



1. Peppermint – Cool, Calming, Antipyretic



- Relief Headache, Stomachache
- Ease of Bloating, Constipation
- Fever, Heatstroke
- Nasal Congestion, Sinusitis
- Refreshing, Boosting Energy
- **Aromatic, Topical, Internal**
- **Sensitive (S) – Dilute 1 : 2**



2. Lemon – Detoxification, Balance pH and Blood Pressure



- Antibacterial, Remove Odor
- Reduce Phlegm, Cough, Sore Throat
- Remove Toxins, Aids in Weight Lose
- Makeup Remover, Get Rid of Blackheads, Whitehead
- **Aromatic, Topical, Internal**
- **Neat (N) – Dilute 1 : 1**



3. Lavender – Most Versatile and Necessary



- Anxiety, Insomnia
- Anti-Inflammatory, Antiseptic
- Heal Minor Burns, Bug Bites
- Sore and Stiff Neck
- Whitening, Moisturizing (add to Moisturizer)
- **Aromatic, Topical, Internal**
- **Neat (N) – Dilute 1 : 1**



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4. Melaleuca – Wound Healing, Anti-Inflammatory, Antibacterial



- Bacteria, Virus Infection
- Diaper Dermatitis
- Fight Acne
- Insect Repellent
- Antiseptic for Minor Cuts and Scrapes
- Get Rid of Nail Fungus
- All Purpose Cleaner, Hand Sanitiser
- **Aromatic, Topical, Internal**
- **Neat (N) – Dilute 1 : 1**



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5. Frankincense – Holy Oil (King of Essential Oils)



- Reduce the Scars Appearance
- Improve Skin Tone, Balance Sebum Levels
- Anti-Wrinkle Remedy
- Improves Asthma
- Reduce Arthritis
- Help Fight Certain Cancers, Epilepsy
- Aromatic, Topical, Internal
- Neat (N) – Dilute 1 : 1



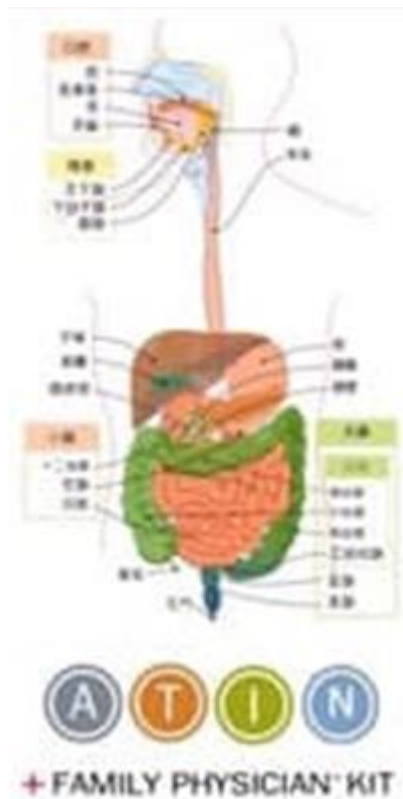
6. Oregano – Most Powerful Anti-Inflammatory Herbs



- Potent Antioxidant
- Natural Antibiotic
- Treat Yeast Infection
- Anti-Parasitic
- Improves Immune Function
- Athlete's Foot
- Help Fight Certain Cancers, Epilepsy
- Aromatic, Topical, Internal (with veggie caps)
- Dilute (D) – Dilute 1 : 6



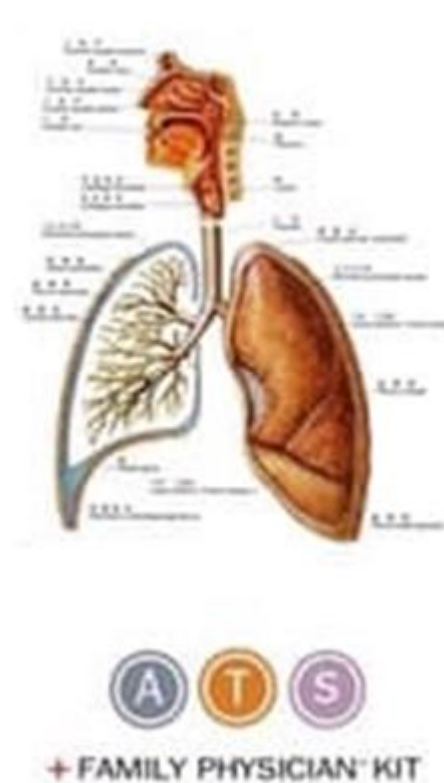
7. DigestZen – Health Care for Digestive System



- Hepatobiliary and Gastrointestinal Health Care
- Constipation, Diarrhea, Bloating
- Nausea, Giddy, Vomiting
- Hangover Cure (with Lemon)
- Digestive Aid
- **Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, Anise**
- **Aromatic, Topical, Internal**
- **Neat (N) – Dilute 1 : 1**



8. Easy Air – Aid in Respiratory System



- Maintains Feelings of Clear Airways and Easy Breathing
- Promotes Restful Nights Sleep and Anti-Snoring
- Cold, Cough, Nose Bleed
- **Laurel Leaf, Peppermint, Eucalyptus, Ravensara, Melaleuca, Lemon**
- **Aromatic, Topical.**
- **Not for Internal**
- **Sensitive (S) – Dilute 1 : 2**



9. On Guard – Protect and Support Immune System



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- Ward Off Harmful Virus and Bacteria
- Purify The Air
- Diffuse in Hospitals and Schools
- Chemical Free Mouthwash
- Anti-Cold and Bronchitis
- **Wild Orange, Clove, Cinnamon Bark, Eucalyptus, Rosemary**
- **Aromatic, Topical, Internal**
- **Sensitive (S) – Dilute 1 : 2**



10. Deep Blue – Support Muscle and Tendon



+ FAMILY PHYSICIAN™ KIT

- Relief Deep Anti-Inflammatory Pain
- Relief Sore Muscles
- Aid in Inflamed Tendon, Sprains
- Soothing Massage
- Relief Lactic Acid Accumulation
- **Wintergreen, Camphor, Peppermint, Ylang Ylang, Blue Chamomile, Blue Tansy, Helichrysum, Osmanthus**
- **Topical only. Not for Internal**
- **Sensitive (S) – Dilute 1 : 2** ⁵