

## EOs

RESTORE EO blend in Soothing Cream:

### Cypress Essential Oil

- Heals wounds and infections with antiseptic and antimicrobial properties
- Treats cramps and pulled muscles, as well as relieving restless leg syndrome. Reduces spasms, increases blood circulation and eases chronic pain.
- Relieves carpal tunnel inflammation by reducing fluid retention, stimulating blood flow and reducing inflammation.
- Diuretic, helps flush toxins from the body. Increases sweat and perperation, removing toxins, excess salt and water.
- Benefits and cleanses the liver, naturally helps lower cholesterol levels.
- Astringent properties promote blood clotting by contracting blood vessels, and tightening tissues, working together to heal wounds.
- Clear lung congestion and eliminates the build-up of phlem. Anti-bacterial agents treat respiratory infections caused by bacterial growth.
- Natural deodorant with antibacterial qualities that control body odor.
- Offering sedative effects, it induces calm and promotes sleep.
- Treats varicose veins and cellulite by stimulating circulation and combating fluid retention.

### Juniper Berry Essential Oil

- Prevents and remedies urinary tract infections and bladder infection with both antibacterial and antifungal properties.
- Diuretic, helps flush excess fluids from the bladder and urethra.
- Fights skin irritations and infections, a home remedy for acne and stretch marks.
- Stimulates digestive enzymes, facilitating the break down and absorbtion of proteins, fats and nutrients.
- An ancient anti-anxiety cure, one of the most effective oils for treating trauma and pain., acid reflux
- Relieves heartburn and acid reflux by massaging on the torso.

### Pine Essential Oil

- Cleanses the home of bacteria, fungi, pathogens and yeast
- Kills odors and purifying the air
- Decreases inflammation
- Decreases allergies
- Fights free radicals through the presence of antioxidants, including polyphenols
- Treats muscle aches and pain
- Energizes and lifts your mood and focus

### Rosemary Essential Oil

- Benefits hair growth, slows loss and graying by stimulating circulation to the scalp. Can be used to treat dandruff and dry scalp.
- Improves memory by inhalation, and may be effective in aiding Alzheimer's sufferers.
- Detoxifies the liver and stimulates gallbladder function by stimulating the body's bile flow and reducing plasma liver enzymes.
- Lowers cortisol, protecting the body from chronic disease due to oxidative stress.

### Peppermint Essential Oil

- Reduces stomach aches
- Soothe digestive issues
- Freshens bad breath
- Relieves headaches
- Antimicrobial properties
- Improves mental focus
- Clears respiratory tract
- Boosts energy
- Releases tight muscles
- Cost-effective natural solution to replace pharmaceutical drugs

### Ravensara Essential Oil

- Reduces Pain
- Reduces Allergic Reactions
- Prevents Bacterial Infections
- Reduces Depression
- Inhibits Fungal Infections
- Cures Spasms
- Prevents Sepsis
- Fights Viral Infections
- Enhances Libido
- Acts as a Disinfectant
- Promotes Urination
- Acts as an Expectorant
- Reduces Stress
- Acts as a Tonic

### Sweet Basil Essential Oil

- Fights bacteria
- Fights infections
- Reduces disease-causing inflammation
- Fights free radical damage
- Fights viruses
- Relieves congestion
- Increases urine output
- Stimulates the nervous system
- Stimulates the adrenal cortex

### Eucalyptus Essential Oil

- Works as an expectorant, helping cleanse the body of toxins and microorganisms that cause illness.
- Nourishes scalp, warding off dandruff and itchy scalp. Also a natural remedy for lice.
- Effective treatment for sinusitis and allergy symptoms.
- Fresh fragrance and anti-microbial properties make an effective home sanitizer.
- Removes odor from household articles.
- Kills mold and the allergies caused by household mold.
- Excellent natural spot remover.
- Highly effective in treating respiratory problems by effectively dilating blood vessels in the lungs.
- Anti-microbial and antiseptic properties effectively treat wounds, burns, cuts, abrasions, sores and scrapes, speeding healing.

### Fennel Essential Oil

- Highly antibacterial, containing specific compounds that protect wounds from infection and supporting healing.
- Reduces and prevents spasms in the gut.
- Contains antioxidants and antimicrobial characteristics that fight free radical damage and provide antimicrobial activity against some strains of bacteria and pathogenic fungi.
- Relieves digestive issues such as gas, bloating and constipation, also eliminating diarrhea.
- Fennel's main volatile oil is known as anethole, an active that may fight cancer by preventing the activation of a gene-altering inflammation-triggering molecule associated with cancer known as NF-kappaB.
- Aids in weight loss by boosting the metabolism and suppressing appetite

## Lemon Essential Oil

- Cleansing and purification
- Oral health and remedy for halitosis (bad breath)
- Digestion
- Thirst quencher
- Remedy for abdominal colic pain
- Cough relief
- Calms stomach and relieves nausea
- Prevents malabsorption
- Improves digestion
- Nourishes the skin
- Promotes Weight loss
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## Lavender Essential Oil

- Reduce anxiety and emotional stress
- Protect against diabetes symptoms
- Improves brain function
- Helps to heal burns and wounds
- Improves sleep
- Restores skin complexion and reduce acne
- Slows aging with powerful antioxidants
- Relieves pain
- Alleviates headaches

## Ginger Root Essential Oil

- One of the best natural remedies for colic, indigestion, diarrhea, spasms and stomach aches. Also effective as a nausea natural remedy and to treat vomiting.
- An antiseptic; it kills infections that are caused by microorganisms and bacteria. This includes intestinal infections, bacterial dysentery and food poisoning.
- Effective against malaria and its symptoms, including fever, fatigue, vomiting and headaches; in severe cases it can cause yellow skin, seizures, coma or death.
- Removes mucus from the throat and lungs, and it's known to beat the common cold and flu, naturally treat cough, treat asthma, naturally remedy bronchitis and help with loss of breath.
- An expectorant, ginger essential oil signals the body to increase the amount of secretions in the respiratory tract, which lubricates the irritated area.

- Anti-inflammatory agent Zingibain is responsible for ginger's anti-inflammatory properties.
- Reduce cholesterol levels and blood clotting, which can help treat heart disease, where blood vessels can become blocked and lead to heart attack or stroke.
- Appears to improve lipid metabolism, helping decrease the risk of cardiovascular disease and diabetes.
- Contains very high level of total antioxidants. Oxidative damage plays a major role in disease today and has been linked to health conditions like heart disease, cancer and dementia.
- Anti-cancer agents gingerol and zerumbone have been proven effective in suppressing oxidation in cancer cells, including pancreas, lung, kidney and skin cancers.
- Addresses issues such as impotence and loss of libido. An effective and natural aphrodisiac.
- As aromatherapy, relieves feelings of anxiety, anxiousness, depression and exhaustion. The warming quality of ginger oil serves as a sleep aid and stimulates feelings of courage and ease.
- In Ayurvedic medicine, ginger oil is believed to treat emotional problems like fear, abandonment, and lack of self-confidence or motivation.
- Research suggests that consuming a drop or two of ginger essential oil daily is more effective in treating muscle and joint pain than painkillers because of its ability to reduce inflammation and increase circulation.
- Improves liver function with hepatoprotective activity.

#### German (Blue) Chamomile Essential Oil

- Contains chamazulene, owing to the oil's deep blue color, with anti-inflammatory and infection-fighting properties.
- Calms dry, irritated skin due to eczema, psoriasis and dermatitis. Promotes healing and regeneration of damaged skin.
- Stimulates liver, kidneys and gall bladder to improve digestion, remove toxins and infections.
- Calms mind and body for menstrual and menopausal problems, including PMS.

#### Roman Chamomile Essential Oil

- Contains high level of esters, has a yellow-pale blue color, and is anti-spasmodic, anti-fungal and highly calming.
- Provides restful sleep, relief from sore muscles, arthritis, headaches and migraines.
- Effective at calming irritation, rage, mood swings. For children, it's useful for teething, colic, and temper tantrums.
- Fights anxiety and depression
- Serves as a natural allergy reliever
- Helps alleviate PMS symptoms
- Reduces symptoms of insomnia
- Boosts skin health

- Supports digestive health
- Promotes heart health
- May relieve arthritic pain
- Gentle enough for children
- Displays anticancer activity

#### Black Pepper Essential Oil

- Relieves aches and pains
- Aids digestion
- Lowers cholesterol
- Has antiviral properties
- Encourages circulation
- Exhibits anticancer activity
- Eases feelings of anxiety and cigarette cravings
- Helps detoxify the body
- Serves as an appetite stimulant
- Can be used as food preservative

#### Helichrysum Essential Oil

- Effective in the treatment of acne, allergies, skin inflammation and wound healing.
- Useful against cough and colds, infections, candida, inflammation of joints and muscles.
- Combats gallbladder disorders, liver disease, stomachaches, indigestion and acid reflux, bloating and constipation.

#### Oregano Essential Oil

- Fights athlete's foot or toe nail fungus.
- Useful against common colds.
- Combats gingivitis, earaches or toothaches.
- Resolves digestive problems such as heartburn and SIBO (small intestine bacterial overgrowth).

#### Lemongrass Essential Oil

- Useful as a natural deodorizer
- With antiseptic and astringent properties, sterilizes pores, tones naturally and strengthens skin tissue.
- Strengthens hair follicles and treats scalp irritation.
- A natural bug repellent
- Stress reducer and sleep aid

- Muscle relaxant and improves circulation.
- Detoxifies the digestive tract, liver, kidneys, bladder and pancreas. A natural diuretic, it cleanses harmful toxins from the body.
- Provides menstrual cramp relief
- Protects the stomach from gastritis, distress and gastric ulcers.
- Relieves headaches
- Kills bacteria
- Reduces fever
- Supports your immune system
- Reduces inflammation with proven antioxidant effects
- Lowers cholesterol
- Fights the flu and colds

#### Ylang Ylang Co2 extract

- Boosts heart health
- Enhances mood
- Fights insomnia
- Preserves skin's healthy glow, prevents signs of aging and fights the development of skin cancer cells.
- Fights fatigue and body aches, a natural PMS remedy.
- Cares for hair naturally
- A natural aphrodisiac
- Aids digestion by reducing feelings of stress and anxiety.

#### Clary Sage Essential Oil

- Relieves menstrual discomfort by balancing hormone levels.
- Supports hormonal balance with natural phytoestrogens.
- Relieves insomnia with natural sedative properties.
- Increases circulation by lowering blood pressure, boosting the performance of the metabolic system by increasing oxygen content to organs and muscles.
- Cardio-protective by lowering cholesterol levels and decreasing blood pressure with anti-oxidative qualities.
- Relieves stress and anxiety.
- Fights Leukemia: sclareol has the ability to kill cell lines through the process of apoptosis.
- Kills bacterial and fungal infections with antibacterial properties that protect internal organs of the body.
- Contains the ester linalyl acetate that reduces skin inflammation and regulates oil production.
- Aids digestion by boosting secretion of gastric juices and bile.

### Tuberose Co2 extract

- A powerful, long lasting scent makes it an excellent natural deodorant.
- Moisturizes dry skin giving a smooth, healthy appearance.
- Anti-fungal and antibacterial properties treat common skin conditions like acne and psoriasis.
- Relaxes and calms stress and anxiety, promotes restful sleep.
- Relaxes muscles and improves blood flow
- Antimicrobial and anti-fungal properties

### Rosewood Essential Oil

- Relieves depression when used in aromatherapy
- Analgesic properties can help headaches, toothaches, joint and muscle pain.
- Antiseptic properties speed the healing of minor cuts, abrasions and insect bites.
- A natural deodorant that fights bacterial infections.
- A natural aphrodisiac.
- Boosts memory and protects against neurological disorders.
- Contains insecticidal properties that can kill insects like mosquitos, lice, bedbugs, fleas and ants.
- Acts as stimulant to various organ systems and metabolic functions by stimulating the secretion of hormones, enzymes, gastric acid and bile.
- Rejuvenates the skin and keeps it looking healthy and young.

### Cedarwood Essential Oil

- Relieves symptoms of seborrhea.
- Reduces Inflammation with high antioxidant properties.
- Relieves spasms of the respiratory system, intestines, muscles, heart and nerves.
- Promotes restful sleep.
- Tones the organ systems and stimulates metabolism. Tightens and tones muscles in the skin, stomach, digestive system, and regulates brain functions. Boosts the functionality of the kidney and liver, which further improves overall health and wellness.
- Helps cure toothaches, strengthens the grip of gums on teeth and protects them from falling out.
- A natural diuretic that helps the body flush toxins by promoting urination.
- Stimulates and regulates menstruation, relieves symptoms of PMS.
- Alleviates congestion from coughs and colds.
- A natural insect repellent.
- Excellent sedative promoting uninterrupted sleep.
- Cures fungal infections internally and externally.



## Orange Essential Oil

- Treats spasms, muscle cramps, continuous coughing and diarrhea by relaxing the nervous system.
- Effective sedative effect.
- Active aphrodisiacal properties.
- Relieves inflammation internally and externally.
- Promotes the exocrine and endocrine systems, regulating menstruation, lactation and the secretion of digestive juices and hormones.
- Antiseptic properties fight bacterial infections.
- Relieves depression and anxiety when used in aromatherapy.
- Stimulates urination and the elimination of toxins from the body.
- Acts as tonic by stimulating bodily functions and immunity.
- Carminative properties remove excess gas from the intestines.
- Treats Alzheimer's disease by improving cognitive function.
- Insecticidal properties repels houseflies.

## Vanilla Co2 Extract

- Powerful antioxidant properties protect the body from free radical wear and tear and stimulates repair.
- Aphrodisiacal properties can help impotence, erectile dysfunction, frigidity and loss of libido.
- Anti-carcinogenic properties due to high antioxidant levels.
- Febrifuge: reduces fever by fighting infections.
- Relieves depression: contains hydrobenzaldehyde which is proven to lift spirits.
- Soothes inflammation and hyperactivity in all the body's systems: respiratory, digestive, nervous and excretory. Reduces inflammation due to fever as well.
- Relaxing effect calms the brain and nerves, providing relief from anxiety, anger and restlessness.
- Tranquilizing effect promotes a good night's sleep.

## Patchouli Essential Oil

- Relieves symptoms of depression.
- Soothes internal and external inflammation.
- Prevents and fights infections.
- Aphrodisiac properties.
- Astringent properties.
- Speeds healing of tissues.
- Stimulates blood circulation.
- Eliminates bad odors.
- Stimulates urination.
- Fights fever.

- Inhibits fungal growth.
- Kills and repels insects.
- Sedates hypersensitivity and allergies.
- Acts as a tonic, tightening and firming skin.