



*Touch With Oils® ...  
a language of no words*



## **Top 10 Ways To Enhance Your Health with Essential Oils**

Pure, therapeutic-grade essential oils are the basis of true Aromatherapy and produce optimal medicinal results. Nature provides us with these precious, highly concentrated, volatile liquids in the form of extractions from certain plants and trees.

Since the beginning of time, mankind has relied on essential oils to assist through times of transition, celebrate the joys of life, and safeguard our overall sense of well being. Naturally antibacterial and antiviral, therapeutic-grade essential oils help protect our physical health. Their profound aromas soothe mental and emotional stress and provide us with comfort.

How can essential oils enhance your health?

1. Keep a **bottle of pure essential oil** in your pocket or drawer at work. Take 5 to 7 deep breaths periodically to clear your head and emotions. Put one drop in your palm, rub hands together, cup nose, close eyes and breathe deeply.
2. Use **Lavender Mist** as often as you like, making large sweeping circles around your head and face as you breathe deeply. Enjoy this fresh, light lift at home, in your car, at your office and when traveling.
3. Keep a **cotton ball** in your pocket with 2 to 3 drops of the appropriate essential oil on it.
4. Put pure essential oils in your **liquid soap** (1 to 2 drops per ounce) for the bath and shower.
5. Keep a **diffuser** in your home and office, to cleanse the air with pure essential oils for you, your family and friends. Travel with one for use in your hotel room.
6. Take several **essential oil baths** per week. Baths are Good Medicine, a great immune booster and tension reliever. Fill your tub with water and get in. Then make a **Palm Blend** by pouring Organic Golden Jojoba into the palm of your hand. Add 1 to 2 drops of pure essential oils. Rub hands together and apply to your nose, temples, neck, chest and belly. Do a self massage while in the water. Put a wet warm washcloth over your chest. Close your eyes. Reflect and enjoy this quiet time.
7. Make a Palm Blend (or use one of our custom blends) as above for **massage**. Rub your hands together and cup them over your nose. Close your eyes and breathe deeply. Apply some of the blend to your nose, temples, and back of neck. Do this for someone else.
8. Make a **steam tent** for any respiratory or sinus difficulties. Add 2 to 4 drops of pure essential oils into the water. Eucalyptus and/or Tea Tree are good choices. Stay in the steam tent 20 minutes for maximum benefit. Add 1 drop of oil periodically if needed.

9. Put yourself or a loved one to **sleep at night** with Lavender. Make **BIG** circles of Lavender Mist around your head and mist the pillow. Put a drop of straight Lavender on your pillow or on a cotton ball and tuck in your pillow. Make a Palm Blend (see #6) with Jojoba and 1 drop of Lavender or use one of our custom blends already made for you. Apply some to the nose, temples, and back of neck. Lie back and do a slow and gentle belly rub.
  
10. Take a moment to create **your personal way** to use essential oils that brings you comfort and peace. Make this something you can do daily to help you stay healthy and balance the stresses of life. In a quiet setting, breathe deeply. The aroma of pure essential oils speaks to that silent part of you that knows what you really need. This is most important when handling mental and emotional stress.

**The Good Medicine Tin®**  
**A simple system for the therapeutic use of essential oils.**

**The Perfect Gift of Health.**

**The Good Medicine Tin® includes:**  
**4 ml. each of pure Lavender, Tea Tree, Peppermint, Eucalyptus, and Orange. Also included is a Lavender Mist, Organic Golden Jojoba base oil, and a complete Guide Booklet. Learn how to make Palm Blends for stomach aches, headaches, colds, flu, stress relief, sleep, pure joy and so much more. Oil Guide pictured here is in lid of tin.**

 <small>www.Oil-Lady.com 866.304.3451</small>		<b>OIL GUIDE</b> <b>Inhale:</b> from bottle, diffuser, cotton ball. <b>Bath/Shower/Massage:</b> make Palm Blend. <b>Palm Blend:</b> 10-15 drops Organic Golden Jojoba in palm, add 1 tap/drop essential oil.	
<b>LAVENDER</b> <b>#1 BALANCER</b> Physical, Mental, Emotional Tension, Insomnia, Burns & Cuts	<b>The Top Five</b> <b>Pure Essential Oils in</b> <b>The Good Medicine Tin®</b> For external use		<b>TEA TREE</b> <b>#1 FIRST AID</b> Infections, Bites, Stings Acne, Cold Sores & Nail Fungus
<b>PEPPERMINT</b> <b>#1 DIGESTION</b> Stomach Ache, Headache, Sinusitis & Fatigue	<b>EUCALYPTUS</b> <b>#1 RESPIRATION</b> Colds, Flu, Bronchitis, Aches/Pains & Sinusitis	<b>ORANGE</b> <b>#1 TRANQUILIZER</b> Anxiety, Depression, Children & Insomnia	

\*\*\*\*\*

"The Good Medicine Tin® has brought so much comfort to my whole family over the past year. My daughter-in-law has taken it and won't give it back! Please send me another one!" **INDIANA CUSTOMER**

"After purchasing The Good Medicine Tin® for my trip, it was the first time I did not get sick on the flight to Spain." **FLORIDA CUSTOMER**

"The Good Medicine Tin® is saving on our medical bills with the children. Thank you!" **FLORIDA CUSTOMER**

\*\*\*\*\*

**Info@Oil-Lady.com ♦ [www.Oil-Lady.com](http://www.Oil-Lady.com) ♦ 866.304.3451**