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# Essential Wellness Kit

In order to heal, your body needs energy, optimal brain function and the ability to rest, repair, detoxify. When the body lacks this vitality, toxins - i.e. any substance that creates irritating and/or harmful effects in the body - can get reabsorbed and limit the ability of your cells to function.

Topically applied essential oils can be especially powerful in supporting the vitality of your body and your brain. When inhaled, oils directly communicate with the brain, which in turn signals the body to respond with elevated energy levels. Essential oils also affect a number of biological factors, including heart rate, stress levels, blood pressure, breathing, and immune function that can return your body to balance and help you thrive. Research shows that essential oils topically applied on the skin gets into the bloodstream within 20 minutes. Further, the brain is comprised primarily of fat and essential oils are fat soluble so they easily penetrate and assimilate into the system. Specific oils for supporting essential wellness include:

## Essential Wellness Kit:

**Lymph™:** The lymphatic system is the body's first line of defense against disease, working to re-circulate body fluids, stimulate functioning of the immune system, and balance the autonomic nervous system. The lymphatic system needs to be functioning optimally in order for toxins to be removed from the brain and the body. If you think of the body like a hydraulics system where congested tissue downstream prevents optimal flow upstream, congested lymphatic vessels in the neck will impede drainage of toxins from the brain. To enhance lymphatic flow and drainage, generously apply Lymph™ around the sides of the neck.

**Parasympathetic™:** Your body needs to be in the Parasympathetic rest and digest state to heal. When the parasympathetic nervous system kicks in, your mind and body relax and calm the release of stress hormones, like cortisol, allowing for optimal energy flow. Applying [Parasympathetic](#) blend to the vagal nerve (behind the earlobe on the mastoid bone) before meals stimulates the parasympathetic nervous system "rest and digest" state to promote optimal digestion, absorption and assimilation of the nutrients necessary to help the body heal and put it in optimal balance.

**Adrenal™:** The adrenals produce and release the body's stress hormone, cortisol, which provides you with energy to survive physical or emotional stress. When your adrenal glands are overtaxed or fatigued, they are not able to supply critical energy necessary to heal. Essential oils can be used like adaptogenic herbs to help support the adrenal glands for the optimal energy reserves required to support your essential wellness. The [Adrenal™](#) blend also contains several stimulatory oils like Thyme, Cinnamon, and Rosemary that you feel invigorated, revitalized and energetic.

**Circadian Rhythm™** Sleep is critical for your health. Melatonin is the key hormone to help us fall asleep. [Circadian Rhythm™](#) can help trigger the pineal gland to naturally release melatonin.

**Immune Support™** Your immune system protects your body from toxins and other foreign substances. When out of balance, the immune system can fail to protect the body and even attack it, mistaking "self" cells for invading pathogens, resulting in autoimmune diseases. [Immune Support™](#) can bring the immune system back in to balance and help you heal.



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# Adrenal™

— BODY BALANCE —



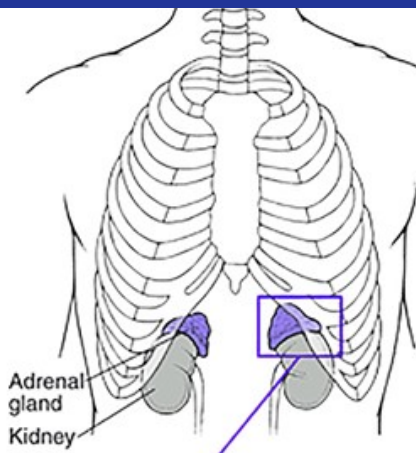
**BENEFITS:** The adrenal glands produce several hormones, including cortisol which is released to help the body manage stress. This stress response can throw the cortisol supply out of balance, either releasing too much (often called hyper adrenal conditions) or too little (often called adrenal fatigue). The Adrenal blend is designed to balance the extremes, calming the adrenals when too much cortisol is released and supporting them during periods of adrenal fatigue.

#### INDICATIONS:

**Hyper Adrenal Symptoms:** When we face ongoing stress, the adrenal glands produce too much cortisol, leading to symptoms including weight gain around the waist, poor sleep, fatigue, elevated blood sugar, menstrual irregularities, increased thirst, high blood pressure and frequent infections.

**Adrenal Fatigue Symptoms:** As the chronic stress continues, it depletes the adrenal glands. The adrenals were designed to deal with stress in small spurts rather than in periods of days, months or years. Chronic stress overworks the adrenal gland to the point of exhaustion and eventually they become too fatigued to meet the needs of the body. Symptoms of exhausted adrenals include fatigue, sugar or salt cravings, low blood sugar, low blood pressure, skin rashes, allergies, poor sleep, depression and anxiety.

## Application



**HOW TO USE:** Apply recommend 1- 2 drops on the adrenal glands (on the lower mid-back, one fist above the 12th rib on each side).

**WHEN TO USE:** To aid with energy, anxiety and stress, apply 2- 3 times daily or as needed during

**INGREDIENTS:** Vibrant Blue Oils Body Balance Adrenal blend contains a proprietary formulation of Galbanum, Thyme, Cinnamon, Nutmeg, Helichrysm, Manuka and Rosemary in a base of FCO.

#### PRODUCT TIPS:

- Apply topically to the area of the adrenals 2- 3 times daily.
- Enjoy aromatically to return to balance during moments of anxiety or stress.



Proprietary body balance blends are formulated to balance key organs and systems of the body so the body can heal.



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# Immune Support™

— SYMPTOM SUPPORT —



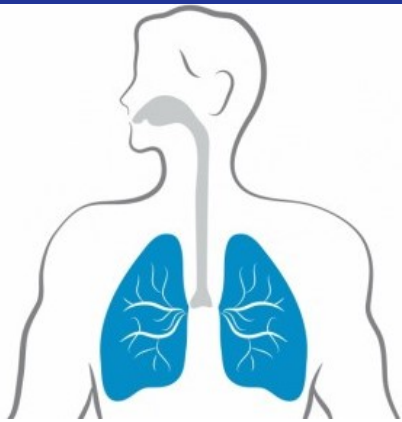
**BENEFITS:** Strengthens immune system and protects against flu, colds and coughs. Beneficial against infections, viruses, bacteria, microbes.

## INDICATIONS:

Formulated to strengthen the immune system against flu, colds, and coughs as well as infections, viruses, bacteria, fungus, parasites, and microbes.

May assist with fevers, chills, dental infections, strep, gum disease, throat infections, teething, cold sores, canker sores, pneumonia, sinusitis, bronchitis, headaches, nervous fatigue, infection, slivers and splinters (pulls to surface).

## Application



**HOW TO USE:** Dilute and apply 2 - 3 drops on the chest, throat or the bottom of the feet (undiluted). Ideal to rub on the bottom of the feet prior to bed.

**WHEN TO USE:** To prevent illness or nip it in the bud once it starts, apply 2- 3 times daily on the throat or the bottom of the feet.

**INGREDIENTS:** Vibrant Blue Oils Symptom Support Immune Support blend contains a proprietary formulation of Frankincense, Clove, Cinnamon, Lemon, Ajowan, Eucalyptus in a base of FCO..

**CAUTION:** This blend contains some hot oils so dilute for use on sensitive skin

## PRODUCT TIPS:

- Apply at first onset of cold or flu to nip it in the bud
- Apply to the bottom of the feet when flying to avoid any illness



Proprietary symptom support blends are formulated to support and relieve discomfort and painful symptoms while the underlying concerns are being addressed.



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Circadian Rhythm™

— BRAIN BALANCE —



**BENEFITS:** Supports healthy Pineal Gland function, promoting healthy circadian rhythms and optimal endocrine health.

**INDICATIONS:** The Pineal Gland is a small endocrine gland located near the center of the brain involved in several functions of the body including:

- Production and secretion of the sleep hormone Melatonin
- Modulation of the circadian rhythms (sleep-wake cycles) and seasonal functions.
- Regulation of Endocrine Functions and hormonal signals.

Optimal Pineal Gland function helps balance the adrenal output of the stress hormone cortisol which has an antagonistic relationship to the sleep hormone melatonin. Cortisol levels should be highest in the morning and then wane as the day wears on. Elevated cortisol levels at night -- when people are wired, tired and unable to fall asleep -- throws off the body's circadian rhythm and actually turns off melatonin production.

If you trigger the pineal gland to naturally release melatonin, it forces the stress hormone cortisol down and serves as a back door to balancing the stress response and endocrine health.

## Application



**HOW TO USE:** Apply 2-3 drops to three different points on the head:

1. Top of the ears on skull
2. Apex of the skull (top of the head)
3. Very back of the head (in middle)

**WHEN TO USE:** To trigger natural release of melatonin before bed.

**INGREDIENTS:** Vibrant Blue Oils Brain Balance Circadian Rhythm blend contains a proprietary blend of Balsam, Grapefruit, Lavender, Rose Geranium, and Melaleuca in a base of FCO.

### PRODUCT TIPS:

- Supports natural and restful sleep.
- Can encourage vivid dreams and enhance intuition
- Helps decalcify the pineal gland.



Proprietary brain balance blends are formulated to support optimal function of the brain to ensure that key hormonal and nervous system signals are sent and received.



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# Lymph™

— BODY BALANCE —



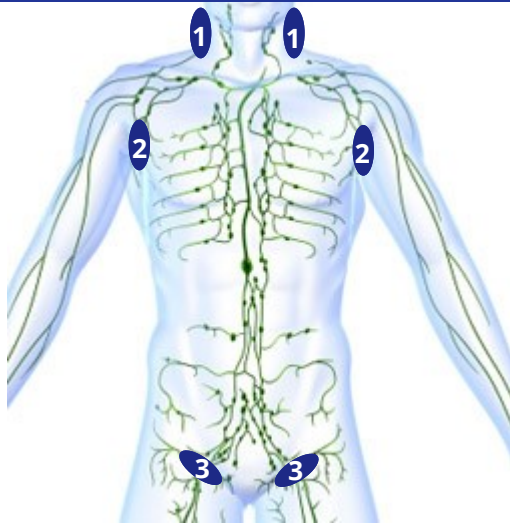
**BENEFITS:** Uniquely formulated to increase circulation of fats and white blood cells within the lymphatic system for optimal delivery of nutrients to cells and removal of waste from the cells.

**INDICATIONS:** The lymphatic system is the body's first line of defense against disease. It includes lymph nodes (with clusters found in the neck, chest, underarms, abdomen, and groin). Unlike the cardiovascular system, the lymphatic system does not have its own central pump — it only moves as the muscles squeeze it along. So the lack of movement makes the lymphatic system stagnant, with waste accumulating and excessive toxins building up.

If the lymphatic system is not working correctly, elimination, detoxification and immunity may be affected, resulting in symptoms such as:

- Soreness and/or stiffness in the morning
- Bloating or Fatigue
- Dry or Itchy skin
- Congestion, stuffy head, sinus or periodontal infection
- Holding on to water/ Rings get tight on fingers
- Breast swelling, soreness with each cycle or bladder infection
- Brain fog

## Application



**HOW TO USE:** Apply 2- 3 drops each to sides of neck (1), lymph nodes under arms (2) and around inguinal ligament/bikini line (3).

**WHEN TO USE:** 2- 3 times daily.

**INGREDIENTS:** Vibrant Blue Oils Body Balance Lymph blend contains a proprietary blend of Palmarosa, Ylang Ylang, Spearmint, Helichrysm and Vitex Berry in a base of FCO..

### PRODUCT TIPS:

- Apply to lymph nodes to help clear infection
- Helps support fat assimilation, as fats go into the lymphatic system to be delivered throughout the body.
- Lymph blend is designed for liberal usage



Proprietary body balance blends are formulated to balance key organs and systems of the body so the body can heal.



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# Parasympathetic

— BRAIN BALANCE —



**BENEFITS:** Stimulates the parasympathetic “rest and digest” state of the nervous system in which optimal digestion, absorption and assimilation can best occur. The parasympathetic mode of the nervous system triggers the optimal digestive cascade including:

- Mouth release of saliva
- Stomach production of HCL
- Pancreatic release of digestive enzymes
- Gall bladder release of bile,
- Small Intestine enzymatic activity and nutrient absorption
- Sphincters relax for optimal elimination

**INDICATIONS:** When we eat in the sympathetic “fight or flight” state, the digestive cascade is inhibited, resulting in poor nutrient digestion, absorption and assimilation and digestive challenges including::

- Heartburn or Acid Reflux
- Bloating ,Gas, Stomach pains or cramps
- Constipation/Diarrhea

## Application



**HOW TO USE:** Apply 1 drop to the vagal nerve (behind ear lobe, on mastoid bone on the neck). You can apply behind one or both ears depending on how stressed you feel.

**WHEN TO USE:** To trigger the optimal digestive cascade, apply before meals.

When you stimulate the parasympathetic nervous system, all downstream digestive function improves.

**INGREDIENTS:** Vibrant Blue Oils Brain Balance Parasympathetic blend contains a proprietary contains a proprietary blend of Lime and Clove in a base of FCO.

### PRODUCT TIPS:

- Supports optimal digestion cascade
- Relieves Constipation
- Relieves Headaches