(1) IL CULTURE 101

RANKINCENSE





- Slows signs of aging
- Beneficial to the skin
- Supports normal cell regeneration
- Supports the respiratory system



Repels insects

- Soothes insect bites & wounds
- Cleanses & purifies the air
- Freshens laundry
- Supports normal nail growth



- Brings joy to the heart mind and soul
- Eases occasional depressed moods
- Eases body tension and stress
- Inspires feelings of romance
- Supports overcoming sadness



• Aids in proper digestion

- May improve concentration and mental acuity
- Eases discomfort associated with heartburn and constipation
- Soothing for sore throats
- Encourages lymphatic drainage



Encourages feelings of peace and tranquility

- Supports body's response to stress
- May reduce nervous tension
- Encourages relaxation
- Restores equilibrium



Stimulates right brain and amplifies creativity

- Encourages a sense of well being
- Purifies the air
- Supports the body's response to anxiety
- University testing shown that diffused it can help increase concentration and mental acuity



Peppermint

EPPERMINT

• Cooling oil

- Enhances benefits of other oils
- Helps occasional heartburn
- Helps minor aches & pains
- Eases headaches & upset stomachs
- Energizing
- Soothing for coughs and congestion



• Studies show Helichrysum helps regenerate tissue and improve circulation

- Helps ease tension and discomfort
- Helps with occasional headaches
- Supports healthy joint and cartilage function
- Helps ease mentrual cramps



Beneficial to the skin

- Supports the immune system
- Cleanses wounds and irritations
- Promotes healthy lung function
- May help prevent scalp and hair issues
- Supports healthy teeth and gums



• Supports normal sleep

- Relaxes the body & mind
- Cleanses & soothes skin irratations
- Eases bodily tension & stress
- Balances normal body functions



- University tested for it's cleansing abilities
- Supports body's natural defenses
- Immune enhancing
- Diffuse to naturally protect surroundings
- Antioxidant support

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