

Women's Health



Phytoestrogen Essential Complex

Helps minimize menstrual discomfort and promote breast health. Creates competitive inhibition, contains no harmful metabolites, and provides mild healthy estrogenic effects. Supports healthy release of testosterone.*

- **Take 1-2 capsules per day with food.**



Bone Nutrient Essential Complex

Provides optimal levels of Vitamin D, calcium, magnesium, and other nutrients essential for developing and maintaining bone mass, density, and overall health from early teens to maturity. Helps reduce risk of osteoporosis*

- **Take 2 capsules twice daily with food.**



ClaryCalm®

Monthly Blend for Women

A proprietary blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, and Vitex essential oils.

Specifically formulated to deliver a soothing, calming effect during a woman's menstrual cycle, while providing emotionally stabilizing benefits.

Beneficial for all the hormonal seasons of a woman's life, from puberty to menopause.

- Roll on abdomen to relieve menstrual discomfort and heaviness. Add heat as desired.
- Apply for mood support or to feel more composed during certain times of the month.
- Apply to support uterine and breast health, and hormone balancing.
- Apply for a diminishing effect when feeling overheated or experiencing hot flashes.
- Apply on pulse points or décolletage for an enhanced sense of libido and signature scent.

Avoid sunlight or UV rays for at least 12 hours after application.



Clary Sage

- Massage on lower abdomen to diminish monthly menstrual discomforts.
- Dilute and apply on breasts to promote lactation and/or overall health.
- Diffuse 2 drops each **Clary Sage** + **Juniper Berry** + **Lavender** + **Ylang Ylang** to create a calm and restoring atmosphere.

Emotional Use: Encourages clarity, intuition, and a sense of spiritual perspective.

Chill Pill Roller Blend

8 drops **Clary Sage**
8 drops **Frankincense**
4 drops **Bergamot**
4 drops **Grapefruit**
4 drops **Lemon**
4 drops **Wild Orange**

Add to 10mL roller bottle and top off with **Fractionated Coconut Oil**. Apply often to elicit a calming emotional response.



Ovaries

Basil*
ClaryCalm®
Rose
Yarrow|Pom*



Fertility

Clary Sage*
Geranium*
Rose
Spikenard*
Thyme*



Uterus

Celery Seed*
Clary Sage*
Jasmine
Rose



Pregnancy

DigestZen®*
Deep Blue® Stick
Frankincense*
Immortelle®
Serenity®



Breasts

Clary Sage*
Frankincense*
Grapefruit*
Pink Pepper*



Breastfeeding

Basil*
Cardamom*
Clary Sage*
Fennel*
Geranium*
Lavender*

General Use Recommendations:

- Internal: 2 drops twice/day in a capsule. See oils with astericks.*
- Topical: Apply a few drops diluted with **Fractionated Coconut Oil** on abdomen, bottoms of feet, or where it makes sense for application.
- Aromatic: Combine and diffuse as desired.

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Women's Health



Jasmine Touch®

- Roll on palms of hands, cup over nose, and inhale deeply to uplift, relax, and energize body and spirit.
- Apply to wrists, neck, abdomen to support healthy libido and fertility.
- Blend with **Neroli Touch**® and **Rose Touch**® on wrists as a perfume.

Emotional Use: Invites a sense of innocence, purity, and self-acceptance.



Rose Touch®

- Apply to restore skin tone.
- Wear to support hormonal health and stir feelings of love and compassion.
- Add to palms of hands, cup over nose, inhale deeply for an exhilarating aromatic experience.
- Roll onto neck, wrists, and over heart for a romantic personal fragrance.

Emotional Use: Promotes feelings of compassion, connection, and love.

Aphrodisiac Perfume Roller Blend

½ bottle **Jasmine Touch**®
½ bottle **Rose Touch**®
5 drops **Patchouli**
5 drops **Bergamot**

Combine in 10mL roller bottle (or use one of the Touch® bottles) and apply to pulse points and neck for a unique and signature scent.

Exotic Room & Body Spray

¼ bottle **Rose Touch**®
¼ bottle **Neroli Touch**®
9 drops **Sandalwood**
3 drops **Ylang Ylang**

Add to 8oz glass spray bottle and top off with distilled water. Shake before each use. Spray into the air or onto extremeties to bring an alluring and exotic scent.



Neroli Touch®

- Apply to reduce skin irritations.
- Wear as an elixir to encourage sexual interest and performance.
- Apply and inhale deeply before bed to promote relaxation and a calm state of mind.

Emotional Use: Stirs feelings of loyalty, intimacy, and unity.



Magnolia Touch®

- Apply with 1 drop **Green Mandarin** as a personal signature scent.
- Combine with **Ylang Ylang** and apply during face care routine to promote healthy-looking skin.
- Apply on bottoms of feet to create feelings of peaceful relaxation.

Emotional Use: Inspires feelings of radiance, magnetism, and inner beauty.

Indulgent Perfume Roller Blend

Roll on **Neroli Touch**®
Roll on **Jasmine Touch**®
Roll on **Rose Touch**®
1 drop **Ylang Ylang**

Combine oils in palm of hand, mix, and apply to wrists and neck for a unique and signature scent. To maintain the unique aroma of each Touch®, apply on separate areas of skin, then mix.

Love Potion Roller Blend

⅓ bottle **Magnolia Touch**®
⅓ bottle **Rose Touch**®
5 drops **Wild Orange**
1 drop **Ylang Ylang**

Combine oils in 10mL roller bottle (or use one of the Touch® bottles) and top off with **Fractionated Coconut Oil**. Apply as often as needed to elicit desired responses.



Whisper Touch®

A proprietary blend of Patchouli, Bergamot, Hawaiian Sandalwood, Rose, Vanilla, Cinnamon, Vetiver, Labdanum, Cocoa, and Ylang Ylang essential oils.

- Apply to evoke feelings of self-confidence and amplify creative capacities.
- Apply topically to support sexual interest and performance, and inhale for a relaxing exhilaration.
- Apply to calm experiences associated with hot flashes, menstruation, menopause, postpartum, and to maintain healthy estrogen levels.
- Apply on lower abdomen to support uterine and ovarian health, and on ankle/foot reflex points to promote healthy menstruation, ovulation, fertility, and to support hormone balance.

Emotional Use: Encourages femininity, intimacy, and relaxed connections.

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