

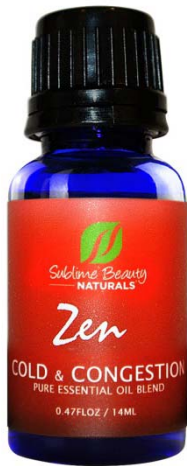
ZEN BOX PROFILES – NOVEMBER 2016

Zen BASIL Essential Oil

Zen LIME Essential Oil

Zen COLD & CONGESTION Essential Oil Blend

ZEN COLD & CONGESTION BLEND



What a good blend to have going into the winter season, when colds, flus and congestion can occur more readily. This blend helps reduce the symptoms and break up congestion.

HOW TO USE - .

Here are the essential oils in your blend & why they were chosen:

Certified Organic Jojoba Oil & Sunflower Oil as the carrier oils

Eucalyptus - well-known and wide ranging benefits, including sinus and respiratory applications, increases blood flow and helps with mental exhaustion. It is known to be anti-inflammatory, antispasmodic and very importantly, a decongestant.

Rosemary - In addition decreasing the levels of cortisol (a stress hormone which can kick in when you are sick which hurts the immune system), Rosemary oil has properties believed to be helpful in relieving respiratory issues and reducing pain.

Juniper Berry - among its many qualities, Juniper Berry is a detoxifier or purifier of blood, helping to remove toxins.

Lime - Limes, like lemons, are full of antioxidants and other beneficial nutrients. It helps to fight and protect against viral infections which may cause the common cold. Additionally, lime is an antiseptic, meaning it can cure infections and protect against their development.

Safety: there is typically no skin irritation or reactions with the blends, but always test patch it once before starting to use. It's best not to use topically on babies or young children under 2 year of age. Remember to keep all essential oils away from the eyes, keep away from children and do not ingest or drink it!

Always refer to the SAFETY TIPS on the website: <http://www.zenbox-essentialoils.com/safety/>

ZEN BASIL ESSENTIAL OIL



Latin name: Ocimum Basilicum **Sourced:** India **Production:** Steam Distillation (flowers & leaves)

Basil (also known as Sweet Basil) has a very pleasant herbal, slightly anisic, and sweet aroma with a touch of Clove. Basil has several special powers due to its components: it is uplifting and helps bring clarity and motivation; it helps with indigestion (similar to Peppermint and can be used with Peppermint); and no surprise, it is anti-bacterial, especially anti-viral and anti-fungal (including good applications for respiratory issues). There are other powers, to be seen below in the medical research and anecdotes.

Blending Basil in your diffuser: You can inhale or use Basil alone in your diffuser. However, in aromatherapy it is known to blend well. Sweet Basil blends well with other herbal oils such as Clary Sage, Lavender, Rosemary and Peppermint – all in earlier ZEN BOXES. To complement its sweet herbal aroma, you can introduce Geranium, which adds rosy sweetness and a green element; citrus oils (especially Lemon (previous box), and Lime – in this ZEN BOX) for sharpness and sparkle; or Clove Bud (in an earlier ZEN BOX).

ANECDOTES: Basil is considered a sacred plant in Ayurvedic India, treasured for its many powers. They also use the leaves in cooking. It is originally from India (where we source it), but the plant has also thrived well in the Mediterranean countries today.

Ancient Greece: The famous Roman naturalist, writer & philosopher Pliny (24-79 AD), considered Basil to be an aphrodisiac - and good for treating flatulence and fainting fits. The Greek physician Dioscorides prescribed basil for headaches.

In the 16th century Europe, the leaves were used to treat migraines and chest infections – and women used it to attract suitors!

SCIENTIFIC:

A study by Rivot et al in 2002 and by Daniel et al in 2008 showed that Basil is an analgesic: - that is, it has pain relieving properties (Rivot et al. 2002, Daniel et al. 2008).

A number of studies, including by Belaiche, Tantaoui-Elaraki and Ibrahimy in 1995, Edwards-Jones et al. in 2004, de Rapper et al. in 2013, and Lang & Buchbauer in 2012) showed that a key components in Basil, eugenol, is known for its excellent antibacterial actions. Furthermore, several of the studies cited linalool, also key in Basil, is synergistic with eugenol and other components to enhance antimicrobial action.

HOW TO USE:

Breathe in the powerful scent whenever you wish; put some in your inhaler or diffuse it!

1) **Diffuse it!** This is always our first HOW TO use for most essential oils, because inhalation is the most effective. Apart from clarifying the air of bacteria and viruses (like most essential oils), this is good to diffuse if you want to create an environment of confidence, uplift and less stress. It's a great morning or afternoon oil to use, and consider blending it with one of those noted above! In addition, if there is illness in your home (someone has a cold or flu, for instance), diffuse Basil or blend it with another of your favorite oils noted above, to help KILL the bacteria and purify.

2) **Vomiting or indigestion?** First, not everyone likes the aroma of Peppermint, more often thought of for this use. If this is the case, diffuser or put DROPS in a tissue and inhale slowly and calmly to relax the indigestion or help stop vomiting. If you do like Peppermint, use a drop of each. You can also put several drops of Basil in your favorite oil or cream and rub on your abdomen to help bring down indigestion.

3) **Skin penetration enhancer (for topical blends!)** Including Basil oil in a topical blend could assist in the the absorption of other oils n the blend (found in 2 studies: Jain et al. 2008 cited by Adorjan and Buchbauer 2010). This is particularly good for massage blends and other topical treatments, such as for inflammation or pain. Use it in a compress!

4) **Headache?** Basil is an essential oil that can help reduce or stop a headache. Inhale it, and then one of two applications can be used: a) do a cool compress with several drops of basil and relax in a darkened room. b) For a stress or tension headache, put several 3-4 drops of Basil (you can also include 1 drop of Frankincense or Rosemary) into your cream or oil, and massage it on your neck, temples and forehead lightly.

5) **Achy muscles?** The pain-relieving and anti-inflammatory qualities of Basil can help. Put 6-7 drops in a cream and massage on those achy muscles. You could also blend in Rose Geranium or Clary Sage (3-4 drops of Basil to 2 drops of the other.)

6) **Mental Burnout?** Basil is one of the essential oils that can help overcome burnout and bring some uplift to you! Use it in a diffuser but also consider a nice BATH SOAK! Put Basil in a soothing bath at the end of the day and relax. You could also be creative and add a few drops of one of the essential oils I mentioned above that blend well (like Rose Geranium, nice is a soak!) If you don't have a bathtub or don't have the time, do a foot soak as an alternative. It is refreshing and will help you feel revived.

7) **Air Freshener.** Put drops of Basil (or Basil & Lemon) inside your toilet, shower and garbage cans to freshen them up. If you have a spray bottle, blend 10-12 drops in an ounce of water, be sure to shake before you spray, and spray in those areas!

8) **Last but not least, Respiratory illnesses.** If you have respiratory issues, or a cold, flu, sinus infection or coughing due to a respiratory problem, Basil is an excellent choice. It helps ease coughing and spasms, it helps attack bacteria, it helps relieve sinuses and it's an expectorant.

Zen LIME Essential Oil



Latin Name: Citrus Aurantifolia **Sourced:** Italy **Production:** Cold Pressed

CAUTION: Cold pressed lime, like most citrus essential oils, is phototoxic. Don't use it topically and then go into the sun!

Talk about a refreshing, happy, crisp, friendly, somewhat sweet yet sharp aroma! Limes, like lemons, are full of antioxidants and other beneficial nutrients, as is its essential oil, and many just love the "yummy" scent. We include a recipe for a happy body scrub below.

In aromatherapy, Lime helps emotional balance and well-being, and adds a sense of playfulness, appetite for life and zest for good. It helps release negativity.

Lime is quite medicinal too! According to a 2003 study on the aromatic volatiles in key lime essential oils, the components geranial, neral, and linalool are dominant in lime oil, contributing to its fresh and citrus aroma. These components also contribute to the oil's astringent, tonic, antiseptic, antiviral, antimicrobial, restorative, stimulant, and other health-promoting properties.

It is known to excel in helping bring down fever by going for what is causing the fever ("febrifuge").

ANECDOTES: Indigenous to Asia, the lime spread around the world over time. Lime has been a vital part of the folklore medicine for cleansing the system and revitalizing the mind. Aura is the life force or vital energy of any living thing and is called by different names in various healing systems. It is known as 'prana' in Ayurveda and 'qi' in Traditional Chinese Medicine. Lime is a powerful ancient remedy for cleansing the aura and restoring confidence.

The Moors introduced Lime to Spain during the 1200s and it then became a widely used fruit throughout Europe. It eventually reached American shores.

Back in the heavy sailing days, sailors, pirates and explorers never set sail without crates of lime (and oranges), as its vitamin C- loaded juice served as one of the most potent remedies for scurvy and other skin problems at sea!

SCIENTIFIC: A study published in BIOMED CENTRAL (“In vitro antibacterial activity of some plant essential oils”, 2006) concluded after testing a number of essential oils on strong bacteria that cinnamon, clove and lime essential oils were found to inhibit both gram-positive and gram-negative bacteria (the others tested tended to inhibit one or the other). (p.s. Cinnamon is coming your way in December!)

HOW TO USE:

1) Diffuse or Inhale, of course! This is for antibacterial protection, to purify the air but also for zing, happiness and a refreshing quality. It helps support the immune system, too. Lime is one of the strong essential oils to combat bacteria and germs, so improve your atmosphere while doing battle! It’s one cited for use at parties because of its “party-like” and playful scent!

2) Yummy Coconut Lime Body Scrub recipe.

1/2 Cup Virgin Coconut Oil + 1 Cup Organic sugar or salt + 20 Drops of Lime Essential Oil

Instructions:

Melt coconut oil over low heat until it’s completely liquid.

Mix the melted coconut oil with sugar, then add 20 drops of lime essential oil and stir.

Store scrub in an air tight glass container at room temperature.

How To Use

Use scrub to exfoliate your skin in the bath or shower. Rinse well. Be cautious as the coconut oil may leave your tub slick!

3) Antiseptic. Lime is an exceptional antiseptic (like it’s cousin lemon). Put it on a cut or wound immediately (do your patch test first of course – when you receive it). It can help with any number of infections.

4) Astringent. Lime has astringent properties. I don’t recommend skin recipes where you then go outdoors (due to sun toxicity), but it can be used before bed. As an astringent, it is said lime can help tightens loose muscles and give a feeling of firmness, fitness and youth. Put 10-12 drops in an ounce of your favorite cream or oil and rub on those muscles.

5) Depressed, Feeling Blue? Lime is an uplifting, playful scent that in aromatherapy can help chase away depression. Diffuse it, inhale, use some topically (blended in a cream or oil).

6) Gum, Sticky Residue on Surfaces? White Board? Put several drops of lime on a cotton ball and work the area. It helps to eliminate the gunk and the surface clean. I was happy to discover that lime works beautifully on my white board (which I use to keep track of my activities).

7) **Known as an Overall Tonic.** Lime is one of those essential oils known that can help so many things at once. Try to implement it at least once a week in your diffuser!

ENJOY! Kathy Heshelow

QUESTIONS: Email me at info@zenoilbox.com or info@zenbox-essentialoils.com , or call me at 727-319-6303.

Always refer to the SAFETY TIPS on our website, www.zenbox-essentialoils.com, and please keep the Essential Oils away from small children (they might be tempted to drink)!

Care for your Essential Oils: Keep the lids tight as oxidation is the biggest enemy of essential oils and will shorten its life. Keep in a cool dark area – avoid direct bright light and warm to hot areas of storage. I keep some of mine in a little fridge.

My book, *Essential Oils Have Super Powers®*, is available on Amazon (both the 322 page paperback and Kindle.) www.sublimenaturals.com

Want to buy more of one of the oils, carrier oils or our diffuser? You have a standing 25% OFF Discount with code **ZENBOX25** at our store: www.SublimeNaturals.com. Use your ZEN POINTS! We have teamed up with **ESSENTIAL OIL STUFF!** Find aromatherapy accessories, gear, jewelry, etc. at big discounts. www.EssentialOilStuff.com. Get rollerball applicators and inhalers there, great to use with your ZEN BOX essential oils!

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I WILL HAVE THE UPDATE IN DECEMBER ON CHANGES TO ZEN BOX for 2017! STAY TUNED!

Warmly,

Kathy Heshelow, founder of ZEN BOX
Sublime Beauty Naturals®



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