

The

Men's

Essential Oil Guide



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	PV	\$AUS	PV	\$US
SUPPORT FOR MENTAL HEALTH & PHYSICAL WELLBEING				
Oils and Blends				
Bergamot	29.0	\$41.00		
Frankincense	77.5	\$90.00		
Lavender	25.5	\$28.00		
Lemon	12.5	\$13.50		
Petitgrain	29.0	\$41.50		
Balance Blend	24.5	\$27.00		
Elevation Blend	45.0	\$49.50		
Sub Total – Oils and Blends	243.0	\$290.50		
Supplements				
Lifelong Vitality Pack	60.0	\$115.00		
DDR Prime Softgels	56.5	\$64.00		
Sub Total – Supplements	116.5	\$179.00		
SUPPORT FOR MENTAL HEALTH & PHYSICAL WELLBEING PACK TOTAL	359.5	\$469.50		
SLEEP/SNORING				
Vetiver	43.0	\$56.00		
Lavender	25.5	\$28.00		
Cedarwood	14.5	\$22.50		
Thyme	31.0	\$47.50		
Marjoram	26.5	\$40.50		
Petitgrain	29.0	\$41.50		
Lavender Peace (Serenity) oil	37.0	\$40.75		
Easy Air Blend	24.5	\$27.00		
Serenity Softgels			17.0	\$19.50
SLEEP/SNORING PACK TOTAL	231.0	\$303.75	17.0	\$19.50
SPORT/OUTDOORS				
Peppermint	23.0	\$26.50		
Ice Blue Rub	31.0	\$38.00		
Easy Air Blend	24.5	\$27.00		
Lemon	12.5	\$13.50		
Eucalyptus	16.5	\$18.00		
SPORT/OUTDOOR PACK TOTAL	107.5	\$123.00		
PAIN				
Ice Blue Rub	31.0	\$38.00		
Frankincense	77.5	\$90.00		
Ice Blue oil 5ml	38.5	\$42.50		
PAIN PACK TOTAL	147.0	\$170.50		
SEASONAL THREATS				
On Guard Blend	37.0	\$40.75		
Oregano	29.0	\$31.75		
Easy Air Blend	24.5	\$27.00		
Frankincense	77.5	\$90.00		
Lemon	12.5	\$13.50		
SEASONAL THREATS PACK TOTAL	180.50	\$203.00		
GROOMING				
Frankincense	77.5	\$90.00		
Hawaiian Sandalwood	57.0	\$110.00		
Arborvitae	24.0	\$34.00		
Wild Orange	12.5	\$14.00		
Ylang Ylang	39.5	\$57.00		
Lime	15.5	\$17.00		
Cedarwood	14.5	\$22.50		
GROOMING PACK TOTAL	240.5	\$344.50		
ADD				
Petal Diffuser	20.0	\$58.00		
Fractionated Coconut Oil	15.0	\$16.50		
Wholesale Application Fee		\$35.00		
Shipping – flat rate		\$7.95		

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Support for Mental Health & Physical Wellbeing

Lifelong Vitality Pack - LLV

Alpha CRS

- Supports healthy cell function and metabolism by reducing oxidative stress to DNA and other critical cell structures
- Supports mental clarity and brain function
- Your “engine cleaner”

Microplex MVp

- Provides 22 essential vitamins and minerals to support normal growth, function and maintenance of cells
- Think of this as the “fuel” for your cells

xEOMega

- Promotes healthy cardiovascular, nervous, and immune system function
- Your “engine oil”

Mito₂Max

- Enhances stamina and increase use of oxygen
- Supports metabolic adaption for adverse activities, from movie watching to marathon running
- Improves mental energy
- Helps to reduce the effects of fatigue and stress

DDR Prime Softgels

- Supports healthy cellular integrity by helping to reduce oxidative stress
- Supports healthy cellular function and metabolism
- Protects the body and cells from oxidative stress

Frankincense

- Soothing and calming to mind and emotions
- Assist one to unwind after a busy or overwhelming day
- Great to disperse fear
- Fortify the spirit and bring comfort
- Regenerating effect on cells and skin
- Great for skin for those outdoors lots

Lavender

- Soothing and calming
- Balancing
- Skin support: cuts, burns, abrasions, stings, bites
- Use Lavender to soothe frayed emotions – irritable, agitated, short temper, taking things on board or personally, travelling, to assist with immune support and sleep
- Great general tonic to soothe, nurture and bring strength

Petitgrain

- May help support healthy cardiovascular function
- May provide antioxidant support
- May support healthy immune function
- May help promote a restful sleep – deeply calming and grounding – it's the Men's Lavender



Bergamot

- Uplifting
- Great for emotional support and alleviating anxious states and low emotional states
- Helps to relieve the burden one can carry on their shoulders
- Blends well with many oils
- Highly photosensitive

Lemon

- Uplifting and refreshing
- Immune support
- Clearing and clarifying
- Enlivening, especially after a long day
- Detoxifying
- Water – add a drop or 2 to warm water in the morning for regularity and cleansing effect or drink throughout the day

Grounding Blend (Balance)

- Helps to alleviate anxious states (combine with Bergamot and Frankincense)
- Emotional support, calming, grounding
- Pre-blended in fractionated coconut oil (FCO) – so you can use anytime in the day on wrists, back of neck etc. for support
- Add to soles of feet daily with one drop of frankincense per foot for ongoing support for mental and physical well being

Joyful Blend (Elevation)

- Uplift emotional and mood state
- Combine with Frankincense in diffuser/roller bottle for emotional stability, help with grief and to alleviate high stress states
- Blend with any of the trees in the booklet to add harmony, peace and overall sense of well-being
- Encourages a smile and a laugh when blended with Sandalwood in diffuser – great for a hangout night with mates or dinner party



Sleep/Snoring

Vetiver

- Deeply relaxing, soothing and stabilising
- Long term associations with success and abundance this makes a great base in man-fumes – combine with Arborvitae, Sandalwood, Wild Orange and Ylang Ylang and apply daily
- Alleviates stress and anxious states and helps to elevate the mood- combine with the Joyful Blend (Elevation), Frankincense and Bergamot
- Fabulous for sleep and deep rest – combine with Cedarwood on big toe and soles of feet for deep sleep; diffuse with Lavender and Marjoram for harmony, peace and deep sleep

Lavender

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- Great general tonic to soothe, nurture and bring strength

Cedarwood

- Great for releasing stress and anxious feelings
- Fab in men's colognes – try with Lime and Sandalwood
- Balancing
- Enhances sleep and deep peace, calming – add to big toe to help quiet the mind
- Try combining with Vetiver and Marjoram in the diffuser and on the body (in carrier oil) for sleep
- Great for immune support – in particular for chest complaints
- Combine with Rosemary to promote hair growth

Thyme

- Powerful immune support
- Anti-oxidant
- Anti-aging properties for men and women – combined with Frankincense as it is believed to support brain health
- Use tiny amounts - potent
- Great to support respiration
- Helps deter snoring
- Blends beautifully with Sandalwood and Lemon

Marjoram

- Relaxing, soothing
- Aids in releasing grief
- Reduce muscle tension – combine with Lavender for bath and pre sleep or massage over body
- Great for shift workers – helping to balance the body clock
- Add to bedding for a soothing sleep – helping to get to sleep and stay asleep

Petitgrain

- May help support healthy cardiovascular function
- May provide antioxidant support
- May support healthy immune function
- May help promote a restful sleep – deeply calming and grounding – it's the Men's Lavender



Calming Blend (Lavender Peace/Serenity)

- A new blend, with the editions of Cedarwood, Vetiver and Ho'wood
- Reduces tension, stress and calms emotions
- Grounding and soothing
- Perfect to diffuse for sleep, and use in conjunction with the Serenity Softgels
- Great to massage onto the feet and the big toe
- Perfect aromatic dressing for sleep time

Respiratory Blend (Easy Air/Breathe)

- Increases oxygenation and respiration
- Opens the airways – thus may assist with deeper sleep and decreasing snoring
- Combine with Thyme on big toe and souls of feet to help eliminate snoring
- Add to diffuser with Lavender to promote deeper and more restful sleep

Serenity Softgels

- For a beautiful deep night's sleep
- Take 2 capsules ½ hour before sleep
- Its unique combination gives you a deep and lasting sleep, enabling you to feel refreshed for the new day
- Relieves occasional sleeplessness
- Helps to reduce stress and anxious states



Sport/Outdoors

Peppermint

- Increases running output by up to 51% as well as increasing time to exhaustion by up to 25%
- Another one for respiratory support
- Energising and clarifying for mind, emotions and body
- Add one drop to water to increase performance – in sport, meetings, concentration or day to day activities
- Tummy support; overindulgence, tummy tamer – blend with Lemon to detox and fortify the body
- Cooling
- Helps relieve head tension and decrease stress
- Helps with travel sickness, sinus congestion and seasonal allergies (combine with Lavender and Lemon)

Ice Blue Rub

- Its high menthol content generates rapid recovery
- Use for overworked and tense muscles and for on-going pain
- Provides a comforting sensation of cooling and warmth to problem areas
- Provides temporary comfort to tired and sore muscles and joints
- Supports circulation to muscles and joints
- Great combo is layering Frankincense, Deep Blue Rub, and then the Deep Blue oil
- Combine with Frankincense for on-going pain/stress/tension in the body
- Use before/after workout for recovery. Note: do not use directly before or after a shower it can create a burning/uncomfortable sensation!
- WARNING: keep away from sensitive parts of the body! This rub creates first a cooling then a heating sensation.

Respiratory Blend (Easy Air/Breathe)

- Increases oxygenation and respiration
- Opens the airways
- Helps increase performance
- Can aid to alleviate shortness of breath

Lemon

- Uplifting and refreshing - enlivening, especially after a long day
- Immune support
- Clearing and clarifying
- Detoxifying
- Water – add a drop or 2 to warm water in the morning for regularity and cleansing effect or drink throughout the day

Eucalyptus

- Cleansing and energising
- Protection for immunity - great for those around lots of people i.e. in an office
- Helps to eliminate lactic acid build up in muscle tissue during workouts and exercise – therefore great for muscle repair and reducing discomfort
- Great respiratory support



Pain

Ice Blue Rub

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Frankincense

- Soothing and calming to mind and emotions
- Assist one to unwind after a busy or overwhelming day
- Great to disperse fear
- Fortify the spirit and bring comfort
- Regenerating effect on cells and skin
- Great for skin for those outdoors lots

Ice Blue Oil

- Relaxes sore muscles
- Helps to alleviate contracted states
- Reduces pain and can help increase rate of muscle repair
- Use before/after workout for recovery. Note: do not use directly before or after a shower it can create a burning/uncomfortable sensation!
- Combine with Frankincense and the Ice Blue Rub for increased effect

Deep Blue Polyphenol Complex

- Contains powerful polyphenols to aid occasional aches and pains and support joint comfort and function



Seasonal Threats

Protective Blend (On Guard)

- Place on soles of feet for ongoing immune support, combine with Oregano in FCO to soles of feet to restore immune strength or to help fight off seasonal threats
- Warming – add to warm cup of water with Lemon to help ease sore throats and restore strength to immune system
- Fortifying
- Powerful and strong – brings strength to a compromised immune system
- Very hot oil – recommended to use diluted

Oregano

- Very hot oil – use diluted always
- Add to soles of feet with Protective Blend at the onset of any illness
- Great for tummy support (add to soles of feet)
- Cleansing and restorative – blends well with Lemon for this

Respiratory Blend (Easy Air/Breathe)

- Increases oxygenation and respiration
- Opens the airways
- Sinus support
- Can aid to alleviate shortness of breath
- Chest complaints
- Head tension
- Relieving anxious states

Frankincense

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- Great to disperse fear
- Fortify the spirit and bring comfort
- Regenerating effect on cells and skin
- Combine with Protective Blend (On Guard), Lemon, Oregano – in a capsule one drop of each and drink with big glass of water
- Add to soles of feet for ongoing immune support

Lemon

- Uplifting and refreshing
- Immune support – combines well with all oils in this kit or use on its own
- Great for mental fatigue
- Clearing and clarifying
- Enlivening, especially after a long day
- Detoxifying, cleansing
- Water – add a drop or 2 to warm water in the morning for regularity and cleansing effect or drink throughout the day



Grooming

Frankincense

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Sandalwood

- Helps to release fears, irrational and unknown
- Stabiliser whilst going through changes in life
- Lends courage and support in times of difficulty
- Endurance and staying power (including all night love making- this is a great aphrodisiac 😊)
- Great for dry skin
- Immune support
- Combine with Arborvitae and Frankincense for the skin and great man-fume
- Combine with Cedarwood and Lime for awesome smelling man-fume or cologne
- Combine with Ylang Ylang and Wild Orange as an aphrodisiac

Arborvitae

- Calming and grounding
- Great man scent
- Stabilising
- Brings harmony and helps quiet the mind
- Offers strength
- Combines well with oils in the grooming list – appeals to us blokes and the women!

Wild Orange

- Oil of joy, abundance and uplifting
- Great oil to hang out with the mates; blend with Sandalwood and Arborvitae
- Inspiration and creativity and brainstorming
- Blends well with so many oils!
- Try blending: Ylang Ylang, Sandalwood and Wild Orange to inspire some 'loving' with you and your partner 😊

Ylang Ylang

- Sensual, aphrodisiacal
- Alleviates low mood states
- Opens the heart to love
- Calming and relaxing
- Helps disperse anger and frustration
- Helps to calm the heart rate, and soothe the mind and spirit

Lime

- Add one drop to your facial cleanser or shampoo for added cleansing properties
- Combine with Melaleuca for a soothing scalp massage
- Positively affects mood with stimulating and refreshing properties



Cedarwood

- Great for releasing stress and anxious feelings
- Fab in men's colognes – try with Lime and Sandalwood
- Balancing
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- Great for immune support – in particular for chest complaints
- Combine with Rosemary to promote hair growth



The **RETURN** of the

Scented Man

Here are some ideas for the menfolk... blends to awaken, inspire, relax and uplift, blends to get you going, and blends for sleep.

Enjoy!

SLEEP

Cedarwood
Roman Chamomile
Petitgrain

INSPIRATION

Lime
Cedarwood
Petitgrain

RELAXATION

Petitgrain
Frankincense
Wild Orange

FOCUS

Kumquat
H. Sandalwood
Patchouli
Lime



MANFUME/COLOGNE

Bergamot
Cedarwood
Roman Chamomile
H. Sandalwood

CONNECTION

Cinnamon Bark
Ylang Ylang
H. Sandalwood
Roman Chamomile

ENERGIZE

Spearmint
Douglas Fir
Wild Orange

REJUVENATE

Lemon
White Fir
Bergamot
Litsea

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If you would like to learn more about the essential oils, come to a free class or have either Vanessa Jean or Paul Ovens come over for a class, please let them know.

You can also open your own wholesale account for 25% off all the essential oils! Speak to Vanessa Jean or Paul for assistance with this.

In Joy and Love

Vanessa Jean & Paul Ovens



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