

Create-It-Yourself Aromatherapy

●To create **Air Fresheners** that purify and enhance the atmosphere, fill a 2-ounce spritzer bottle with distilled water and add 30 to 40 drops pure essential oils. Always shake before each use.

●Take an aromatherapy **Bath** to help calm your nerves, soothe aching muscles, and clear your mind. This is truly one of the most effective but often overlooked methods of gaining the powerful benefits of essential oils. Mix 5 to 10 drops of pure essential oils with 1 teaspoon carrier such as natural bath gel, natural shampoo or vegetable oil. Gently stir bath water just before you enter. Relax in the tub for 20 minutes.



●Make your own custom lotion by adding 15 to 20 drops of pure essential oils to each ounce of unscented **Lotion**. Mix well before using.

●Create a **Body Spritzer** by mixing 2 ounces of distilled water with 20 to 30 drops of pure essential oils. Shake well before each use. Avoid spraying into eyes.

●A simple and convenient method for **Inhalation** is to place 2 to 5 drops of pure essential oils on a clean tissue, then inhale. Another is to rub a few drops of essential oils in the palms of your hands, then inhale.



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Aromatherapy Companion Pack

Pure & Genuine Essential Oils:
Lavender, Peppermint, Tea Tree
Rosemary, Eucalyptus

Pack and go with natural
remedies - whenever you go to
the office or gym, camping or on
campus, home or hotel.

Pure and genuine essential oils may be used to help relieve jet lag, ease muscle soreness, reduce stress, promote rest and relaxation, quick inhalation therapy, boost mental alertness, and as fast-aid for minor scrapes, scratches, bumps, and bruises.

Fast-aid remedies

- **Bruises or burns** - Immediately apply a few drops of **Lavender**. Re-apply several times a day.
- **Earache** - Put a few drops of **Lavender** and **Tea Tree** onto a cotton ball and place in the ear.
- **Insect bites or stings** - Immediately apply a few drops of **Tea Tree** and **Lavender**. Itchy conditions may be helped by adding a drop of **Peppermint**. Re-apply several times the first day.
- **Motion sickness** - Inhale the vapors of **Lavender** or **Peppermint** or a combination of both. Breathe straight from the bottle or place a few drops on a tissue then inhale.
- **Nervous or upset stomach** - Add 2 drops of **Peppermint** to a bottle of purified water, shake well, then sip slowly.
- **Scrapes, abrasions, or cuts** - Immediately apply a drop of **Tea Tree**. Re-apply every few hours the first day. The second day combine with **Lavender**.
- **Sunburn** - Apply a few drops of soothing **Lavender** mixed with lotion or oil as soon as possible.

Help for common complaints

- **Headache** - Gently massage a drop of **Lavender** & **Peppermint** onto each temple (avoid eye area) and inhale the vapors from a tissue.
- **Sleeplessness** - To help induce sleep, massage several drops of **Lavender** mixed into lotion or vegetable carrier oil to the upper chest, back, and feet. Cover with a natural fabric, then recline and take a few deep breaths. If you also have a stuffy nose, add **Eucalyptus**.
- **Stuffy nose and head congestion** - Remove the cap from the **Eucalyptus** bottle and inhale the vapors, or place a few drops of the oil on a tissue and breathe in deeply. For a more difficult stuffy nose, apply a few drops of **Lavender**, **Peppermint**, and **Tea Tree** onto a warm wet cloth or into a bowl of steaming water than breathe in the moist vapors. For head congestion, you may also want to massage very gently a drop of **Lavender** onto each temple (avoid eye area).
- **Stale breath/sore throat** - For a cleansing, refreshing mouthwash/gargle, add a drop of **Lavender** or **Peppermint** to water or mouthwash; to disinfect add a drop of **Tea Tree**.
- **Dry, flaky scalp** - Gently massage a few drops of **Rosemary** and **Lavender** mixed with a vegetable carrier such as olive oil onto clean scalp. If scalp is also “itchy,” add 1 drop of **Peppermint**.

Relieve daily aches ‘n pains

- **Muscle spasms** - Apply 5 drops of **Lavender** and 5 drops of **Eucalyptus** mixed with lotion or oil to the painful area. Cover with natural fabric.
- **Shoulder and neck ache or aching feet** - Apply 5 to 6 drops of **Peppermint** mixed with lotion or oil.
- **Sore muscles** - As soon as possible, gently apply several drops of **Eucalyptus** & **Peppermint** mixed with lotion or oil to the affected area. Cover with natural fabric.
- **Sprains, strains** - As soon as possible, apply a few drops each of **Lavender**, **Rosemary**, and **Peppermint** mixed with lotion or oil. Cover and rest the affected area.
- **Tired muscles** - Apply 5 drops of **Rosemary** and 5 drops of **Lavender** mixed with lotion or oil to the affected area. Cover and rest.

Enhance your well-being

- **Cleanse and help purify the air** - Make a room spritzer with 10 drops each **Lavender**, **Rosemary**, **Tea Tree**, **Eucalyptus**, and **Rosemary** added to 2 oz distilled water. Shake well before use.
- **Balance your system and state of mind** - Take an aromatherapy bath using a few drops **Lavender** and **Rosemary** diluted in a teaspoon of natural bath gel, shampoo, or vegetable oil.
- **Fortify your system** - After taking a shower, apply a drop each of **Lavender**, **Tea Tree**, **Eucalyptus**, and **Rosemary** mixed with lotion to legs, arms, shoulders, and lower back.
- **Increase mental alertness** - Place a few drops of **Rosemary** into the palm of your hand, rub both palms together, then inhale the released vapors. To revive your senses, place a few drops of **Rosemary**, **Eucalyptus**, or **Peppermint** on a tissue and breathe in deeply. If driving, inhale the vapors directly from the bottle.
- **Refresh and cool** - Take a 10-minute foot soak with a few drops of **Peppermint** added to the water. Or try combining a few drops each of **Peppermint** and **Rosemary** with an unscented lotion, then apply to lower legs and feet.
- **Relax facial muscles** - At the end of the day or before bed, apply **Lavender** as a facial oil. After cleansing your face, mix in the palm of your hand a few drops of the oil with a teaspoon of a light vegetable oil, then gently massage onto your face.
- **Soothe and calm your nerves** - Inhale the vapors directly from the **Lavender** bottle or place a few drops of the oil on a tissue and breathe in deeply. Also apply a few drops along your collarbone. To help relieve anxiety, place a drop or two of **Lavender** inside your wrists and elbows, along the neck, and behind the knees. Before resting, massage several drops of **Lavender** mixed with lotion or oil to the chest, back and feet.

This pamphlet is an informational guide only and not intended to diagnose, treat, cure or prevent any disease. Anyone with a serious health condition should consult a qualified health professional.