





Aromatherapy

Essential oils to help you live well every day.



Symptom	Essential oil	Products
 Relaxation and sleep	<ul style="list-style-type: none"> • Calm¹ • Lavender 	<ul style="list-style-type: none"> • Blend • Massage oil (diluted) • Aethero stick
 Anxiety and stress	<ul style="list-style-type: none"> • Bergamot • Calm 	<ul style="list-style-type: none"> • Lavender • Sweet orange
 Nausea	<ul style="list-style-type: none"> • Bergamot • Peppermint • Spearmint 	<ul style="list-style-type: none"> • Sweet orange • Un-Nausea²
 Pain	<ul style="list-style-type: none"> • Ache-Ease³ 	<ul style="list-style-type: none"> • Blend • Massage oil (diluted) • Aethero stick

Calm¹: Blend frankincense, blue cypress, lavender, niaouli

Un-Nausea²: Blend ginger, peppermint, spearmint

Ache-Ease³: Blend marjoram, melaleuca, copaiba, peppermint, frankincense, black pepper, ginger, Roman chamomile, helichrysum