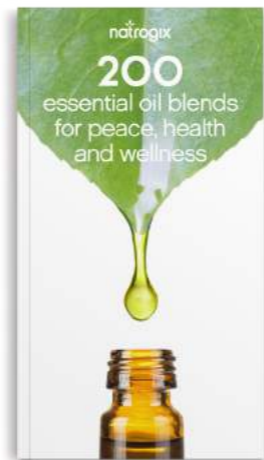


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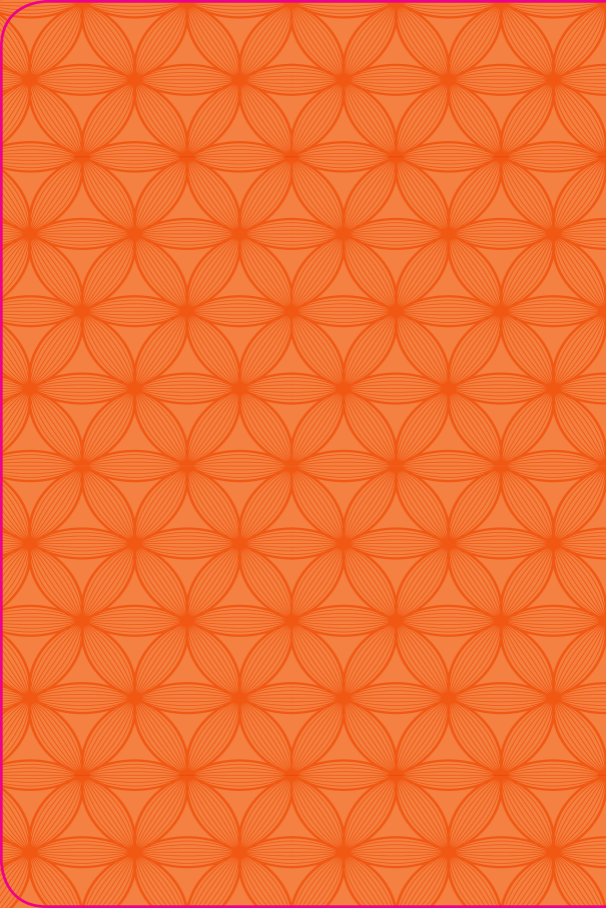


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contents

Introduction	01
Recipes	05
Recipes to Get You Started	11
Clothes	11
Health	12
Home	13
Mood	14
Skin Care	14
Beauty	15



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 Nine 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.





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.



Rosemary

Invigorating. Refreshing. Stimulating. 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.





Recipes to Get You Started



Clothes

Laundry freshener

- Add 6 drops Lavender and 4 drops of tea tree to a small, slightly damp washcloth
- Place it in the dryer while drying towels, sheets and clothes for a clean, fresh aroma

For the washing machine

- 2 drops lemon essential oil
- 3 drops sweet orange essential oil
- Add to unscented laundry detergent before washing clothes



Health

Stress Relief

- 2 drops Lavender
- 3 drops Sweet orange
- 1 drop Frankincense
- Diffuse up to 1 hour a day

Muscle Pain Relief

- 4 drops peppermint
- 3 drop eucalyptus
- 5 drop lavender
- Diluted with 1 oz fractionated coconut oil (2% dilution)
- Massage onto desired area

Sinus Care

- 2 drops tea tree
- 2 drops eucalyptus
- 2 drops lavender
- Diffuse with TOTEM diffuser, breath deep when using



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

Tension Easing Blend for Diffuser

- 5 drops Sweet Orange Essential Oil
- 3 drops Frankincense Essential Oil
- 2 drops Lavender Essential Oil
- Add it to TOTEM diffuser

Relief for Fatigue diffuser

- 1 drop Frankincense
- 2 drops Rosemary
- 3 drops Lemon
- Add it to TOTEM diffuser

Skin Care

Dandruff Eliminator

• Add 10 drop tea tree oil to a teaspoon carrier oil (Naturing sweet almond oil or fractionated coconut oil) Massage on the scalp for a few minutes, leave it on for 30 minutes to overnight

Keep and Promote Healthy Skin

- 3 drops Peppermint Essential Oil
- Mix into body lotion or lip balm



Beauty DIY Facial toner

• Add 2/3 filtered water and 1/3 witch hazel to a 2 oz. glass bottle

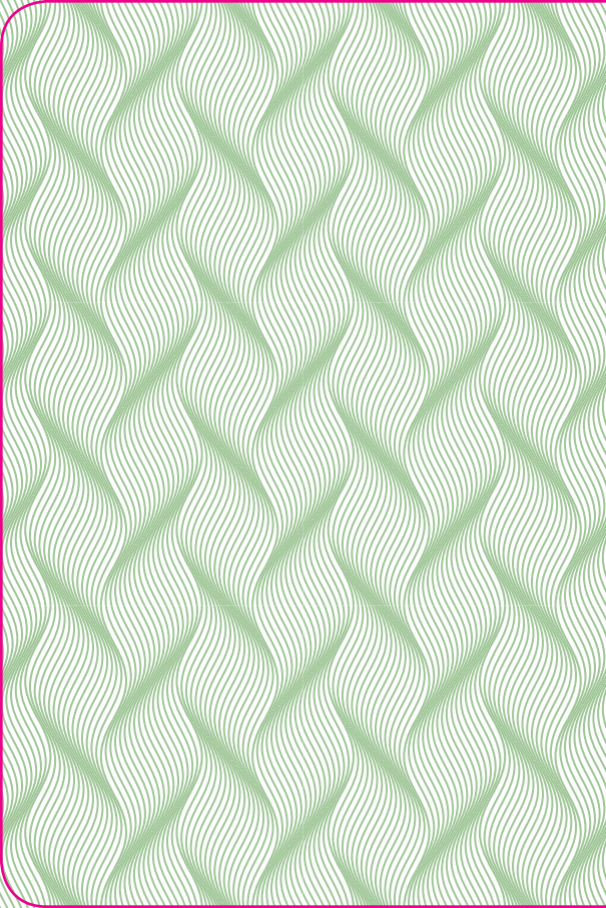
- 5 drops Lavender
- 5 drops Frankincense
- Mix together and spray onto face

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







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