab lightly with a clean tissue or handkerchief until burning sensation subsides. After that you may rinse with water. Do not ingest. To avoid possible allergic reactions, do a skin patch test before using the product. Apply a drop or two of the diluted blend (per directions above) to the crook of your elbow and wait 12 hours. If there is no reaction then you are not allergic and may use this product as directed. If itching, burning or a rash appear then discontinue use immediately.

### Breathe Ease Blend

**For:** congestion due to allergies, colds, or flu

**Ingredients:** Essential oils of Eucalyptus (Radiata and Polybractae), Pine, Juniper Berry, Niaouli, Spike Lavender, and Cedarwood Atlas.

**Directions for use:** Apply a drop or two of the blend onto a clean tissue or handkerchief and let it soak in. Inhale deeply several times for 5-10 minute intervals until you are able to breathe clearly. This blend may be used with any type of diffuser. This blend can also be combined with a carrier oil and applied to the skin in small amounts. For best results apply 7-10 drops of Breathe Ease blend to a tablespoon of carrier oil then rub gently onto chest, behind the ears and down the neck, forehead, temples, at the base of the skull, and on the soles of the feet along the backs of the toes. Repeat as needed.

**Additional suggested uses:** Place 4-7 drops of the blend in your bathtub while taking a hot shower and inhale the vapors. Or add 6-8 drops to a bowl of boiling water, place head over the bowl and cover with a towel. Inhale the steam until congestion begins to ease. Repeat as needed. Or add 10-30 drops of the blend to a cup of Epsom Salts, mix with your hand and add to a hot bath. Soak for 10-15 minutes while breathing in the steam. Add a drop or two to your pillow before going to bed.

**Warning:** This is an undiluted blend that's meant to be used primarily for inhalation purposes. Do not apply directly to the skin undiluted (see Directions for Use for proper dilution amounts). Avoid contact with eyes. If essential oil gets into or on your eye DO NOT FLUSH WITH WATER. Smear a tiny amount of vegetable oil (i.e. olive, safflower, sunflower, canola, etc.) on the affected area and dab lightly with a clean tissue or handkerchief until burning sensation subsides. After that you may rinse with water. Do not ingest. To avoid possible allergic reactions, do a skin patch test before using the product. Apply a drop or two of the diluted blend (per directions above) to the crook of your elbow and wait 12 hours. If there is no reaction then you are not allergic and may use this product as directed. If itching, burning or a rash appear then discontinue use immediately. Do not over use this product or use larger doses than recommended or it may become ineffective or have the opposite effect.

### Head Ache Blend

**For:** headaches and neck pain due to tension, stress, or migraines

**Ingredients:** Essential oils of Peppermint, Lavender, Spanish Marjoram, Roman Chamomile, and Sweet Basil in a base of Certified Organic Jojoba Oil.

**Directions for use:** Apply 3-5 drops of the diluted blend onto forehead, temples, at the base and/or top of the skull -wherever there is throbbing or pain. Lie down and rest if possible and inhale deeply. Repeat as needed. This blend may also be applied to the neck and shoulders to help ease tension associated with headaches.

**Additional suggested uses:** Place 7-10 drops of the blend onto a washcloth soaked in cold water and apply to forehead or wrap around your neck.

**Warning:** This blend has been diluted so it may be applied to the skin in small amounts. Avoid contact with eyes. If essential oil gets into or on your eye DO NOT FLUSH WITH WATER. Smear a tiny amount of vegetable oil (i.e. olive, safflower, sunflower, canola, etc.) on the affected area and dab lightly with a clean tissue or handkerchief until burning sensation subsides. After that you may rinse with water. Do not ingest. To avoid possible allergic reactions, do a skin patch test before using the product. Apply a drop or two to the crook of your elbow and wait 12 hours. If there is no reaction then you are not allergic and may use this product as directed. If itching, burning or a rash appear then discontinue use immediately. Do not over use this product or use larger doses than recommended or it may become ineffective or have the opposite effect.

### Stay Alert Blend

**For:** drowsiness, fatigue, and mental foginess

**Ingredients:** Essential oils of Eucalyptus (Radiata), Cinnamon Leaf, Peppermint, Patchouli, Orange, and Cedarwood Atlas.

**Directions for use:** Apply a drop or two of the blend onto a clean tissue or handkerchief and let it soak in. Inhale deeply several times for 5-10 minute intervals until you feel more alert. For best results apply several drops to the diffuser of your choice. This blend may be combined with a carrier oil and applied to the skin in small amounts. For best results apply 4-7 drops of Stay Alert blend to a tablespoon of carrier oil then rub onto the soles of your feet, behind the ears and down the neck, forehead, and temples. Repeat as needed.

**Additional suggested uses:** Place 4-7 drops of the blend in your bathtub while taking a hot shower and inhale the vapors. Or add 6-8 drops to a basin of lukewarm water and soak tired and achy feet. Add a drop to 24 oz of drinking water for a refreshing drink.

**Warning:** This is an undiluted blend that's meant to be used primarily for inhalation purposes. Do not apply directly to the skin undiluted (see Directions for use for proper dilution amounts). Avoid contact with eyes. If essential oil gets into or on your eye DO NOT FLUSH WITH WATER. Smear a tiny amount of vegetable oil (i.e. olive, safflower, sunflower, canola, etc.) on the affected area and dab lightly with a clean tissue or handkerchief until burning sensation subsides. After that you may rinse with water. Do not ingest. To avoid possible allergic reactions, do a skin patch test before using the product. Apply a drop or two to the crook of your elbow and wait 12 hours. If there is no reaction then you are not allergic and may use this product as directed. If itching, burning or a rash appear then discontinue use immediately. Do not over use this product or use larger doses than recommended or it may become ineffective or have the opposite effect.

# Guide to Dropwise Essential Oil & Diffuser Blends (continued)

## Sleep Ease Blend

**For:** Difficulty falling or staying asleep

**Ingredients:** Essential oils of Tangerine, Spanish Marjoram, Pine, Fir Balsam & Petitgrain

**Directions for use:** Apply a drop or two of the blend onto a clean tissue or handkerchief and let it soak in. Inhale deeply several times for 5-10 minute intervals until you feel relaxed and sleepy. For best results apply several drops to the diffuser of your choice. This blend may be combined with a carrier oil and applied to the skin in small amounts. For best results apply 4-7 drops of Sleep Ease blend to a tablespoon of carrier oil then rub onto the soles of your feet, behind the ears and down the neck, forehead, and temples, and on your wrists. Repeat as needed.

**Additional suggested uses:** Place 4-7 drops of the blend in your bathtub while taking a hot shower and inhale the vapors. Or add 10-30 drops of the blend to a cup of Epsom Salts, mix with your hand and add to a hot bath. Soak for 10-15 minutes while breathing in the steam. Add a drop or two to your pillow before going to bed.

**Warning:** This is an undiluted blend that's meant to be used primarily for inhalation purposes. Do not apply directly to the skin undiluted (see Directions for use for proper dilution amounts). Avoid contact with eyes. If essential oil gets into or on your eye DO NOT FLUSH WITH WATER. Smear a tiny amount of vegetable oil (i.e. olive, safflower, sunflower, canola, etc.) on the affected area and dab lightly with a clean tissue or handkerchief until burning sensation subsides. After that you may rinse with water. Do not ingest. To avoid possible allergic reactions, do a skin patch test before using the product. Apply a drop or two to the crook of your elbow and wait 12 hours. If there is no reaction then you are not allergic and may use this product as directed. If itching, burning or a rash appear then discontinue use immediately. Do not over use this product or use larger doses than recommended or it may become ineffective or have the opposite effect.

## What is a Carrier Oil?

Carrier oils are vegetal oils extracted from nuts, seeds, vegetables, and sometimes fruit. Typical carrier oils used in aromatherapy are Sweet Almond, Sesame, Sunflower, Safflower, Apricot Kernel, Macadamia Nut, Olive or Jojoba. Lotions and gels (like Aloe Vera gel), may be used as a carrier for aromatherapy blends as well following the same guidelines prescribed for each blend.

## What is a Diffuser Blend?

A diffuser blend is an aromatherapy blend of essential oils designed to be used with a diffuser either for fragrancing a room or space, or alternately, for a therapeutic application via inhalation (vs. direct application to the body).

Diffusers are the most effective way to experience the benefits of essential oil blends. A diffuser fragrances the air and is excellent for scenting a room to enhance mood, aid in respiration, or mask odors.

Diffusers –There are a number of different methods for diffusing essential oils into the air, including light bulb rings (metal or ceramic), aroma lamps (or potpourri burners), electric (heat or fan-based) diffusers, nebulizing diffusers, and mist sprays (or misters). Nebulizing diffusers are by far the most effective (and most expensive) method, forcing the essential oil's aromatic molecules into the air in a fine, barely discernible mist. Since no heat is involved in the process the aromatic components of the oils remain unaltered. Light bulb rings are the least effective (and probably the least expensive) method and not recommended.

If you are using a candle-based diffuser such as a potpourri burner, please add some water to the bowl or dish, then a few drops of your diffuser blend before lighting the tea light. When the water is sufficiently heated the scent will be released through the steam rising off the top.

For a list of quality diffusers please visit <http://www.dropwise.com/categories/Aromatherapy/Diffusers>. For more information on aromatherapy, essential oil applications, or the various ways to use them, visit the Aroma Zone blog at: <http://www.dropwiseblog.com/>.

# EXCLUSIVE OFFER!

Congratulations on your decision to download this **Guide to our Natural Remedy Essential Oil & Diffuser Blends**. You've just taken an important first step towards improving your health by taking the time to learn about natural plant-based remedies that offer a safe, gentle, effective and non-habit forming alternative to traditional **Over The Counter (OTC)** and prescription medicines.

Did you know there are **over 100,000 OTC drugs that you can buy without a prescription?** And they all have one thing in common: **they are serious medicines that need to be taken with care.** Over-The-Counter (OTC) cold medicines and cough syrups are made with harsh ingredients that can put some people at increased risk for significant --and sometimes serious-- drug interactions with other OTC and prescription medications, never mind the regular unpleasant side effects like drowsiness. This is especially true for people with chronic medical conditions like diabetes, heart disease, or high blood pressure, the elderly, and small children.

In fact, the **American Academy of Pediatrics** has documented the ineffectiveness and potential toxicities of OTC cough and cold medicines in children, and the FDA issued an advisory to remove Phenylpropanolamine (PPA) --a common constituent of OTC decongestants-- from those products because of **concern for increased risk of hemorrhagic stroke.** In addition to side effects, OTC cough and cold preparations also present potential hazards due to dosing errors. And there are environmental consequences that come with throwing those old expired meds (both prescription and OTC) down the drain or flushing them down the toilet.

I want you to experience the benefits of essential oil-based natural remedies, which can be **remarkably effective at addressing a wide range of symptoms** associated with colds and flu, run-of-the-mill aches and pains, and even mild cases of anxiety or depression, without the added burden on your liver and kidneys that comes with over-use of common medications, or the risk of increased blood pressure from cough and cold medicines.



For a limited time only I'm offering you the chance to purchase **all seven of the essential oil blends in our collection for a very special price.** Each of these blends sells for **between \$12.50 and \$17.50 a piece.** Buying the whole collection would normally run you **between \$85.00 and \$110.00.**

Buy now, and you can have **the whole collection** --all 7 blends -- for **only \$60.00 plus a flat shipping rate of \$7.95** (sales tax will be applied to orders shipped within California)

I know you're probably thinking it sounds too good to be true ... there must be a catch. But I assure you there is no catch. I'm offering you this great value because I'm on a mission to help educate and empower people to make safe, health conscious choices when it comes to their personal care products --choices that enable them to honor their bodies, the safety and well-being of their loved ones, and the health of the environment.

I know from first-hand experience how ineffective OTC medicines can be when you're suffering from an health issue that doesn't lend itself to a "cookie-cutter" approach to treatment. But I've learned with experimentation that when you introduce truly natural, plant-based products to your body, something remarkable starts to happen. Your body responds intuitively --something it can't always do with OTC meds due to all the chemicals and synthetic ingredients it doesn't understand or can't recognize.

My personal long-term experience with using essential oils and herbs to address recurring health issues that no doctor or medicine (OTC or prescription) previously could is the reason I started my company and created the seven products and 18 unique essential oil blends that make-up the current Dropwise product line. I believe that we deserve better choices and am working hard to make them available to people like you who care deeply about your health and personal safety as well as the integrity of the environment and the companies you purchase products from.

To take advantage of this offer, go to:

<http://www.dropwise.com/natural-remedy-collection/>