



TOP 14 BLENDS SET GUIDE

BRAIN AID[®] | CITRUS BURST[™]
ENERGY[™] | GERM FIGHTER[®]
GUT AID[™] | HOLIDAY SEASON[®]
IMMUNE AID[™] | MUSCLE AID
NATURE SHIELD[™] | RAPID RELIEF[™]
RELAX[™] | RESPIR AID[™]
SENSUAL[™] | TRANQUIL[™]

BRAIN AID

Brain Aid is a blend of mentally energizing and stimulating oils, all known for boosting focus and helping to keep your mind sharp. Pink Grapefruit, Bergamot, Palmarosa, Juniper Berry, Basil Linalool, Lemon, Peppermint, Rosemary 1,8-Cineole, May Chang, and Star Anise make the perfect combination to diffuse during study sessions or workdays.

ENERGY

Long Day? Slow-moving morning? Give yourself an invigorating boost with our Energy blend. This powerful combination of Blood Orange, Peppermint, Lemon, Ginger Root CO2, Eucalyptus Globulus, and Egyptian Geranium essential oils will help you find that stimulating drive you need anytime, anywhere. DO NOT use this blend within several hours of bedtime.

CITRUS BURST

With Pink Grapefruit, Lemon, Lime, May Chang, Sweet Orange, and Mandarin, this blend really is bursting with citrus goodness. Diffuse it to create a fresh and stimulating atmosphere, or dilute to a maximum of 1% for an invigorating topical application.

GERM FIGHTER

The best defense is a good offense. During flu season, reach for Germ Fighter. We've blended together some of our most effective essential oils to help your body fight off outside threats, or assist in recovery after a bout of illness. Plus, this blend of Cinnamon Cassia, Lemon, Eucalyptus Globulus, Clove Bud, and Rosemary 1,8-Cineole smells great!

GUT AID

The enticing minty-spice scent of this blend is perfect for on-the-go use. The next time you suffer from an upset stomach, reach for Gut Aid. Simply dilute up to 5% and apply to your abdomen to help find some relief.

IMMUNE AID

The demands and stressors of our daily lives can wreak havoc on our immune systems. Plant Therapy is here to help with our Immune Aid Blend. The health benefits of Frankincense Serrata, Sweet Orange, Lemon, Eucalyptus Globulus, Tea Tree, and Rosemary 1,8-Cineole are numerous and can help support weary minds and bodies.

HOLIDAY SEASON

For a lot of us, certain seasonal scents conjure up warm memories of the holidays. The fragrant notes of Sweet Orange, Lemon, Tangerine, Cinnamon Bark, Ginger Root CO2, Clove Bud, and Nutmeg come together in this warm, spicy, citrusy Holiday Season scent.

MUSCLE AID

Our Muscle Aid Essential Oil Blend combines Wintergreen, Camphor, and Scots Pine to help soothe sore muscles, especially after a hard workout. With a minty, herbaceous, and fresh scent, this blend has a calming, cooling effect when used topically.

NATURE SHIELD

Love the great outdoors, but not the buzzing, blood-sucking annoyances that often come with it? Use Nature Shield to create an all-natural, effective deterrent and barrier to shield you from unwanted visitors.

RELAX

It is so important to take some time every day to relax, unwind, and decompress. This blend of Lavender, Mandarin, Sweet Marjoram, Patchouli, Roman Chamomile, and Bourbon Geranium will help you do just that. By combining these soothing essential oils, we've created an incredibly therapeutic concoction that can instill calm and comfort to the body and mind.

RAPID RELIEF

By combining Peppermint, Clove Bud, Laurel Leaf, Cinnamon Cassia, Black Pepper, Ginger Root CO₂, German Chamomile, Juniper Berry, and Thyme Thymol, we've created a warming, soothing blend that can increase circulation and help you find relief from discomfort and achiness.

RESPIR AID

Individually, Eucalyptus Globulus, Scots Pine, Peppermint, Lavender, Black Spruce, Cypress and Sweet Marjoram each encourage healthy respiratory system function. Together, the soothing and cooling properties of the oils in this blend create a respiratory-system-supporting powerhouse that helps clear congestion and allows you to breathe easier.

SENSUAL

This sultry blend is ideal for stimulating the senses and supplementing your sensuality. Our Sensual scent offers floral overtures of Ylang Ylang Complete and Jasmine Absolute, which slowly submit to the soft, sweet, woody notes of Australian Sandalwood and Patchouli. Whether you diffuse, apply as a personal fragrance, use in a couple's bath or as a massage oil, our Sensual blend helps you achieve the sexy, feel-good ambiance you've been craving.



TRANQUIL

Pink Grapefruit, Blood Orange, Patchouli, Bergamot, and Ylang Ylang Complete essential oils are each calming and soothing on their own, so our aromatherapists decided to put them all together for the sake of serenity. Our Tranquil Blend finds harmony between the fragrances and benefits of these wondrous essential oils.

RECIPES TO TRY

BREATHE EASY VAPOR RUB

What you'll need:

- 2 oz tin containers
- 5 oz Beeswax Pearls
- 5 oz coconut oil (solid)
- 36 drops Respir Aid

What you'll do:

Melt beeswax and coconut oil together over a double boiler. Remove from heat and stir in Respir Aid. Pour into tins. Allow to cool. This vapor rub has a shelf life of one year when stored in a cool, dark place.

SENSUAL MASSAGE

What you'll need:

- 2 oz Marvelous Massage
- 18 drops Sensual Blend

What you'll do:

Add 18 drops to 2 ounces of Marvelous Massage for a 1% dilution. Massage onto your partner to promote intimacy and add some romance to the bedroom.

OUTDOOR CANDLE

What you'll need:

- 5 cups Beeswax Pearls
- 80 drops Nature Shield
- Candlewick
- Candleholder

What you'll do:

Secure the wick to the center of the candleholder. Use a double boiler to melt the beeswax. When the wax has melted, remove it from heat and mix in Nature Shield. Slowly pour the mixture into the candleholder, making sure the wick stays centered. Once it's hardened, light the candle outdoors and enjoy!

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