

THE

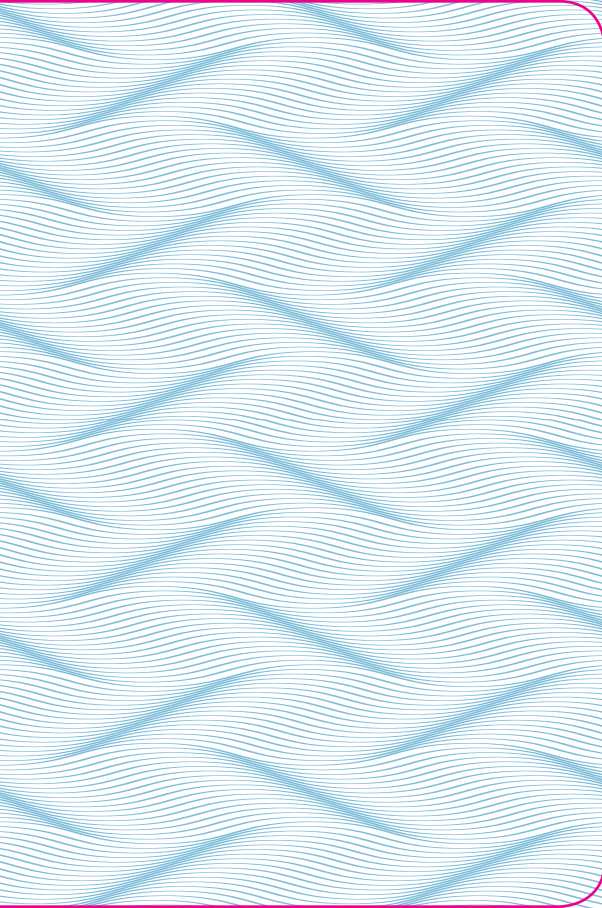
PROPOSAL

FOR FORMING

A PARTNERSHIP

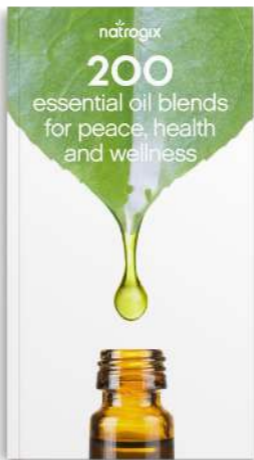
OF CONTRACTORS







DOWNLOAD A FREE COPY OF  
NATROGIX 200 ESSENTIAL OIL  
BLENDS FOR PEACE, HEALTH  
AND WELLNESS EBOOK

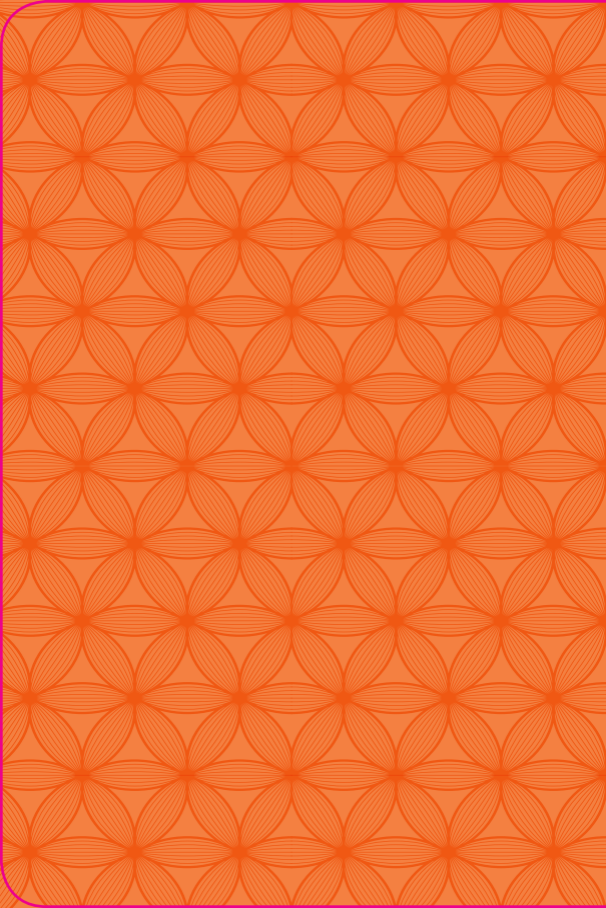


TO DOWNLOAD THIS EXCLUSIVE  
EBOOK PLEASE VISIT  
[natrogixshop.com](http://natrogixshop.com)



# contents

<b>Introduction</b>	<b>01</b>
<b>Recipes</b>	<b>05</b>
<b>Recipes to Get You Started</b>	<b>17</b>
Clothes	17
Health	18
Home	19
Mood	20
Beauty	20
Skin Care	21





# introduction

## “What are essential oils?”

Essential oils have been used for various remedies and treatments for thousands of years. In the 1980s, essential oil use in modern society started to gain popularity. Since then, new discoveries have been made that both expand the uses for essential oils. Aromatherapy was first introduced in 1928 by the French chemist Gattefosse, who coined the term. After he burned himself during an experiment, Gattefosse applied lavender to the affected area and was pleased to find that it had prevented both pain and scarring.



## “How do I use *essential oils*?”

Experiencing the aroma of essential oils is enough to trigger its affects, depending on the application and oil. But they can also be massaged into the skin for topical uses, and in certain special cases prescribed by aromatherapists, essential oils may be ingested. Essential oils have pharmacological effects within the body, physiological effects through various systems, and especially psychological effects when their aroma is inhaled.



# Meet the top Fourteen Essential Oils



## Lavender

Relieve your anxiety and stress and sleep easier with Lavender. Its therapeutic effects have been well documented around the world. A favorite ingredient in famous perfumes, soaps, and body care products, Lavender is one of the most unique and beloved scents.





## Eucalyptus

Eucalyptus invigorates. Minty with a touch of honey, Eucalyptus oil relieves exhaustion and enhances creativity, relieves pain and heals. Try adding a few drops to a spray bottle and use in your shower and breathe in the healing steam. Feel calm and refreshed now with Eucalyptus.



## Frankincense

Long considered a holy oil, the use of Frankincense dates to the time of the Sumerians and Egyptians. Frankincense has an unmistakable earthy and sweet aroma and is recommended by many aromatherapists. Diffuse it for an instant sense of peace and decorum.





## Peppermint

Clear the fog with Peppermint Oil. Effortless Focus and Concentration is yours.

Peppermint Oil naturally brings you back to center and eliminates fatigue and drifting thoughts. Awaken your senses and enhance your performance.



## Lemongrass

Lemongrass is clean, crisp, and energizing.

Perfect for massage oils and natural skin care. It provides a pleasant astringency within massage oils and natural skin care.

When diffused, it brings sunny cleanliness and purifying comfort. Wake up the senses with Lemongrass, the perfect way to start the day.



## Lemon

Marvelously bright and exceptionally fragrant, Lemon is a purifying oil with endless benefits. Feel enlivened and euphoric. Lemon oil can change your outlook and cleanse your surroundings. Turn your day around with the power of Lemon.



## Sweet Orange

Sweet Orange will take you back to pleasant memories of mellow brunches, holidays, family picnics and simple, quenching refreshment. Simply uplifting, you'll feel a quiet confidence and joy that others can't help but notice.







“ THE QUIETER YOU BECOME, THE MORE YOU CAN HEAR. ”

–Ram Dass



## Tea Tree

A powerful medicinal aroma only hints at the unique benefits of Tea Tree Oil. Famous around the world for its miraculous health benefits. Tea Tree Oil can work wonders on skin problems and many ailments. Often added to cosmetics and ointments, Tea Tree Oil can work with your body to unleash powerful natural healing.





## Turmeric Oil

Turmeric is a powerful healing herb with a warming and calming aroma. A potent anti-inflammatory long used to support healthy joints, make this exotic spice a part of your life.



## Tangerine

Drift away on a Tangerine Dream. The sweet aroma of Tangerine is reminiscent of a gentle, peaceful summer night. An amazing indulgence and a marvelous addition to aromatherapy blends.





## Ylang Ylang

Alluring and conducive to romance, Ylang Ylang will make you feel sensual and seductive, alive and euphoric. The exotic scent will recall the waving palm fronds and adventure of Bali, Indonesia. Dab a single drop on your wrist pulse points for an alluring perfume.



## Atlas Cedarwood

Breathing in Atlas Cedarwood provides a sense of strength, stability and grounding. Its enchanting aroma transports your mind to the refuge of a peaceful forest. Perfect for meditation, Cedarwood Oil will become a favorite part of your daily routines and rituals.





“ REMAIN CALM, SERENE,  
ALWAYS IN COMMAND  
OF YOURSELF. YOU  
WILL THEN FIND OUT  
HOW EASY IT IS TO GET  
ALONG. ”

–Paramahansa Yogananda



## Rosemary

Invigorating. Refreshing. Stimulating. Moroccan Rosemary is the perfect oil for long study sessions or long distance drives. Regarded as the herb of remembrance Moroccan Rosemary is supportive of cognition and memory. Peak Performance is yours.



## Bergamot

A famous fragrance and an essential note in perfumes, Bergamot has a very sweet smell. When added to ordinary black tea, the result is Earl Grey. Bergamot promotes clarity and calm. Diffusing with Lavender before bedtime can lead to sweet dreams and a restful wake.



“ NATURE DOES NOT HURRY,  
YET EVERYTHING IS  
ACCOMPLISHED. ”

–Laozi







# Recipes to Get You Started

---

## Clothes

### For the Washing Machine

- 1 drop Ylang Ylang Essential Oil
- 3 drops Lemongrass or Lavender Essential Oil
- Add to unscented laundry soap

(or don't use soap at all)

### Get Rid of Shoe Smell

- 2 drops Eucalyptus Essential Oil
- 2 drops Ylang Ylang Essential Oil
- Mix both into a small amount of water, remove shoe soles and submerge

- Alternatively, use the same mixture to wash your shoes

### Eliminate Sweat Smell on Clothes

- 2 drops Eucalyptus Essential Oil
- 1 drop Lemon Essential Oil

- 1 drop Lemongrass Essential Oil
- Mix oils into a small amount of water; after washing, gently scrub sweaty area of clothing with mixture



## Health

### Massage Oil to Sooth Tired and Sore Muscles

- 1 ½ fluid ounces' Almond Oil
  - ½ fluid ounce Grapeseed Oil
  - 8 drops Lavender Essential Oil
  - 8 drops Peppermint Essential Oil
  - 4 drops Turmeric Essential Oil
  - Combine all ingredients in glass bottle;
- massage 1 tbsp. onto desired area

### Diffuser Blend to Ease Congestion

- 3 drops Peppermint Essential Oil
- 2 drops Eucalyptus Essential Oil
- 1 drop Lemon Essential Oil
- Mix together in small bottle or tray; place in diffuser

### Get a Great Night's Sleep

- 4 drops Lavender Essential Oil
- Add to diffuser before going to bed



## Home

### Air Freshener

- 6 drops lemon
- 6 drops sweet orange
- 8 drops eucalyptus
- Fill 8 oz spray bottle with water or  $\frac{3}{4}$  cup water and 2 tablespoon alcohol (vodka, rubbing alcohol). The vodka or alcohol in the recipe helps the essential oils and water to mix more thoroughly, and helps the homemade air freshener to dry faster. Shake well, and spray in each room of your home

### Re-freshen Dishcloths

- 2 drops Frankincense Essential Oil
- 3 drops Lemongrass Essential Oil
- Add to moist dishcloth

### Remove Gum, Grease, and Crayon Marks

- 2 drops Lemongrass Essential Oil
- Apply to stained area
- Using cloth to wipe off the stain



## Mood

### Anti-stress Blend for Diffuser

- 2 drops Frankincense Essential Oil
- 2 drops Bergamot Essential Oil

### Calming Blend for Diffuser

- 2 drops Atlas Cedarwood Essential Oil
- 3 drops Bergamot Essential Oil

## Beauty

### DIY Facial toner

- Add 2/3 filtered water and 1/3 witch hazel to a 2 oz.

glass bottle

- 5 drops Lavender
- 5 drops Frankincense
- Mix together and spray onto face

### Acne go away

- 6 drops of Frankincense Essential Oil
- 4 drops of Lavender Essential Oil
- 2 drops of Tea Tree Essential Oil
- Add it to a 30 mL (1 OZ.) Jojoba Oil, apply to

desired area





## Skin Care

### Topical Blend for Burns, Cuts and Scrapes

- 3 drops of Peppermint Essential Oil
- 3 drops of Lavender Essential Oil
- Mix with 2 tablespoon of Aloe gel or Fractionated coconut oil and apply the mixture directly to your burn as soon as possible after the injury

### Anti-inflammatory Blend for Joints and Arthritis

- 2 drop Frankincense Essential Oil
- 2 drop Eucalyptus Essential Oil
- 2 drop Lemon Essential Oil
- Mix with 2 tablespoon of Fractionated coconut oil and rub mixture onto desired area

### Acne Relief Blend

- 1 drop Tea Tree Essential Oil
- 1 drop Atlas Cedarwood Essential Oil
- Mix with 1 teaspoon Organic Jojoba Oil and rub mixture onto desired area





Enjoying Notrook

Enjoying Notrook

Enjoying Notrook

Enjoying Notrook

If you have any questions or  
need a prescription here, you might  
see the staff of a doctor or be  
please contact us

Enjoying Notrook  
Call 887-83-8118