

# ESSENTIAL OILS



## Bath Usage

Adding Essential Oils to your bath will fast become your 'time out' for relaxation.



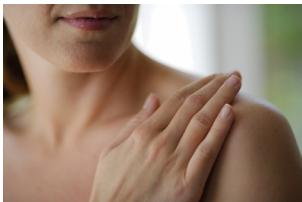
## Inhale Therapy

Simply open the bottle of Essential oils of your choice, hold against your nose either in a tissue, cotton ball, or straight from the bottle and enjoy.



## Diffusion Therapy

Your home or office will become a pleasing, relaxing place to relax and/or conduct business. Electronic diffusers fill the air with the scent and healing benefits of the oil you choose within minutes!



## Topical Therapy

Probably the most popular method of enjoying your Essential oil is by applying them directly to the skin! Note: not all oils are to be used in this manner. Check with your fact sheet first.



## Steam Therapy

Adding Essential Oils to your inhalation therapy may bring a sigh of relief to your body. Boild 2-3 cups of water, pour it into a bowl and add 2-5 drops of oil. Slowly inhale the steam.



## Aromatherapy Massage

Essential Oils are much too strong to use for massage alone. Using a Carrier Oil from VistaLife will make them useful for massage in a very good and therapeutic way!

**Eucalyptus Essential Oil** is known for its cleansing properties and tantalizing scent, and like other eucalyptus oil uses, it is often applied topically or aromatically diffused. When diffused, provides rooms with a refreshing, relaxing atmosphere that's perfect where you work, study, meditate, or exercise.

#### **Eucalyptus Essential Oil Applications:**

**Traditional Uses:** Soothing, rejuvenating, and uplifting. Inhale directly or rub onto your chest for an uplifting, refreshing experience.

**Therapeutic uses:** Antibacterial, breathing problems, arthritis, coughs, decongestant, fever, insect repellent, headaches, muscle pain, rheumatism, sprains, throat infections.

#### **How to Use**

Topical: Dilute 1 drop with 1 drop of a Carrier oil and apply to desired area as needed. Aromatic: Diffuse up to 30 minutes 3 times daily.

- For congestion, mix 1:1 w/Carrier oil and rub on chest.
- Airborne sickness - 10 drops in 1 quart of water in spray bottle and spray room.
- Guard against fly infestations, spray on ribbon and hang.

**Eucalyptus Essential Oil** has a powerful woody sweet scent that can cultivate your senses and refresh your outlook.

**Mixes well with:** Basil, bergamot, cedarwood, citronella, ginger, grapefruit, juniper, lavender, lemon, lime, marjoram, orange, oregano, peppermint, pine, rosemary, spearmint, tea tree, and thyme.

General Disclaimer: These statements have not been evaluated by the FDA, and not intended to diagnose, treat, cure or prevent any disease.



Caution: Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.

#### **Ingredients**

Eucalyptus globulus† leaf oil  
†100% pure, therapeutic-grade essential oil

Enjoy the benefits of **Peppermint Essential Oil** by applying it to your head and neck. The refreshing aroma will give you a boost of positivity!

**Peppermint Essential Oil** is often used as a dietary supplement for irritable bowel syndrome (IBS), other digestive problems, the common cold, headaches, and other conditions, also used topically (applied to the skin) for headache, muscle aches, itching, vertigo, travel sickness, and other problems. This wonderful oil creates a tingling cooling sensation on the skin, making it a favorite for sports massage.

#### Applications:

- For apathy, fatigue, and mental exhaustion, use 2-3 drops in a diffuser.
- For breathing problems, coughs, and sinus congestion, use 2-3 drops in a steam inhalation. Can also be used in a diffuser.
- For bad breath and mouth or gum infections, use as a mouthwash.
- To ease the discomfort of colds and flu accompanied by a headache, use 2-3 drops in a diffuser.
- For cramps, tired feet, back pain, bowel disorders (inflammation, constipation, flatulence), headaches, mental exhaustion, and muscle & joint pain, use 3-4 drops in 1 oz of a carrier oil and massage on body and/or affected areas

**Peppermint Essential Oil** is also a great option for diffusing on its own or with compatible scents such as Lavender, Rosemary, Spearmint, or Sage!



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#### Ingredients

Peppermint (*Mentha piperita*)† leaf oil  
† 100% pure, therapeutic-grade essential oil

**Lemongrass Essential Oil** is distilled from the leaves and woody stalks of the lemongrass plant. With a subtle citrus-herb scent, Lemongrass oil offers a sophisticated and relaxing aroma that transforms your home's environment.

Diffuse **Lemongrass Essential Oil** for an aroma that can inspire a sense of clarity and relaxation for you and your whole family.

#### Helpful Uses:

Add **Lemongrass Essential Oil** to your cleaning products. Dilute Lemongrass with your favorite oils for massage and let the fresh aroma help you unwind after workouts, sports, or just a long and busy day.

- Topical: Dilute 1 drop with 4 drops of a Carrier oil. Test on small area of skin on the underside of arm and apply to desired area as needed.
- Refresh your home with a delicious clean scent by adding 8–10 drops into your favorite cleansing formulas.
- Freshen the air by adding a small spray bottle filled with distilled water and spray over carpets, furniture, and linens to eliminate stale odors.
- Add 3–4 drops in a sink full of dishes, a load of laundry, or your all-purpose cleaner formula for an exotic, clean-smelling boost.
- For a fever, add to cold compress.
- For circulatory health, mix 2-3 drops in 1 oz. Carrier oil and massage.
- Nosebleeds, toughen fingernails, mouth ulcers, digestive problems, corns, warts, voice loss



Aromatic: Diffuse up to 30 minutes 3 times daily.

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#### Ingredients

Lemongrass (*Cymbopogon flexuosus*)† leaf oil  
†100% pure, therapeutic-grade essential oil

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# Life Guard

**Life Guard Essential Oil** is a powerful combination of Clove, Lemon, Cinnamon, Eucalyptus Radiata, and Rosemary oils for an aromatic blend that fills any space with a rich, spicy aroma.

**VistaLife** offers this essential oil blend as an important ingredient to a wide spectrum of home cleaning and personal care products, from dish soap to toothpaste.

Make your home smell as clean as it looks by diffusing **Life Guard Essential Oil** throughout the house for an aroma that makes every room smell more like fall baking than harsh cleaning formulas.

### How to Use

Topical: Dilute 1 drop with 4 drops of a Carrier oil. Test on small area of skin on underside of arm. Apply to desired area as needed.

Aromatic: Diffuse up to 10 minutes 3 times daily.

### **Life Guard Essential Oil uses:**

- Refresh musty carpets by adding 5 drops of **Life Guard Essential Oil** to a cup of baking soda; combine well and let sit overnight until the oil is absorbed. Sprinkle over carpets and vacuum thoroughly.
- Put in a few drops of **Life Guard Essential Oil** blend in your dishwasher or dishwater to thoroughly clean dishes and eliminate odor.
- For toothache, put 2-3 drops on cotton and apply to tooth.



### Ingredients

Syzygium aromaticum† (Clove) bud oil, Citrus limon† (Lemon) peel oil, Cinnamomum verum† (Cinnamon) bark oil, Eucalyptus radiata† (Eucalyptus) leaf oil, Rosmarinus officinalis† (Rosemary) leaf oil

†100% pure, therapeutic-grade essential oil

Storage: Keep in a cool, dark place.

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**Oregano Essential Oil** comes from the oregano plant, which is a member of the mint family and is native to areas of western Asia and the Mediterranean. Its warm, herbal character have made the plant a popular ingredient in Greek and Italian cuisine.

There are many **Oregano Essential Oil** uses in topical and aromatic applications as well.

**Oregano Essential Oil** benefits also include creating a relaxing experience through a warming massage and topical application.

### How to Use

Topical: Dilute 1 drop with 4 drops of a Carrier oil. Test on small area of skin on the underside of arm and apply to desired area as needed.

### Oregano Essential Oil Uses:

**Therapeutic uses:** Allergies, antiseptic, antiviral, appetite, joint pain, breathing problems, cellulite, colds, congestion, flu, fungal infections, headaches, immune booster, indigestion, insomnia, lymphatic circulation, menstruation, menstrual cramps, migraines, muscular pain, nervous tension, sprains, swelling.

- Use the benefits of **Oregano Essential Oil** at home by diffusing it to create a comforting environment.
- Add to your favorite oils and massage into fatigued muscles after activity.
- Apply to the bottoms of feet to help unwind and relax before bedtime.
- For cellulite, 2-3 drops in 1 oz Carrier oil and massage.



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### Ingredients

Oregano (*Origanum vulgare*)† leaf/stem oil  
†100% pure, therapeutic-grade essential oil

**Cypress Essential Oil** is produced from the steam distillation of the wood of the tree, which is indigenous to Australia.

This powerful essential oil is valued because of its ability to fight infections, aid the respiratory system, remove toxins from the body, and work as stimulate that relieves nervousness and anxiety.

Traditionally used to moisturize dry skin, **Cypress Essential Oil** also has historical use as a component in perfumes and even as an adhesive.

### How to Use

Topical: Apply 2–4 drops directly to desired area. Dilution not required except for the most sensitive skin.

### Applications:

- Helps Heal Wounds and Infections.
- Treats Cramps and Muscle Pulls.
- Aids Toxin Removal.
- Promotes Blood Clotting.
- Eliminates Respiratory Conditions.
- Natural Deodorant.
- Relieves Anxiety.
- Treats Varicose Veins and Cellulite.

Aromatic: Diffuse up to one hour three times daily.



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**Storage:** Keep in a cool, dark place.

### Ingredients

Callitris intratropica† (Blue cypress) wood oil  
†100% pure, therapeutic-grade essential oil

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**Tea Tree Essential Oil**, also known as Melaleuca alternifolia or Melaleuca oil, is one of the most widely used and extensively researched essential oils.

**Tea Tree Essential Oil** is a handy product for your home to make household cleaners, air fresheners and linen spritzers.

You can also find **Tea Tree Essential Oil** uses in your personal care and beauty routine. Combine this moisturizing and cleansing oil into skin care applications and hair treatments for a wonderful product upgrade!

#### **Tea Tree Oil Essential Oil Applications:**

For acne, athlete's foot, blemishes from skin problems to irritations, blisters, burns, chilblains, cold sores, cracked and rough skin, dandruff, insect bites, sunburn, athlete's Foot, varicose veins, and warts, can apply neat to affected area (avoid surrounding area). Can also be used with water in a compress, or in a hair rinse. Be sure to carry out a patch test first before applying neat on skin.

- Add to water in a small spritz bottle to refresh linens and towels.
- Diffuse to combat stale or offensive odors in the home.
- Combine with citrus scents such as Lemon or Lemongrass to create a natural deodorant.
- Apply to skin as part of your nighttime routine.
- Comb through hair for added shine and freshness.
- Add in shampoo to guard against lice.



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#### **Ingredients**

Melaleuca alternifolia† (Tea tree) leaf oil  
†100% pure, therapeutic-grade essential oil



**Ylang Ylang Essential Oil** is extracted by steam distilling the star-shaped flowers found on the tropical ylang ylang tree. With its rich, floral scent, Ylang Ylang (pronounced e-lang-e-lang) essential oil has become a popular element in luxurious and indulgent perfumes and skin care products.

#### **Ylang Ylang Essential Oil Applications:**

- To relieve anxiety, circulatory health, depression, insomnia, panic, physical exhaustion, postnatal depression, rapid breathing and/or heartbeat, shock, stress, and tension, use 2-3 drops in a diffuser. Can also add 8-10 drops in bath water.
- For hair growth, mix w/Carrier oil and massage into scalp, leave for 20 minutes then shampoo.
- Add it to a steamy bath, creamy moisturizer, or nourishing homemade hair mask for an easy at-home spa day.
- For upset stomach, mix w/Carrier oil and rub on stomach area.
- As an aphrodisiac, use 2-3 drops in a diffuser or 8-10 drops in bath water.
- To help alleviate frigidity or impotence use 2-3 drops in a diffuser or 8-10 drops in bath water.
- For circulatory health, mix 2-3 drops in 1 oz of carrier oil and massage on body.
- Rub on your wrists and neck to leave a calming, floral fragrance you can smell throughout the day.
- Add a couple of drops to coconut oil for a deep-conditioning hair treatment that will leave hair smelling floral and sweet.



**Caution:** Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use. Not intended for use during pregnancy. Not intended for children under the age of 6 without the advice of a health professional.

#### **Ingredients**

Cananga odorata† (Ylang ylang) flower oil  
†100% pure, therapeutic-grade essential oil



# Citrusy Fresh

**Citrusy Fresh Essential Oil** is a perfect replacement for chemical-based home fragrances—just combine a few drops with distilled water in a spray bottle and spritz throughout rooms and closets and over linens. You'll enjoy the uplifting citrusy scent every time you make the bed or open a closet door. Looking for a little extra citrus boost? Dilute with a carrier oil and use it as cologne or perfume!

## How to Use

Topical: Dilute 1 drop with 1 drop of carrier oil and apply to desired area as needed.

Aromatic: Diffuse up to 1 hour 3 times daily.

## **Citrusy Fresh Essential Oil** uses:

Dilute **Citrusy Fresh Essential Oil** in a 1:1 ratio with your favorite night moisturizer and apply to skin for smoother-looking, more radiant-looking skin. Because some citrus oils can cause photosensitivity, avoid applying to exposed skin before spending time outside.

Diffuse **Citrusy Fresh Essential Oil** in your home, office, or classroom for an aroma that invites positivity and energy.

Drop **Citrusy Fresh Essential Oil** onto cotton balls and toss them anywhere prone to stale odors, like shoes, closets, cabinets, basements, and vents.

†100% pure, therapeutic-grade essential oil  
Storage: Keep in a cool, dark place.



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## Ingredients

Citrus aurantium dulcist† (Orange) peel oil, Citrus reticulata† (Tangerine) peel oil, Citrus paradisi† (Grapefruit) peel oil, Citrus limon† (Lemon) peel oil, Citrus nobilis† (Mandarin orange) peel oil, Mentha spicata† (Spearmint) leaf extract

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# Breathe Eze

**Breathe Eze Essential Oil** is a healing mixture of Lemon, Peppermint, Eucalyptus and Rosemary. Made with care from our top quality oils and, as always, our essential oils are never diluted or mixed with additives.

**Breathe Eze Essential Oil may help with** colds and coughs during that time of the year. Whether it's allergy season or seasonal sickness is making its annual rounds, congestion and strained breathing typically arrives at least once a year. If you're sick of cough syrup or just sick of being sick, try a natural approach with **Breathe Eze Essential Oil**

### How to Use

Diffuse, inhale directly from palms, or rub on chest or feet when seasonal and environmental threats are high.

- Use when outdoors to minimize the effects of seasonal threats.
- Diffuse at bedtime for a restful night's sleep.
- Diffuse or inhale directly from palms, or rub on chest when environmental threats are high.

A trusted blend that promotes feelings of easy breathing and clear airways. **Breathe Eze Essential Oil** comforts with its warming and cooling effect while also calming the senses.



### Ingredients

Breathe Easy Essential Oil Blend is 100% pure and natural therapeutic Essential Oil from farm To You. Breathe Easy Blend consists of unique essential oils (Eucalyptus, Peppermint, Basil, Tea Tree, and Rosemary) that have therapeutic properties to cleanse the body and promote overall respiratory health.

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# Cleaning with Essential Oils



### **ALL-PURPOSE CLEANER WITH LEMONGRASS**

- 2 cups white vinegar
- 2 cups water
- 1 teaspoon natural dish soap (NOT castile soap)
- 30 drops lemongrass essential oil
- 20 drops tea tree essential oil

Mix all ingredients in a quart-sized spray bottle. Shake to combine. Spray and wipe on counters, cabinets, sinks, toilets, and anywhere else.



### **SIMPLE CITRUS SOFT SCRUB**

- 1 cup baking soda
- 1/4 cup liquid castile soap
- 20 drops lemongrass essential oil

Mix ingredients together to form a paste (add more castile soap if needed). Apply with rag or sponge, then rinse with clean water. I especially like to use this on my stovetop and on grimy sinks.



### **FRESH MINT WINDOW & MIRROR CLEANER**

- 3 cups distilled water
- 1/4 cup rubbing alcohol
- 1/4 cup vinegar
- 20 drops peppermint essential oil

Combine all ingredients in a quart-sized spray bottle. Shake to combine, then spray on mirrors, windows, or stainless steel. Wipe off with paper towels or old newspaper for streak-free shine.



### **DAILY SHOWER SPRAY**

- 1.5 cups water
- 1 cup white vinegar
- 1/2 cup rubbing alcohol
- 1 teaspoon natural liquid dish soap (not castile soap)
- 15 drops lemongrass essential oil
- 15 drops tea tree essential oil

Combine in a quart-sized spray bottle. Spray daily on shower door and walls after use (this is a preventative spray, designed to help prevent build-up)



### **DEEP CLEAN TOILET SCRUB**

- 1/2 cup baking soda
- 1/3 cup liquid dishwashing soap
- 1/4 cup hydrogen peroxide
- 30 drops eucalyptus essential oil
- 3/4 cup water

Mix together in a squeeze-type bottle, then squirt into toilet. Scrub and let stand 20 minutes.



### **LEMON CARPET REFRESHER**

- 1 cup baking soda
- 30 drops lemongrass essential oil

Combine in a small container, and cover tightly with a lid. Shake well and allow to sit for 6-8 hours. Sprinkle on stale or smelly carpet and allow to sit on it overnight. Vacuum up the next morning.



### **GOO & CRAYON REMOVER**

- Lemongrass essential oil
- 1-2 tablespoons fractionated coconut oil or almond oil

Mix together, then apply directly to sticker residue, random goo, gum, crayon marks, etc. Test in an inconspicuous place first. Rub in with your fingers, then wipe away with a clean rag. Repeat as needed.



### **BUGS**

1 Cup of W/Peppermint Essential Oil  
8 ounces of water with 10 drops of Peppermint

### **PET - FLEAS**

1 cup of water with 1 tbls of Tea Tree Essential Oil



### **AIR FILTRATION SYSTEM**

Cotton Balls or directly on air filter in the return flow duct.  
Replace monthly.