

ZEN BOX PROFILES – OCTOBER 2016

Zen STAR ANISE Essential Oil

Zen PETITGRAIN Essential Oil

Zen HAIR TREATMENT Essential Oil Blend

BONUS MONTH: QUALITY INHALER INCLUDED!

ZEN HAIR TREATMENT



This blend was made to help improve, soften and add life to dry dull hair. For normal hair, use it as a tonic every month!

HOW TO USE - Dampen hair then massage some drops into your ends and scalp. (*My hair is dry so I like to let it sit for about 3 minutes.*) Then shampoo as normal. Repeat as required.

Here are the essential oils in your blend:

Green tea seed, olive and jojoba* oils, essential oils of lavender*, fir needle, magnolia, cedar wood, rosemary CO2 & vetiver, vitamin E oil, rosemary extract (* certified organic)

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 PETITGRAIN ESSENTIAL OIL



Latin name: Citrus Aurantium Amara **Sourced:** Paraguay **Production:** Steam Distillation of the leaves and twigs

In French, Petit means “small” and Grain means “seed”. Petitgrain is also known as Orange Leaf, coming from a bitter orange tree – the flowers of this tree create Neroli essential oil! Citrus blends come from the peel of citrus fruits, like orange. But Petitgrain is from the leaves and twigs, bringing other and different therapeutic value! And Petitgrain is not photo-toxic like other citrus-based essential oils.

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The scent of petitgrain is a very interesting blend of citrus but also a strong “green leafy” and “woody” scent! I think it smells “youthful” and refreshing!

While the petitgrain tree was originally native to China, it thrives in Paraguay, south of France and Spain today.

HISTORICAL ANECDOTES: Theophrastus, in his ancient Greek books, talks about the use of petitgrain for scenting fabrics and warding off moths. Originating in China, it spread to North-Eastern India and Burma, eventually finding its way via Arab traders to Africa, Arabia and Syria.

By the end of the 12th Century, it was brought to the Mediterranean and Europe by the Crusaders and Moors, and was cultivated to perfection in Spain. Christopher Columbus brought them to the New World in 1493!

IN AROMATHERAPY: From a therapeutic standpoint in aromatherapy, Petitgrain fosters a positive spirit and helps you to confront challenges. It creates a feeling of hopefulness. It is known to help nervous exhaustion, relieve depression and soothe. It is also an essential oil to help oily skin and reduce spider veins. It’s surprisingly versatile, and like several other essential oils, it can both relax and uplift at the same time! (I love the scent!)

SCIENTIFIC: Petitgrain has the qualities of antiseptic, anti-spasmodic, antidepressant, deodorant, nervine and sedative.

HOW TO USE:

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

1) **Diffuse it!** Apart from clarifying the air of bacteria and viruses (like most essential oils), this is good to diffuse if you want to create a positive environment, or soothe some nervousness. It’s supportive and uplifting. The kids might like it before an exam or a recital.

2) **Tired, suffering from nervous exhaustion?** Petitgrain is famous as a nerve tonic. Soak in a bath (or soak feet at the end of the day) with 4 drops of Petitgrain. You can add 2 drops of Lavender if you wish! If you have a headache from nervous exhaustion, do a cool compress with 2 drops of Petitgrain (French women love this!) Inhale whenever you feel the need.

3) **Oily skin, need some balance & antibacterial action?** Mix 2 drops of Petitgrain and Rose Geranium into your light cream, or jojoba. You could also mix this with a touch of witch hazel and water, shake well before using, and apply with a cotton ball. (To treat actual acne, we do recommend Tea Tree directly on acne.)

4) **Petitgrain helps with gas or nervous stomach.** Put several drops in your body cream or in a carrier oil and rub on your tummy for relief. Also inhale it before and after topical application.

5) **Cut or scrape?** Petitgrain is antiseptic and can help cleanse the wound and aid in healing. Just a drop or two on a fresh cut will help immensely. I typically use Lavender for this and keep a bottle in the kitchen, but I recently added Petitgrain to the kitchen arsenal! (Do your patch test!)

6) **Cramps or spasms?** Petitgrain has qualities that are anti-spasmodic. If suffering from cramps or spasms, inhale Petitgrain or diffuse it, then add several drops to an oil or cream and massage in the area of the cramps. It induces relaxation in the tissues, muscles, nerves, and blood vessels. Repeat every few hours if necessary.

7) **Fresh Body!** If you are looking for a nice natural fresh body scent, add a few drops to your body cream or oil. It can also serve as a natural body deodorant . If you are feeling hot or flushed, Petitgrain can help refresh and cool down as well.

Zen STAR ANISE Essential Oil

Latin Name: Illicium Verum **Sourced:** China **Production:** steam distillation



EXOTIC & MEDICINAL! Star Anise is the star-shaped fruit of an evergreen plant known scientifically as *Illicium verum*. Originating in southern China and Vietnam, it has been used as spice and medicine for over 3000 years!

Star Anise has a licorice-like or anise scent, although it is not related to the true anise plants native to the Mediterranean basin. Star Anise has medicinal properties that give it significant health benefits, recognized in the East and growing in the West.

In aromatherapy, it is known to be emotionally warming, radiant and helpful with shy people, or those who are weak and regaining strength.

ANECDOTES: Star Anise is one of the five spices in the famous “Chinese five spice powder”. (The other four components are cinnamon, fennel seeds, cloves, and Sichuan pepper.) Star Anise was believed in Europe to originate from the Philippines, as in 1578 the navigator Thomas Cavendish brought the first fruits to Europe via the Philippines, although unaware they originated from China!

SCIENTIFIC: Star Anise is the primary source of **shikimic acid**, a plant-based compound that is the precursor to oseltamivir, an antiviral medication that is marketed as Tamiflu, according to an article in a 2011 issue of “Alternative Medicine Studies.” Although shikimic acid also occurs

naturally in ginkgo and sweetgum fruit, Star Anise has far greater concentrations. In fact, without Star Anise, there is no Tamiflu.

Italian researchers tested shikimic acid alone and in combination with quercetin, an antioxidant-rich plant-based nutrient, to see if they could **bolster immune function** to help fight off flu or other viral infections. The two combined, even at low doses, helped ramp up immune function to better resist viral infection. Researchers published their findings in the April 2008 issue of "Journal of Medical Virology."

South Korean researchers found that extracts and essential oils of star anise exhibited strong antifungal properties when tested against *Candida albicans*. In the Dec. 10, 2010, issue of "Korean Journal of Medical Mycology," they said their findings confirm that extracts from *Illicium verum* are promising candidates for use as antifungal agents.

Researchers in Taiwan tested four new antimicrobial compounds from Star Anise and found that they were effective against 67 strains of drug-resistant bacteria. Published in the October 2010 issue of "Journal of Medicinal Food," the researchers reported that their findings pave the way for the development of new antibiotic medicines.

Here is the plant – you can see where it gets its name!



CAUTION: NEVER confuse this with Japanese anise (*Illicium anisatum*), which is toxic! Star Anise should be used in moderation. Pregnant women should avoid it.

HOW TO USE:

1) Diffuse or Inhale, of course! This is for antibacterial protection, to purify the air or for any of the conditions below.

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2) Flu, Cold, Cough, Bacterial infections. Due to its high source of shikimic acid, Star Anise has been found to be exceedingly effective in reducing or fighting off the flu. (It's used in Tamiflu, as mentioned above). It is also exceptional for treating cough due to asthma and bronchitis due to its expectorant property. It has been shown to be effective against 67 drug resistant bacterial strains [Journal of Medicinal Food, as noted above.]

Diffuse it, inhale it, use it when those around you are sick, or as a preventive. As many essential oils have this power, I think it is smart to trade out different oils every few days or weeks. Expert Robert Tisserand alludes to this, saying it would be a smart practice to avoid the body getting too used to one essential oil or the other.

3) Rheumatism: Star Anise has been found to be beneficial in patients with rheumatism and also with lower back pain. Regular massage with the oil can help with the pain and inflammation.

4) Insomnia or sleep problems? Star Anise has a sedative property and may be helpful for people with sleep disorders. Of course, Lavender is the "go-to" oil in the west, but you may want to try Star Anise if you have insomnia.

5) Indigestion? In China and other south East Asian countries, Star Anise is used for problems such as bloating, abdominal cramps, gas, indigestion and constipation and also activates the metabolic enzymes. You can put some drops in a cream or oil and massage on your abdomen, and also inhale deeply. It blends well with Peppermint, also known to help these conditions. Use 2 drops of each.

6) Libido. Star Anise is sometimes used to help increase libido in the East.

7) Yeast. As noted above, Star Anise is well-tested as potent against yeast. Massage on the body with drops in your favorite oils or cream; diffuse or inhale it if suffering from a yeast problem.

YOUR BONUS ITEM: QUALITY INHALER



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Slip the inhaler in your purse, bag, office drawer or pocket! Use your favorite essential oil or blend on the go! I love to use mine when I travel, when I go to the movies, or when I am out and about where many people are to reduce the risk of illness. Some like it on hand for allergy season.

If you suffer from stress or anxiety, have it handy to use, or in any number of different ways!

TO USE: Take off the lid, unscrew the gold inhaler part to reveal the glass capsule. Unscrew the glass capsule. Use 1-2 cotton balls torn small, push into the capsule with a toothpick or thin device. Choose your essential oil or blend, turn the lid into the glass capsule and let about 10 drops in (for a strong essential oils like eucalyptus or clove, start with 5-6 drops and see if it is strong enough.) Close the capsule again, shake and check to make sure the scent is strong enough. If not, add more drops. You are ready to use your inhaler!

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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