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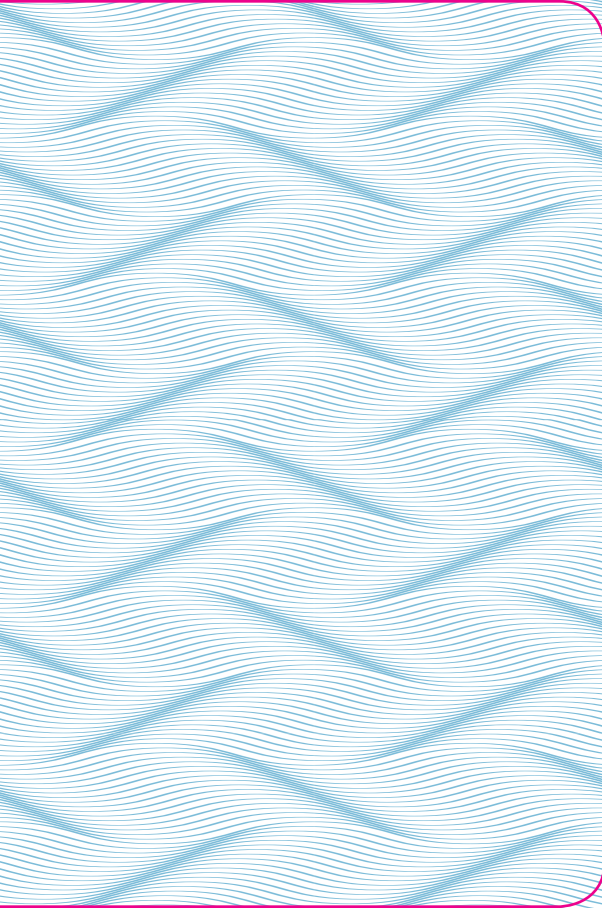
WORLD

TO SERVE

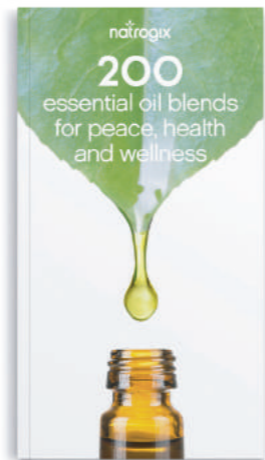
THE NEEDS OF

OUR COMMUNITY





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BLENDS FOR PEACE, HEALTH
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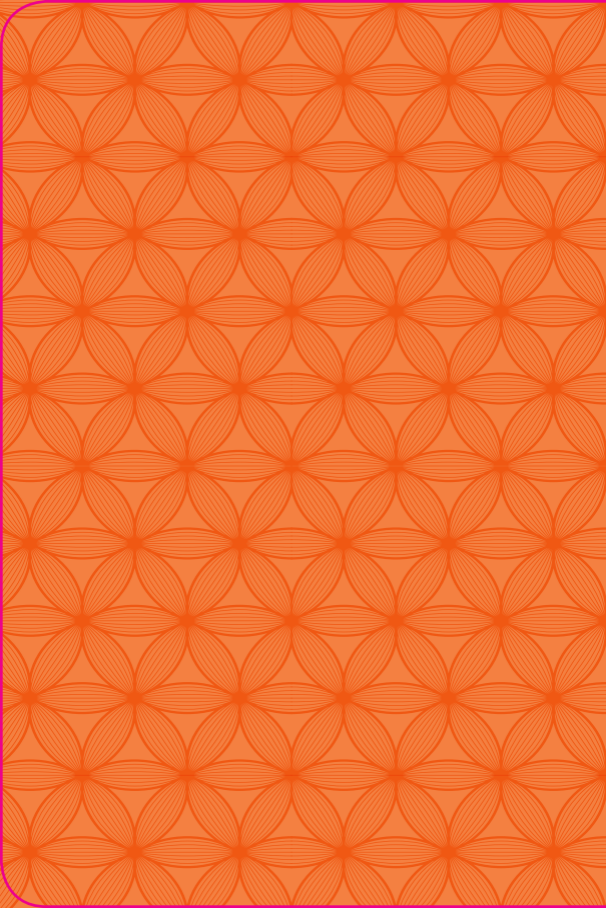


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introduction

“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 Eighteen 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.



Basil

Take your senses on a trip through scenic Tuscany and Venice as you inhale this quintessential Italian herb. Italians use Basil for more than cuisine. Basil inspires romance, affection, and connection. In Aromatherapy, Basil is wonderfully clearing, and can help you transition into a restful sleep.



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



Spearmint

Minty and bright, Spearmint Oil is perfect for boosting your mood and those me-time moments. As with all mint essential oils, Spearmint is the perfect support for your respiratory system and has myriad other benefits.



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.





Copaiba Balsam

Copaiba Balsam has long been used to soothe the joint pains associated with aging. More gentle than stronger oils like eucalyptus, Copaiba Balsam makes a delicate and warming addition to respiratory blends.



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.





Cinnamon Leaf

Cozying up on a chilly morning with little to do but enjoy the warmth of the indoors can remind us of the stillness and peace of quiet moments. Cinnamon Leaf has an aroma that can fill a home with comforting delight. Diffusing or adding to a potpourri mix can cheer up friends or family.



“ 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 Bug Repellent

- 1 drop Lemongrass Essential Oil
- 1 drop Eucalyptus Essential Oil
- 1 drop Basil Essential Oil
- Mix together in a small dish and place

in desired location

Freshen the Room with a Vacuum

- 1 drop Frankincense Essential Oil
- 2 drops Spearmint Essential Oil
- 1 drop Basil Essential Oil
- Add the mixture to the bristles of your

vacuum before use



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

Happy Holiday Blend for diffuser

- 3 drops Sweet Orange Essential Oil
- 2 drops Lavender Essential Oil
- 2 drops Cinnamon Leaf Essential Oil



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



Beauty Foot Bath

- 3 drops Copaiba Essential Oil
- 2 drops Ylang Ylang Essential Oil
- 2 drop Tangerine Essential Oil
- Add mixture to foot bath, sit back and enjoy the aroma

DIY Spa Relaxing Massage Body Oil

- 4 drops of Bergamot Essential Oil
- 8 drops of Ylang Ylang Essential Oil
- 6 drops of Lavender Essential Oil
- 4 drops of Copaiba Essential Oil
- 2 drops of Frankincense Essential Oil
- Mixed with 2oz Sweet Almond Oil and Fractionated

coconut Oil combination

- Massage whole body after shower







Effect of Input Energy System

1976-1977
in 2000 in a
1976-1977

1976-1977

1976-1977

1976-1977