

Synergies in Detail

Apres Sport: This blend of 5 essential oils provides anti-inflammatory, antispasmodic and relaxing effects to muscles and tissue. Applied topically, **Apres Sport** will stimulate blood flow to the area, helping remove metabolic waste and excess fluid associated with overwork of muscles. The combination of naturally occurring compounds in Black Spruce and Scotch Pine essential oils has been shown in European research to provide a cortisone-like benefit without the negative side-effects of pharmaceutical cortisone treatment. Use **Apres Sport** after gym workouts, sports and physical activities, apply 3-5 drops to affected area and rub in lightly until absorbed. Also makes a great addition to a massage blend, use 8-10 drops in 1 oz (30ml) of base for a whole body massage.

Arrivals: Part of our Travelers Trio. **Arrivals** is designed to wake up the system, particularly when the effects of jet lag and travel have confused your body rhythms. With grapefruit and peppermint, it's naturally stimulating to the mind, circulation and digestive tract, plus we add some anti-infectious oils to keep your immune system up to par. **Arrivals** will 'get you going' on landing or waking whatever time zone you're in. We recommend one drop in a small amount of room temperature water before disembarking your flight, or on waking. We also like one drop on our toothbrush for a fresh start to any day. **Arrivals** will ensure you 'arrive' refreshed, alert and synched with your location.

Departures: Part of our Travelers Trio. **Departures** is designed to help your body find rest and relaxation while traveling and to combat time changes associated with jet-lag. Travel is stressful, especially in today's world, **Departures** relaxes both the mind and physical body allowing us to find sleep in a cramped airplane seat or when we go to bed. Containing red mandarin, Roman chamomile marjoram and more your body can't help but rest. We recommend one drop in a small amount of room-temperature water and one drop on the top of each foot to bring on the zzzzz's.

Cabin Fever: Part of our Travelers trio. Airplanes are notorious breeding grounds for the spread of coughs, colds and infections. For that matter, buses, trains, subways and cars can all be places where germs are readily spread in the air and on contact. **Cabin Fever** is a unique blend of essential oils high in the antiviral and antibacterial monoterpenes, terpenes and phenol methyl-ethers that will protect you from environmental pathogens. Research has shown that pre-treatment is the most effective method of illness prevention. Using **Cabin Fever** on your hands and feet before travel will ensure that the active compounds will be circulating through your respiratory system and blood, preventing attack on your health. We recommend applying 3-5 drops to your hands then rubbing over tops of feet, back of neck and wrists. Repeat every 2-3 hours on long journeys. **Cabin Fever** may also be used as a hand sanitizer, just rub one drop over the hands after contact with 'dirty' areas.

Freedom: Freedom from what ails you. This blend was created in the spring of 2001, and in the autumn of that year it provided help and healing to hundreds of people experiencing the drama of September 11th. **Freedom** contains a blend of 7 essential oils,

one for each of the seven chakras. It includes Roman chamomile, frankincense and Neroli, the exquisite bitter orange blossom which balances the 7th chakra and our overall energy, it has also been proven to put us into the parasympathetic nervous state of rest and repair, no matter what may be going on all around. **Freedom** will help us release and resolve what ails us, whether it be anxiety or grief, anger or frustration, depression or confusion, we all need to be free. We recommend using **Freedom** daily during times of upheaval, 1-2 drops on a tissue that can be inhaled as needed through the day, one drop on the top of the feet each morning when dressing, and for severe stress, shock or a disassociated state, put one drop in a small amount of room temperature water and sip slowly. Many customers wear **Freedom** as a perfume, keeping life on an even keel and smelling divine at the same time.

Kleanz: the daily detox. One of our favourite blends, **Kleanz** was developed in response to clients request for a non-aggressive system cleanse for digestive and organ health. Using oils like peppermint, basil and lemon, among others, **Kleanz** is able to support and detoxify not just the small intestine and colon, but the liver, gall-bladder and kidneys as well. Used regularly it will reduce bloating, gas, heartburn and other digestive irregularities, as well as the effects of over-indulgence in food or alcohol. Depending on the state of your system **Kleanz** may be used once, twice or three times per day, usually taken before meals, just one drop in a small glass of room temperature water. Personally I use it every morning on my toothbrush as I adore the clean taste.

Less Stress: the antidote. Stress kills, so what can we do about it? Sometimes a healthy lifestyle just isn't enough and **Less Stress** is there to provide the extra help when we need it. Comprised of 11 essential oils this blend targets the body, mind and spirit, instilling calm without being sedative. Sweet marjoram and ylang ylang have been shown in practice to stabilize blood pressure while lime and geranium instill a sense of comfort. We recommend adding this blend to your shower gel, body lotion and even hair products (2-5 drops per application) so you begin your day, centered and focused. **Less Stress** inhaled from a tissue or the bottle will prepare you for meetings, presentations, dentist appointments or any other event that may cause anxiety.

Lumps and Bumps: first aid in a bottle. EEE, OW, life is full of little mishaps and **Lumps and Bumps** is there to soothe them away. With cooling peppermint, antiseptic tea tree and the magical healing action of immortelle, this blend will ease the pain, speed the healing and may even prevent the bruising if applied fast enough. We recommend 1-2 drops, to cover the damaged area as soon as possible after the damage is done, reapply after 15-20 minutes if necessary. You can apply **Lumps and Bumps** to a cotton ball to clean wounds or add a few drops to water in a spray bottle to keep on hand for those 'ordinary' scratches and scrapes that kids so often encounter.

Moon: menstrual cycle support. Before modern medicine made cramps and moodiness a disease that needs drugs, women dealt with their periods with hot water bottles, herb teas and patient husbands; it worked for thousands of years. **Moon** gives us a better alternative. Formulated with grapefruit for water retention, euphoric clary sage for hormone and emotional balance, lemon eucalyptus for pain relief and 5 other oils to help

even out those monthly ups and downs, **Moon** has been giving women relief for over a decade. We recommend 3-4 drops rubbed over the lower abdomen and low back to relieve cramps and pain and ease flow, re-apply as needed. Before the start of your cycle applying **Moon** to your abdomen will relax that 'bad mood' and regular use over time has, for some women, made their periods more regular and less irritating altogether.

* Research has shown that essential fatty acids are also beneficial in dealing with PMS, *Rose Hip Seed* oil contains the perfect balance of Omega 3 & 6 and is a wonderful support to use with **Moon**, *rose hip seed* oil also promotes skin quality and elasticity.

Relax: chill out, wind down. Relaxation is critical to the health and repair of body, mind and spirit. Like a mini-meditation, this synergy of exotic rosewood, sweet red mandarin, sedative Roman chamomile and more tells the body/mind/spirit that its time for a rest. Whether you need to sleep, turn off the mental chatter, or find inner peace Relax is designed to help you achieve that state almost instantly. We recommend adding 5 drops to a bath at bed-time when insomnia is the problem; one drop on pulse points of wrists, neck and temples for quieting the mind; or place one drop on the palms of your hands, rub them together and cover nose and mouth while you take 3 deep breaths to find la-la-land. Relax also makes a good addition to massage blends, both you and your therapist will love it.

Auntie "HL": Head Lice formula. Nobody likes to talk about it but head lice are a global problem for children and their families. Rapidly spread by head to head contact and via clothing, bedding and even furniture head lice are a lousy nuisance. Chemical treatments for head lice not only have a very poor efficacy rate, worse they are toxic pesticides that can seriously harm health (see Jesse's story on www.headlice.org) so what's a parent to do? Prevention, as always is the place to start and **Auntie "HL"** has shown great effectiveness in keeping lice away. This non-toxic, nice-smelling formula can be massaged into the hair and scalp as a prophylactic to keep your children louse free. The pure essential oils in **Auntie "HL"** make it very difficult for lice to attach nits (eggs) to the hair shaft and they just don't like to smell so avoid those aromatic heads at school. Secondly if an infestation does occur **Auntie "HL"** helps loosen nits (lice eggs) allowing for much easier removal by combing, they just slide off. **Auntie "HL"** *does not kill lice or nits*, it just helps you get rid of them with ease and prevents re-infestation when used as described. Containing the classic tea tree as well as lemon, lavender, and more, **Auntie "HL"** is the alternative choice of conscious parents for healthy children. We recommend massaging 1-2 drops of the blend onto the scalp 2-3 times per week as prevention if lice are known to be at school (lice live on the scalp and nits are laid on the 1" of hair closest to the scalp). The blend can also be put on your hands and rubbed inside hats, on scarves and coat collars as well as car head-rests and other places lice may transfer. We also provide a detailed treatment plan with every bottle of **Auntie "HL"** so parents have a simple and clear method for ridding their children of this normal but embarrassing problem. Parents Note: manual removal is the only way to truly deal with lice. **Auntie "HL"** contains no alcohol, solvents, fillers or toxins, only pure, organic essential oils of food-grade quality.

Respire: for coughs and colds. This synergy was formulated to help relieve the chest congestion and coughs of a cold or flu. Containing the mucolytic and expectorant eucalyptus radiata; the antiseptic, anti-inflammatory balsam fir and the drying and immune boosting benzoin among others, **Respire** is the way to get rid of a cold fast. For colds that have settled in the chest we recommend 2 drops on the top of each foot every hour for 3-4 applications, then as needed until the chest is clear. It can also be rubbed on the front and back of the chest 3-4 drops at a time, just like mom used to do. For colds that have settled in the throat or sinus we recommend inhalations. Fill a mixing bowl with steaming hot (not boiling) water, add 3-4 drops of **Respire**, cover your head and the bowl with a towel and inhale the vapours as long as you can. Keep eyes closed and inhale through the nose, exhaling through the mouth. Repeat as necessary. If you are on the go and a bowl of hot water is not possible, wash hands, put 2 drops of **Respire** on your palms, rub hands together, cover nose and mouth with your hands and inhale deeply alternating between mouth and nose.

PROFESSIONAL SYNERGIES

Auntie “A”: allergy and asthma support. This professional strength synergy is a good option or support to pharmaceutical medications. Containing the powerful vasodilators Ammi visnaga, and Hyssop decumbens, as well as oils high in anti-inflammatory chamazulene and the antispasmodic, anti-allergenic phenyl methyl-ethers, **Auntie “A”** makes for easy breathing. Clinical research has shown the constituents in **Auntie “A”** such as theophylline and khellin have measurable broncho and vaso-dilatory properties to the point that they are measured in drug tests for athletes. This synergy is designed to be used both as a prophylactic before exercise or exposure to allergens and as a first-aid if allergic reactions or asthma manifests. We recommend one drop on the top of the feet 2-3x per day, one application should last for 5-6 hrs. May also be used as an inhalation or 1 drop in a small amount of water and sipped slowly. Not for children under age 10 years.

Auntie “I”: infection prevention. Our first line defense against airborne and contact infections. Auntie “I” is designed for prevention, used regularly it enhances the immune system and creates an inhospitable environment for germs, bacteria and the like. European research has shown that pre-treatment with essential oils can provide up to 90+% protection to cells from invaders. **Auntie “I”** uses 9 oils providing a broad-spectrum of chemical components from phenols to oxides, phenyl methyl-ethers to terpenes supporting and enhancing the bodies own ability to stay healthy. We recommend 1 drop 3-4 x per week during cold and flu season or when in contact with people who may be ill, in hospitals, day-cares etc. For travelers **Auntie “I”** can be taken 1-3 drops per day to prevent respiratory or digestive infections.

Auntie “I” extra: infection treatment. The best laid plans of mice and men.. sometimes despite all our efforts we can contract infections and **Auntie “I” extra** is the remedy. This ‘killer’ blend contains oregano, thyme thymol and other oils high in phenols, proven to fight virtually all types of infections. These compounds are synergized with monoterpenes, monoterpenols, oxides, aldehydes and sesquiterpenes to provide a balance

of treatment agents that also supports the immune system. **Auntie “I” extra** clears infections fast. Take 1 drop every 1-2 hrs up to 8 drops per day. May also be used as an inhalation or diluted in carrier oil 2 drop per teaspoon of vegetable oil and applied to the back and feet. **Auntie “I” extra** is very stimulating, do not use after 8pm or it may be difficult to sleep. Not for use on children under 12 yrs, maximum daily dose for children 12-16 yrs is 5 drops.

Auntie “D”: digestive issues. Digestive problems are one of the most common of modern health concerns. From minor issues like heartburn to major problems like colitis and Crohn’s disease, there’s a lot we can’t stomach. **Auntie “D”** was formulated to retrain and restore the digestive tract to proper functioning. Cumin and basil provide antispasmodic and clinically proven anti-carcinogenic effects to the stomach and colon. Ginger and turmeric, both well documented digestives aiding in bowel elimination are clinically proven anti-angiogenic agents thus supporting the anticancer effects of other ingredients. Combined with the other ingredients **Auntie “D”** can, with regular use, restore the stomach, small intestine and colon to normal balanced functioning. We recommend 1 drop, 3x per day in a small amount of water before meals. Repeat daily for 3 weeks, take one week off and repeat until normal digestive functioning is restored.

Auntie “HSV”: topical herpes treatment. Current estimates are that over 50% of the sexually active adult population in the USA has genital herpes. Herpes is easily spread both during outbreaks and by viral shedding when no lesions are apparent. Viral shedding can occur in many places on the body so condoms can only provide partial protection against herpes transmission. **Auntie “HSV”** is designed to be both a topical treatment for herpes2 outbreaks and a prophylactic pre-treatment before sexual activity. German research has shown that pre-treatment of healthy cells with the essential oils found in **Auntie “HSV”** provided up to 90% protection to the cell from penetration by the HSV virus. Post infection, the same essential oils had an 80+% rate of activity in killing the HSV virus. Combining the proven activity of monoterpene alcohols and specific phenyl methyl-ethers **Auntie “HSV”** should be part of daily hygiene for all sexually active persons. We recommend 1-2 drops applied to the skin around the groin and buttocks 30 minutes before sexual activity, and the use of a condom as additional protection from all sexually transmitted infections. For outbreaks apply 1-2 drops directly on the lesions 3-5 times per day until lesions clear. Wash hands thoroughly before and after touching herpes lesions.

Auntie “AL”: adrenal support. Most health practitioners agree that by age 21 our adrenal glands are feeling the negative effects of stress, pollution, and lifestyle. The adrenal glands are a key part of both the endocrine and immune systems and so it is important that we address these negative effects before they lead to a reduction in overall bodily functioning. For years ACQUA VITA clients have known the secret of black spruce essential oil to support the adrenal glands, now we have something even better. **Auntie “AL”** is a blend of black spruce, bay laurel and 3 other oils high in monoterpenes, monoterpene alcohols and sesquiterpenes alcohols, your adrenal glands have never been so happy. We recommend using **Auntie “AL”** as a friction rub during or after your morning shower. At the end of your hot shower, step out of the water

stream and use 7-10 drops of **Auntie “AL”** all over your damp skin from toes to neck, take 10 deep, slow breaths while the oils absorb and you inhale the fresh aroma, then rinse off with cool to cold water. You'll be feeling like superman (or superwoman)! When the system is depleted, apply **Auntie “AL”** to damp skin after getting out of the shower, and again take 10 slow, deep breaths while letting your skin air-dry. For maximum benefit to the adrenal, lymphatic and circulatory systems, dry brush your skin before your daily shower and use **Auntie “AL”** as directed.

Birthing Blend: labour support. The birthing process is both a miracle and damn hard work for a woman. Excitement is combined with stress and pain during one of life's most incredible moments, and a woman's partner often feels there is little they can do. Essential oils have an amazing ability to reduce pain, inflammation, and spasms in muscle and nerve tissue, they are also clinically proven to reduce stress and anxiety without any toxicity, we combine oils with all of these functions in our beautiful **Birthing Blend**. Designed for use as a hot compress and massage blend during second and third stages, **Birthing Blend** can provide significant pain relief without slowing contractions or numbing all sensation. **Birthing Blend** is usually applied by the partner, doula or mid-wife and complete instructions are included.