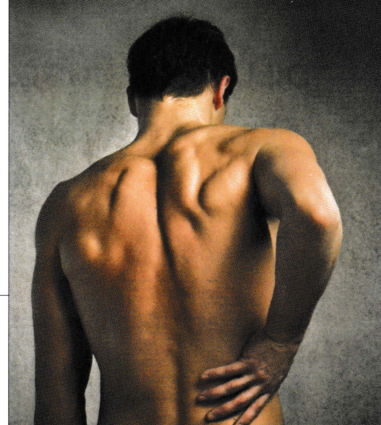


# ESSENTIAL OILS

## for ACHES and DISCOMFORT



### Essential oils are

- A plant's natural protection from environmental threats, insects, and decay.
- Pure extracts from plants (seeds, leaves, bark, peel) with no additional processing or ingredients.
- Concentrated, fast acting, and quickly absorbed into skin, leaving no oily residue.



### Why a natural approach?

- Essential oils soothe without side effects or simply masking symptoms.
- Essential oils complement and support your body.
- Essential oils are just pennies per drop and quickly deliver safe results.

## For optimal results, quality is EVERYTHING.

### CHOOSE OILS THAT ARE

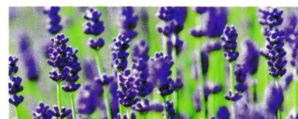
- ◆ **Sourced** from expert growers committed to meeting the highest quality standards.
- ◆ **100% pure** and contain zero fillers, pesticides, chemicals, or artificial ingredients.
- ◆ **Tested** for purity and composition after distillation and upon arrival for production.
- ◆ **Certified** to have the correct chemical composition to achieve desired results.



### Favorites essential oils for soothing aches and discomfort



Peppermint



Lavender



Marjoram



Lemongrass



Cypress



Wintergreen

## USING ESSENTIAL OILS 101

### T TOPICALLY

Ideal for aches

Apply to the area of concern or the bottoms of feet.

- Soothes tired, overworked muscles
- Eases joint discomfort
- Calms skin irritation
- Boosts immune system

### A AROMATICALLY

Diffuse or inhale deeply.

- Calms emotional upset
- Eases sadness or lethargy
- Supports clear breathing
- Purifies the air

### I INTERNALLY

Add a drop to a capsule or glass of water.

- Eases digestive upset
- Supports immune system



## Clinical Research

Diffusing **Lavender** lessened discomfort for wound dressing (Kane et al, 2004).

**Peppermint** had a soothing effect on the central nervous system (McKay and Blumberg, 2006).

**Wintergreen** applied to the temples reduced head tension (Logan and Stewart JT, 2012).

**Geranium** reduced inflammation and discomfort (Maruyama et al, 2006).

**Clary sage and marjoram** soothed menstrual discomfort for at least twelve hours (Hur et al, 2011).

**Clove** dulled sensation in the mouth (Alqareer A, Alyahya A, Andersson L, 2006).

### SOOTHING BLEND

A blend of wintergreen, peppermint, blue tansy, helichrysum (and others)

- Aches and discomfort
- Head tension
- Pre- and post-workout relief
- Inflammation
- Joint support
- Overworked muscles

## DILUTION SUGGESTIONS

for children 5+	1 drop per teaspoon of carrier oil
for adults	1–4 drops per teaspoon of carrier oil
for pregnancy	1 drop per teaspoon of carrier oil
for seniors	1 drop per teaspoon of carrier oil

**Carrier oil:** a cold-pressed oil such as almond, coconut, or olive. They are so named because they carry essential oil onto the skin.

Essential oils are potent and concentrated. Start with small amounts and dilute until you find what works for you.

## ESSENTIAL OILS FOR ACHES AND DISCOMFORT

<b>Black Pepper</b>	Muscle aches, circulatory support, sprains, stiffness
<b>Clove</b>	Oral discomfort
<b>Cypress</b>	Aches, bruises, hemorrhoids, aching wrists, muscle spasms
<b>Eucalyptus</b>	Bruises, burns, bites, muscle aches, sprains
<b>Helichrysum</b>	Bruises, muscle aches, scarring, sprains, sunburn, wounds
<b>Lavender</b>	Discomfort in the skin or tissues, head or neck tension, soreness, sprains, sunburn
<b>Lemongrass</b>	Charley horse, stiffness, inflammation, muscle and joint aches, poor circulation
<b>Marjoram</b>	Menstrual discomfort, muscle aches and spasms, stiffness, strains
<b>Peppermint</b>	Tension in the head and neck, cramps, muscle aches
<b>Rosemary</b>	Tension in the head and neck, muscle aches, circulatory support
<b>White Fir</b>	Aching muscles or joints, swelling, circulatory support
<b>Wintergreen</b>	Aching joints, bone spur, tension in the head and neck, muscle cramping

*Other recommendations:*

## PROTOCOLS FOR ACHES AND DISCOMFORT

<b>Aching hands/wrists</b>	Basil, marjoram, or lemongrass
<b>Aching toes/feet</b>	Lemongrass, peppermint, wintergreen
<b>Bruises</b>	Helichrysum, eucalyptus, or lavender followed by a cool compress
<b>Cooling relief</b>	Peppermint
<b>Digestive discomfort</b>	Fennel, ginger, lavender, or peppermint
<b>Head or neck tension</b>	Peppermint or lavender
<b>Inflammation</b>	White fir, basil, cypress, or frankincense
<b>Joint support</b>	Wintergreen, marjoram, frankincense, geranium, or white fir
<b>Ligament support</b>	Marjoram, peppermint, lemongrass, or wintergreen
<b>Menstrual discomfort</b>	Clary sage and/or marjoram
<b>Muscle cramps</b>	Lemongrass, marjoram, peppermint, or wintergreen
<b>Oral discomfort</b>	Clove or lavender
<b>Spasms</b>	Lavender, marjoram, or helichrysum

**For more information or to purchase essential oils, contact:**

## Aches Away Roller

- Fractionated coconut oil (FCO)
- 10 drops essential oils such as lavender, wintergreen, lemongrass, marjoram, and peppermint
- Empty roller bottle, 10 ml or larger

**How-to:** Add essential oils to bottle. Top with FCO, then assemble and label your bottle. Apply to areas of discomfort. Also try before or after exercise. Tip: to cover large areas, use a larger roller bottle.

More recipe ideas on our blog: [www.ShareOils.com](http://www.ShareOils.com)

## USAGE TIPS

Apply essential oils to the area of discomfort (see dilution chart, left). If the oil is uncomfortable (too hot or cold), apply more carrier oil to your skin on top of the essential oils.

**HOW MUCH:** Apply 1–4 drops to area of discomfort, diluting as suggested.

Repeat as needed.

**COMPRESSES:** Wet a cloth with either hot or cold water, wring out excess, and place on the affected area after applying essential oils. Repeat as needed.

**BATHS:** Mix essential oil with Epsom salts, then add to bath water. Recommended oils: lavender, rosemary, eucalyptus, or marjoram.

Oils I want to try:

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**SAFETY PRECAUTIONS:** Keep oils out of reach of children. Do not use in the eyes or ear canal or on mucous membranes. If irritation occurs, apply a carrier oil. Do not add water. Citrus oils and blends containing them can increase sun sensitivity; allow at least twelve hours between application and exposing skin to the sun.

**DISCLAIMER:** This handout has not been evaluated by the FDA. The products and methods recommended are not intended to treat, diagnose, cure, or prevent illness or disease. It is not a substitute for medical advice.

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