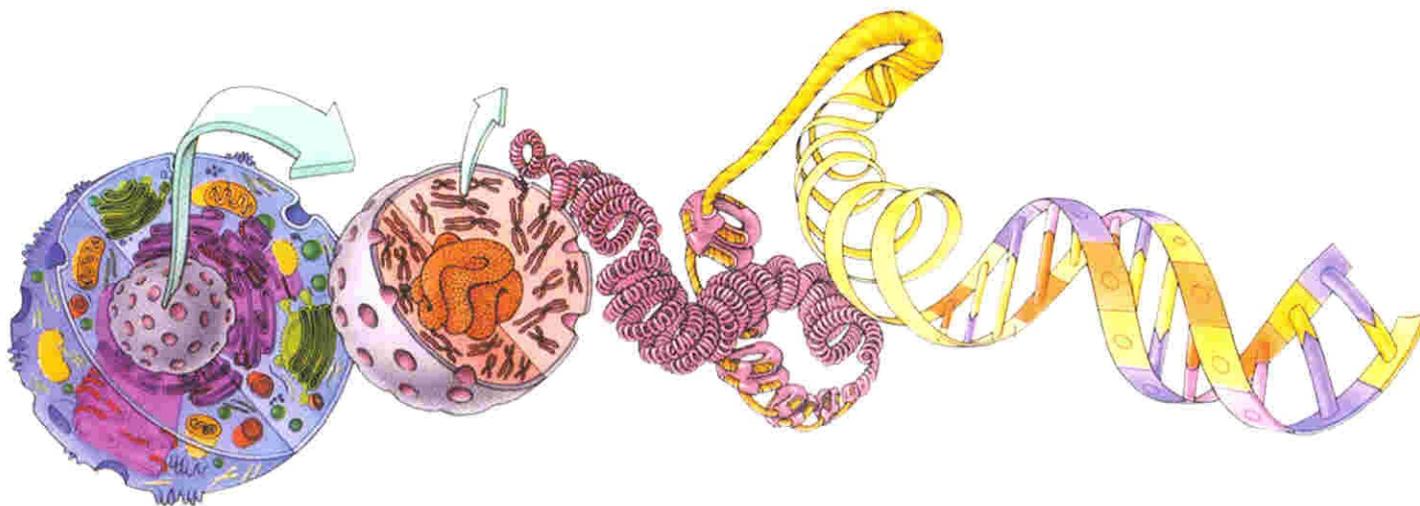


# ESSENTIAL OILS:

- Are the lifeblood of a plant
- Contain highly oxygenating molecules
- Deliver nutrients directly into the cell nucleus
- Are much more potent than herbs



# Factors that affect the therapeutic constituents in an essential oil are:

- ▶ **Which part of the plant used**
- ▶ Growing season
- ▶ Altitude
- ▶ Soil Conditions
- ▶ Fertilizer (chemical or organic)
- ▶ Geographical Location
- ▶ Harvesting Methods
- ▶ Distillation process (low heat vs high heat)



# GUARANTEED PURITY OF YOUNG LIVING ESSENTIAL OILS

- Virgin soil irrigated with pristine mountain water
- Organic weed and pest control
- Precision harvesting
- Highest standards in industry
- State-of-the-art analysis of all oils

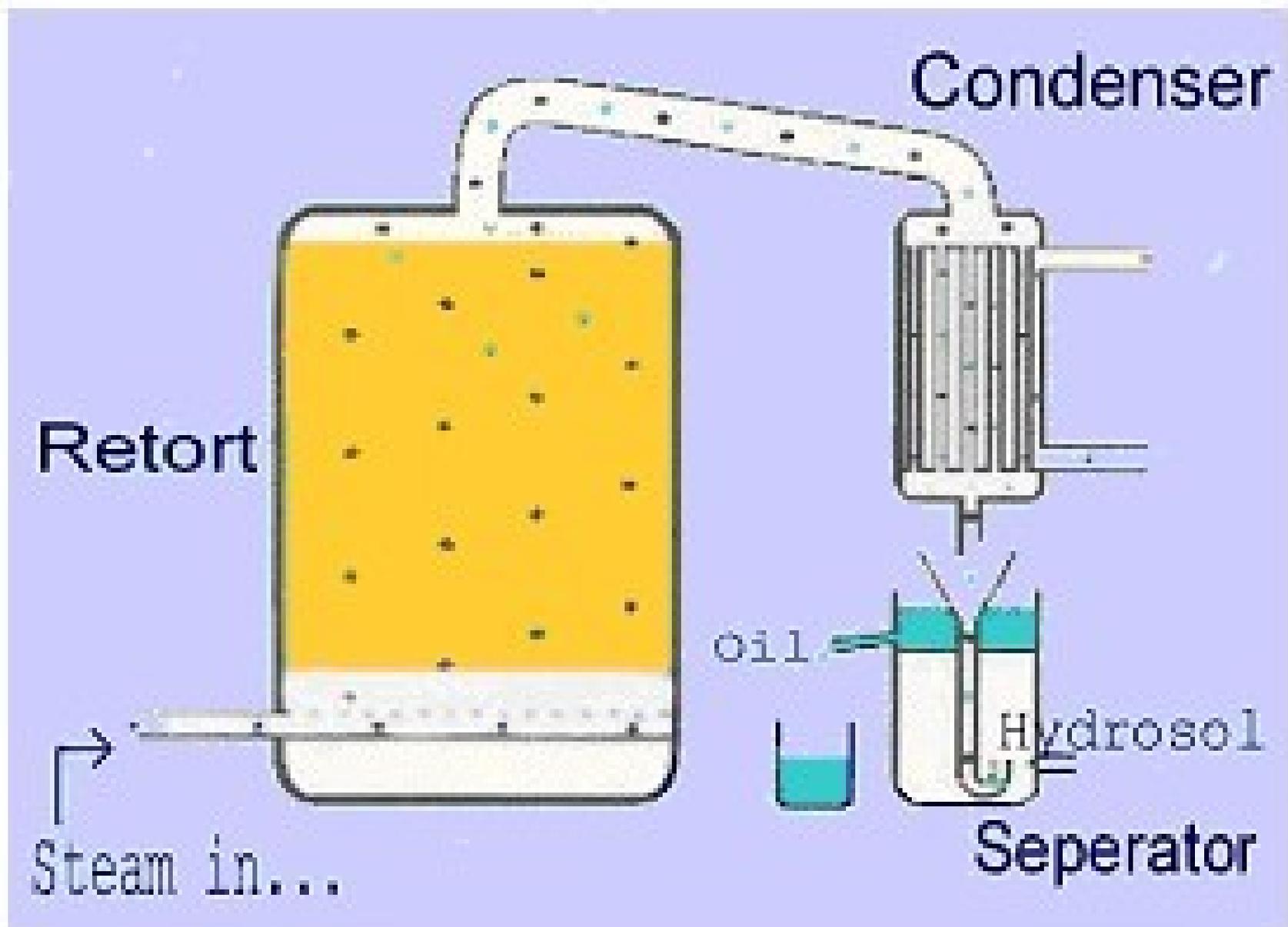


# *Beware!*

Adulterated, cut or  
synthetic oils

will not create the desired  
results and may even produce  
harmful effects

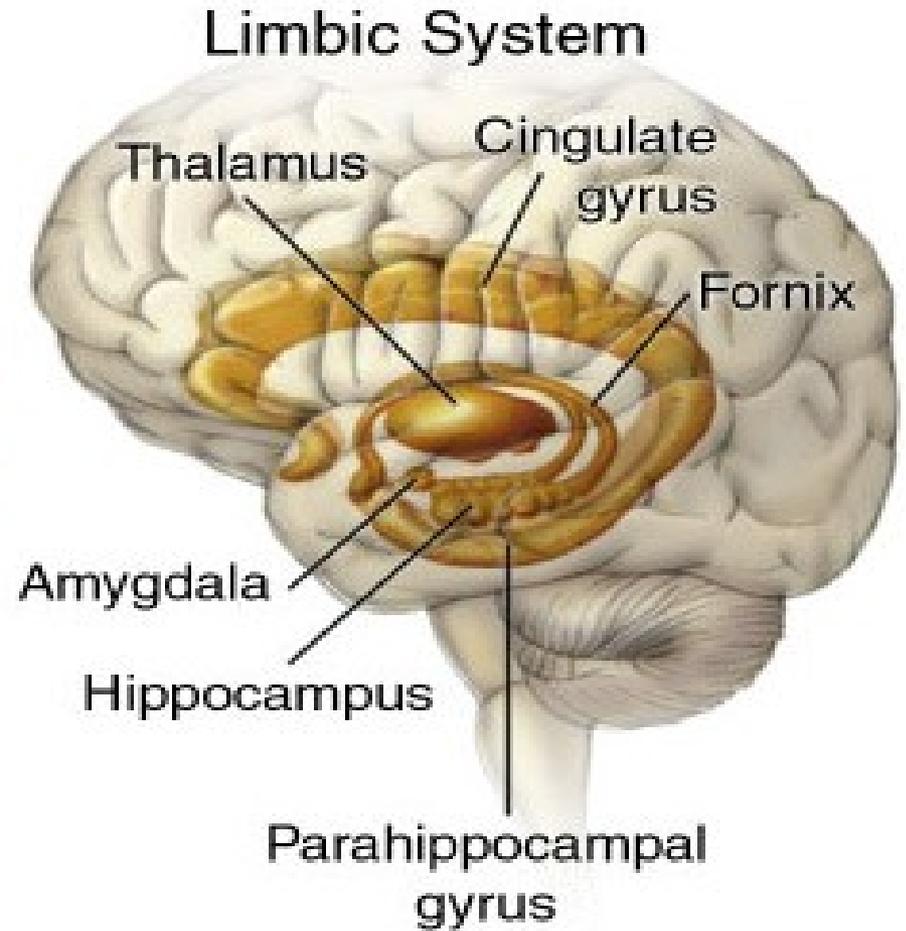
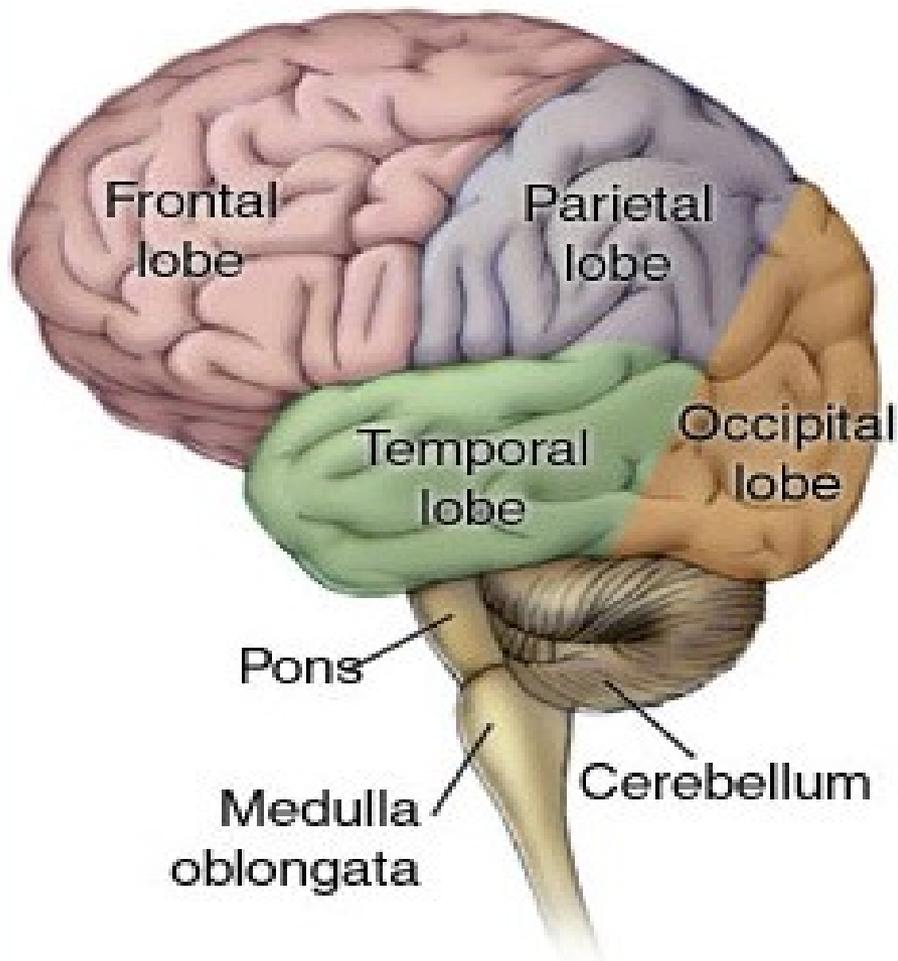




# How does aromatherapy work?

- ▶ Aroma enters through the nose through olfactory hairs/bulb to the limbic system of our brain
- ▶ Odor molecules stimulate lining of olfactory epithelium and triggers electrical impulses to the olfactory bulb in the brain
- ▶ Olfactory bulb transmits impulses to gustatory center, amygdala, and other parts of brain that control heart rate, blood pressure, breathing, memory, stress levels

# Anatomy of the Brain



# Sense of Smell – Limbic System

- ▶ The processing center of reason, emotion and smell
- ▶ Sense of smell is the only one of the five senses directly linked to the limbic lobe of the brain, the emotional control center
- ▶ Essential oils – through their fragrance and unique molecular structure – can directly stimulate the limbic lobe and the hypothalamus.

# Properties of Essential Oils

- ▶ Antibacterial, antiviral, antifungal, anti-parasitic
- ▶ Hormone regulator
- ▶ Stimulates the immune system
- ▶ Antispasmodic, Anti-inflammatory
- ▶ Anti-emetic
- ▶ Anti-anxiety, antidepressant, relaxing
- ▶ Astringent, skin toner and moisturizer
- ▶ Wound healing
- ▶ Decreases sinus/respiratory congestion

# Basil (*Ocimum basilicum*)

- ▶ Relaxes muscles, soothes away tension, useful for Migraines
- ▶ Supports healthy digestion, excellent choice to treat indigestion/nausea
- ▶ Deeply cleansing
- ▶ Helps with mental fatigue
- ▶ Useful for colds and flu, throat/lung infection
- ▶ Helps fight virus and fungal infections
- ▶ ORAC: 54,000 u/TE/100g
- ▶ Avoid use if epileptic

# Basil Essential Oil...continued

- ▶ Mosquito and insect repellent
- ▶ Moderate antibacterial activity against *Pseudomonas aeruginosa*, *E coli*, *Bacillus subtilis*, *Staphylococcus aureus*, *Salmonella typhus*, *Bacillus anthracis* (Anthrax)
- ▶ Antidepressant
- ▶ Light, sweet spicy aroma
- ▶ Chemistry: Phenols– Estragole <23%, Eugenol  
Alcohols– Linalol 40–50%, Citronellol
- ▶ No irritation/sensitivity at 4%

# Basil



# Clary Sage (*Salvia sclarea*)

- ▶ Different fragrance than garden sage
- ▶ Helps with mild mood changes, cramps & edema associated with menstrual cycle, analgesic, *antispasmodic*, very relaxing. Estrogen-like effects for female functions. Recent medical data indicates it naturally raises estrogen and progesterone levels
- ▶ Supportive for menopausal women especially for hot flashes
- ▶ Rejuvenates tired adrenal glands that are responsible for controlling anxiety levels
- ▶ Supports a positive mood

# Clary Sage...continued

- ▶ Useful for leukemia “Leukemia Research 1999 Mar;23(3):217-34
- ▶ Mild hypotensive (helps lower blood pressure)
- ▶ Useful for high cholesterol
- ▶ Anti-infectious against Klebsiella
- ▶ Chemistry: diterpenols (sclareol), esters 75% (linalyl acetate), sesquiterpenes (β-caryophyllene), alcohols (linalol)
- ▶ ORAC: 221,000 uTE/100g

# Clary Sage



880580 [www.fotosearch.com](http://www.fotosearch.com)

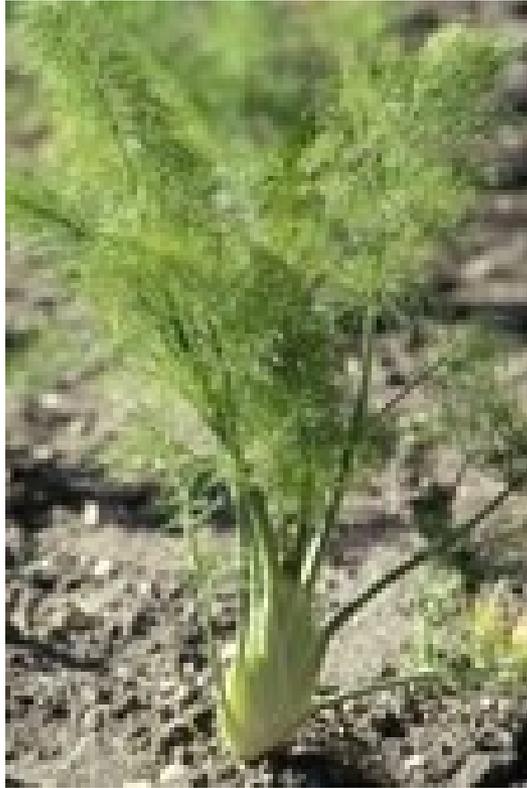
# Fennel (*Foeniculum vulgare*)

- ▶ Mentioned in one of oldest medical records, Ebers Papyrus
- ▶ Seeds used as a digestive aid and to balance menstrual cycles/PMS
- ▶ Encourages feelings of balance, evokes restorative, warming, motivating feelings, enlivens the senses
- ▶ Useful in arthritis/rheumatism
- ▶ Heals bruises, useful for rejuvenating mature skin
- ▶ Drinking tea increases a mother's milk

# Fennel... continued

- ▶ For diabetes, cancer, obesity
- ▶ For fluid retention, intestinal parasites
- ▶ Listed in Hildegard's Medicine, a compilation of early German medicines by highly-regarded Benedictine herbalist Hildegard of Bingen (1098–1179)
- ▶ Avoid if epileptic, use cautiously with estrogen-associated problems.
- ▶ Chemistry: Trans-Anethol (60–80%), Fenchone + Linalol (12–16%), Alpha-Pinene (3–5%), Methyl Chavicol (2–5%)
- ▶ ORAC: 238,400 uTE/100g

# Fennel



# Lavender (*Lavandula angustifolia*)

- ▶ Supports normal skin, replenishes/protects, stopped spread of gangrenous sores
- ▶ Maintains healthy lung function
- ▶ Supports the immune system
- ▶ Antiseptic, Cleansing to wounds, Effective against MRSA, typhoid, diphtheria, TB
- ▶ Calming, relaxing and balancing
- ▶ Reduces stress that causes asthma flare-ups
- ▶ Among safest of all oils
- ▶ Antiviral and antifungal – treats lung, sinus, vaginal, and skin infections

# Lavender..... Continued

- ▶ Reduces inflammation
- ▶ Relieves muscle pain and headaches
- ▶ Hastens healing of skin cells so can be used on burns (skin regenerative), sun burns, wounds and rashes
- ▶ Relieves pain of injuries by numbing nerve endings
- ▶ Can treat oily skin/acne/psoriasis, mild eczema
- ▶ Prevents scarring and stretch marks
- ▶ Slows development of wrinkles
- ▶ Relaxes brain waves/reduces stress, used classically for convulsions
- ▶ Acts as a sedative and antidepressant, possibly as effective as Valium
- ▶ Deters dog and cat fleas, useful for killing parasites

# Lavender... continued

- ▶ Reduces effect of atherosclerotic plaques
- ▶ Antispasmodic for asthma, bronchitis, hay fever, whooping cough
- ▶ Effective against mites, *Psoroptes cuniculi* (this mite implicated in asthma). Use as a rinse in wash machine to kill mites
- ▶ Gives a sense of well-being
- ▶ Chemistry: esters (up to 50%) linalyl acetate, alcohols (up to 45%) linalol, lavandulol
- ▶ The higher the altitude, >% esters (calming)
- ▶ Lower altitude, >alcohol content (more tonic/Anti-infectious)

# Lavender...continued

- ▶ Excellent to help settle a restless baby – place 1 drop on sheets.
- ▶ Can be used in mouth wash and gargle, pain in the mouth
- ▶ Enhances white blood cell count.. Good for immune compromised illness
- ▶ For face oil, use equal amounts frankincense, lavender and rose in carrier oil

# Lavender



# Lemongrass (*Cymbopogon flexuosus*)

- ▶ Aids normal digestion
- ▶ Calming and relaxing
- ▶ Supports joint and ligament function, anti-inflammatory, regenerates connective tissue & ligaments
- ▶ Reduces amount of pain sensations that reach the brain
- ▶ Numbs nerve endings/dulls pain intensity
- ▶ Promotes feelings of psychic awareness
- ▶ Insect repellent... mosquitos, fleas and ticks
- ▶ Attacks fungi by discouraging mold growth

# Lemongrass...continued

- ▶ Dilates blood vessels, improves circulation, promotes lymph flow
- ▶ Antibacterial...effective against *E. coli*, *S. aureus*, *Shigella*, *Streptococcus*, *Bacillus subtilis*, *Proteus* & *Klebsiella*, *Salmonella enterica*
- ▶ Analgesic (myrcene content), antipyretic
- ▶ Lowers cholesterol. Found in MultiGreens, ICP, Super C, Super Cal
- ▶ Chemistry: Aldehydes (Citral=neral and geranial) up to 85%, terpenes up to 20% (Myrcene)
- ▶ Can be irritating to skin

# Lemongrass



# Marjoram (*Origanum majorana*)

- ▶ Tranquilizing, assists in calming the nerves
- ▶ Promotes calming & relaxing feeling, for insomnia
- ▶ Helps with occasional muscle soreness, neuralgia, rheumatism, arthritis
- ▶ Promotes peristalsis, eases cramps
- ▶ Known as the herb of happiness, antidepressant
- ▶ *Antibacterial*: Clostridium sporogenes, E. Coli, Proteus vulgaris, Salmonella, Streptococcus, S. Aureus, Strep faecalis, Klebsiella pneumoniae, Aspergillus fumigatus, some effect for Pseudomonas

# Marjoram...continued

- ▶ Antifungal
- ▶ Neutralizes the Tuberculosis bacillus at 0.4%
- ▶ Helps prevent spread of infection
- ▶ Emmenagogue: assists the menstrual function
- ▶ Anaphrodisiac: depresses sexual function
- ▶ Chemistry: up to 40% terpenes, up to 50% alcohols, up to 12% esters

# Marjoram



# Myrtle (*Myrtus communis*)

- ▶ Rub on throat near thyroid to encourage feelings of balance, researched by Dr. Penoel for normalizing hormonal imbalances of the thyroid and ovaries, as well as hypothyroid
- ▶ Useful for treating tension and insomnia
- ▶ Elevating, clarifying, cleansing, liver stimulant
- ▶ Inhale for relaxing effect
- ▶ Gentle, nonirritating component in skin-care mixtures for regenerating, astringent, anti-allergenic effects
- ▶ Useful for sinus infections, hay fever
- ▶ Has high 1,8- cineole content

# Myrtle...continued

- ▶ Useful for prostate problems
- ▶ Myrtle hydrosol useful for treating inflammatory conditions of the eye (conjunctivitis, allergic reactions)..spraying hydrosol on eyelid or in the eyes
- ▶ Chemistry: Alpha Pinene (45–60%), 1,8 Cineol (Eucalyptol) (17–27%), Limonene (5–11%), Linalol (2–5%)
- ▶ ORAC: 25,400 uTE/100g

# Myrtle



# Oregano (*Origanum compactum*)

- ▶ Considered heavy artillery for combating bacterial infections
- ▶ Useful for acute bacterial infections of the GI tract and bronchi
- ▶ Irritating to the skin due to phenol content
- ▶ Kurt Schnaubelt, Ph.D lists 50 mgs = 1–2 drops per application up to 10 doses (Advanced Aromatherapy)
- ▶ Maintains healthy lung function
- ▶ Powerful antioxidant, anti-inflammatory
- ▶ Supports the immune system
- ▶ Deeply cleansing
- ▶ Promotes feeling of security
- ▶ Can be used for pain relief
- ▶ Antiseptic, anti-viral, anti-fungal, anti-parasitic

# Oregano...continued

- ▶ Listed in Hildegard's Medicine
- ▶ Chemistry: phenols (carvacrol 60–75%), Gamma-Terpinene (3.5–8.5%), Para-Cymene (5.5–9%), Beta Caryophyllene (2–5%), Myrcene (1–3%), Thymol (0–5%)
- ▶ ORAC: 15,300 uTE/100g



# Peppermint (*Mentha piperita*)

- ▶ Supportive for normal digestion and gastrointestinal system, GB/digestive stimulant, anti-nausea
- ▶ Helps maintain healthy lung function
- ▶ Helps to relax
- ▶ Helpful for dry, patchy skin
- ▶ Purifying, cooling, refreshing
- ▶ Helps restore mental alertness (Study showed mental accuracy increased by 28%)
- ▶ In liniments to relieve muscle spasms, arthritic conditions

# Peppermint... continued

- ▶ Relieves itching of ringworm, herpes blisters, scabies, poison oak and ivy
- ▶ Stimulates oil production in dry skin and hair
- ▶ Clears sinus and lung congestion, decongestant
- ▶ Relieves headaches
- ▶ Curbs appetite (stimulates brain's satiety center (ventromedial nucleus of the hypothalamus))
- ▶ Dr. Valnet used to treat liver and respiratory diseases
- ▶ Antibacterial: Effective against Staph aureus, E Coli, Klebsiella, Pseudomonas aeruginosa, MRSA and VREF

# Peppermint...continued

- ▶ Blend peppermint, clary sage, rose, fennel, rosemary for hot flashes in a spritzer spray
- ▶ Chemistry: Alcohols (up to 50%), ketone (up to 35%), Esters (up to 10%), 1–8 cineol (Eucalyptol) (2–5%)
- ▶ ORAC: 37,300 uTE/100g
- ▶ Avoid contact with eyes, sensitive skin, fresh wounds or burns. Do not apply to infants younger than 18 months above the waist. Avoid use with those with G6PD (glucose-6-phosphate dehydrogenase deficiency)

# Peppermint



# Roman Chamomile (Chamemelum nobile)

- ▶ Useful for restlessness, soothes away tension, nervous depression, hysterics. Calming for children and the elderly
- ▶ Supportive to the digestive system
- ▶ Supportive for normal liver function (detoxifies blood and liver)
- ▶ Regenerative to normal skin, useful for acne, dermatitis, eczema)
- ▶ Calming and relaxing, sedative
- ▶ Analgesic – useful in earache, neuralgia
- ▶ Helps relieve inflammation, used in swelling, abscess
- ▶ Strongly antispasmodic

# Roman Chamomile...continued

- ▶ Found in ointment “Kamillosan” used for diaper rash and sore nipples in breast feeding
- ▶ Useful in inflammation of the eyelid (hydrolat/tea bags)
- ▶ Avoid in hay fever. Ragweed is related to chamomile so beware of those allergic to ragweed.
- ▶ Chemistry: Esters (up to 80%), Ketones (up to 12%), Aldehydes (up to 10%), Sesquiterpenes (up to 10%) (caryophyllene, sabinene)
- ▶ ORAC: 240 uTE/100g

# Roman Chamomile



# Rosemary

(Rosmarinus officinalis CT 1.8 cineol)

- ▶ Helps promote blood circulation
- ▶ Maintains healthy lung function
- ▶ Helps restore mental alertness
- ▶ Improves mental clarity and focus
- ▶ Aids in assimilation of enzymes that break down food in the stomach
- ▶ Helps lymphatic system eliminate waste
- ▶ Reduces discomfort of nausea
- ▶ Thought to increase neuromuscular tone: useful in MS
- ▶ Helps get rid of canker sores/viruses
- ▶ Add to hair conditioners for dandruff/hair loss

# Rosemary...continued

- ▶ Anti inflammatory
- ▶ Good for septic shock
- ▶ Hypertensive – raises blood pressure – useful in faintness and headaches due to low blood pressure
- ▶ Thought to be effective in hepatitis – apply to liver area to relieve pain and swelling, cirrhosis
- ▶ Antibacterial, antiviral, antifungal. Effective against Cryptococcal meningitis, pneumonia & systemic infections of Mycobacterium. Useful in AIDS.
- ▶ Not recommended for children under age 4. Avoid using on person with hypertension.
- ▶ Chemistry: 1,8 cineol (Eucalyptol (38–55%) Camphor (5–15%) Alpha–Pinene (9–14%) Beta–Pinene (4–9%), Camphene (2.5–6%) Borneol (1.5–5%), Limonene (1–4%)
- ▶ ORAC: 330 uTE/100g

# Rosemary



# Spearmint (*Mentha spicata*)

- ▶ Supports healthy respiratory function
- ▶ Aids digestion, gallbladder stimulant
- ▶ Balancing to metabolism
- ▶ Promotes feelings of well being, opens and releases emotional blocks
- ▶ Anti-inflammatory, antiseptic, mucolytic
- ▶ Useful in Hepatitis
- ▶ Chemistry: Carvone (45–55%), Limonene (15–25%), Cis-Dihydrocarvone (5–10%)
- ▶ ORAC: 540 uTE/100g

# Spearmint



# Thyme (Thymus Vulgaris)

- ▶ Powerful Antioxidant, antifungal, antiviral, anti-parasitic
- ▶ Maintains healthy lung function
- ▶ Supports normal liver, heart, eye and brain function
- ▶ Supports positive mood, boosts stamina
- ▶ Increases production of white blood cells
- ▶ Relieves indigestion
- ▶ Can warm and relax sore muscles
- ▶ In numerous gargles, mouthwashes, chest rubs, cough drops (Thymol)
- ▶ Caution: Can irritate the skin/mucous membranes

# Thyme...continued

- ▶ Chemistry: Thymol (37–55%), Para-cymene (14–28%), Gamma-Terpinene (4–11%), Linalol (3–6.5%), Carvacrol (0.5–5.5%), Myrcene (1–2.8%)
- ▶ ORAC: 15,960 uTE/100g



# Frankincense (*Boswellia carteri*)



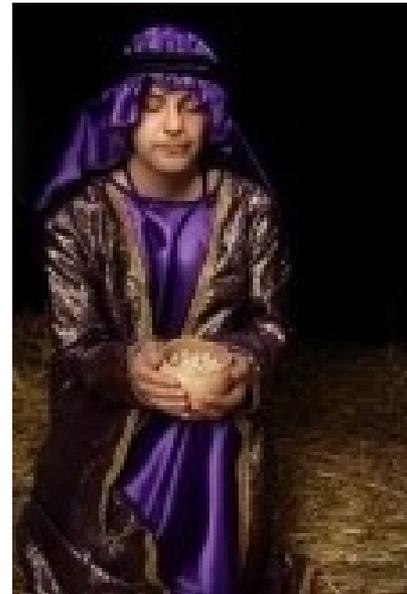
- ▶ Key Opener
- ▶ Stimulating, elevating to the mind
- ▶ Anti-tumoral
- ▶ Immuno-stimulant
- ▶ Anti-depressant
- ▶ Helps to overcome stress or despair
- ▶ Analgesic

# Frankincense

- ▶ History of being used as a cough medicine and for asthma
- ▶ Used for leprosy in China
- ▶ Cicatrisant, scars, ulcers, wounds, useful in skin cancer
- ▶ Helps induce a meditative state
- ▶ Used for anointing
- ▶ Effective against *S. aureus*, *Bacillus subtilis*, *E. coli*, *Mycobacterium phlei*

# Frankincense...continued

- ▶ Chemistry: Alpha-Pinene (28–49%), Limonene (10–16%), Sabinene (3–7%), Myrcene (8–12%), Beta Caryophyllene (3–7%), Alpha Thuyene (4–8%), Paracymene (2–5%)
- ▶ ORAC: 630 uTE/100g



# Raindrop Technique

Rejuvenate the Mind  
Balance the Body

# Vita Flex Technique

Vitality Through the Reflexes

A specialized massage technique utilizing rolling and releasing, which activates reflex points in the body.

# Vita flex basics

Start with Right Hand on Right Foot  
Complete Right Foot and Move to Left  
Foot

Apply firm pressure, rolling and  
pressing.

Move slowly, repeat step three times.  
May customize this technique

# Vita flex basics

Massage both feet with Valor  
Hold 3–5 minutes

Apply oils to arch of feet using  
press, roll–release motion.

Use Vita Flex technique to apply  
oregano, thyme, basil, cypress,  
wintergreen, marjoram and  
peppermint.

Refer to Vita Flex Chart for specific  
references.

# Valor blend oil

- ▶ Rosewood, Blue Tansy, Frankincense, Spruce
- ▶ Balances electrical energies in the body
- ▶ Touted as a chiropractor in a bottle
- ▶ Empowers physical and spiritual bodies to overcome fear and opposition when facing adversity
- ▶ Gives a feeling of strength, courage, and protection

# Oregano oil

- ▶ Powerful anti-infectious agent (for respiratory, intestines, genital, nerves, blood, and lymphatics) with large-spectrum action against bacteria, mycobacteria, fungus, virus, and parasites
- ▶ General tonic
- ▶ Immune stimulant
- ▶ Can cause skin irritation. Dilution recommended

# Thyme oil

- ▶ Highly antimicrobial
- ▶ Antifungal
- ▶ Antiviral
- ▶ Uterine Tonic
- ▶ Cardio-tonic
- ▶ Dilution recommended

# Basil oil

- ▶ Powerful antispasmodic
- ▶ Anti-infectious
- ▶ Antiviral
- ▶ Anti-inflammatory
- ▶ Decongestant (veins, arteries of the lungs, prostate)
- ▶ Antibacterial

# Marjoram Oil

- ▶ Anti-infectious
- ▶ Antibacterial
- ▶ Dilates Blood vessels
- ▶ Regulates blood pressure
- ▶ Soothes muscles
- ▶ Promotes intestinal peristalsis
- ▶ Tones the parasympathetic nervous system
- ▶ Supports respiratory system

# Wintergreen oil

- ▶ Analgesic
- ▶ Antispasmodic
- ▶ Anti inflammatory
- ▶ Liver stimulant
- ▶ Supports bone function
- ▶ Contains 98% Methyl salicylate
- ▶ Dilution Recommended

# Cypress Oil

- ▶ Improves circulation
- ▶ Supports the nerves and intestines
- ▶ Anti infectious
- ▶ Antibacterial
- ▶ Antimicrobial
- ▶ Strengthens blood capillaries
- ▶ Acts as an insect repellent
- ▶ Most used for circulatory system

# Peppermint oil

- ▶ Anti-carcinogenic
- ▶ Supports digestion
- ▶ Expels worms
- ▶ Decongestant
- ▶ Anti infectious
- ▶ Antibacterial
- ▶ Antifungal
- ▶ Mucolytic
- ▶ Stimulant
- ▶ Hypertensive

# Peppermint Oil... continued

- ▶ Cardio-tonic
- ▶ Stimulates gallbladder
- ▶ Pain-relieving
- ▶ Expectorant
- ▶ Anti inflammatory for intestinal & urinary tract
- ▶ Can heighten or restore sense of taste by stimulating the trigeminal nerve

# Aroma siez blend

- ▶ Blend of basil, cypress, marjoram, lavender, peppermint
- ▶ Helps relax, calm and relieve tight, sore, tired aching muscles resulting from sports injuries, fatigue or stress
- ▶ Helpful in relief of headaches & charley horses

# Ortho ease massage oil

- ▶ Wheatgerm Oil
- ▶ Grape Seed Oil
- ▶ Sweet Almond Oil
- ▶ Olive Oil
- ▶ Vitamin E
- ▶ Wintergreen
- ▶ Juniper
- ▶ Marjoram
- ▶ Red Thyme
- ▶ Vetiver
- ▶ Peppermint
- ▶ Eucalyptus
- ▶ Lemongrass

# Oils to be used

Valor, Oregano, Thyme, Basil,  
Cypress, Wintergreen,  
Marjoram, Aroma Siez,  
Peppermint and V-6  
Enhanced Vegetable Oil  
Complex.  
Ortho Ease optional.

# Raindrop Technique Basics

Facilitator to be balanced and focused

Remove all jewelry, nails clipped, filed short

Maintain a constant physical connection

Repeat each step three times

Look for discoloration on back

Dilute with V-6 if any irritation

Supplementary oils can be used to customize the  
Raindrop Technique

# Raindrop Technique Steps

Step One

Oregano Oil

Hold the Oil 6" Above the Skin

Drop 4-6 drops from sacrum to atlas

Feather with 6" brush strokes

Divide the back into 3 regions

Feather up each region 3 times

Feather up entire spine 3 times

# Step Two

Thyme Oil

Drop 2-4 drops sacrum to atlas

Complete feathering technique

As in Step One

Observe the skin for any redness

# Step Three

Basil Oil

Drop 6–10 drops

Complete feathering technique

Use fingertip pads to massage muscles each side of spine using clockwise circular motions.

Push and pull away from spine.

Do not work directly on spine.

# Step Four

Cypress Oil

Drop 6–10 drops both sides of spine

Complete feathering technique

Straddle spine with index and middle fingers of left hand.

Put bottom edge right hand below middle joints of two straddling fingers, pulling slowly to atlas of spine while rocking back and forth using short, rapid movements

# Step Five

Wintergreen Oil

Drop 6–10 drops both sides of  
spine

Complete feathering technique

Use Vita Flex Thumb rolling  
method to work up spine.

Knuckles should make contact  
with the spine. Work up an inch at  
a time.

# Step Six

## Marjoram Oil

Apply 6–10 drops both sides of spine  
and on tense muscles.

Complete feathering technique.

Place hand palm down and massage  
in a firm clockwise motion up left side  
and down right side of spine.

# Step Seven

## Aroma Siez Oil Blend

Apply 6–8 drops both sides of spine and on tense muscles.

Complete feathering technique.

Place both hands palm down on back near base of spine, one hand close to you, one hand on the far side of the back. Slide palms in opposite directions, working slowly up the spine toward the neck. Continue this technique, massaging up to the nape of the neck.

# Step Eight

## Peppermint Oil

Apply 2–8 drops both sides of spine.

Complete feathering technique. Feather up spine and to sides of receiver in region 1, 3 times. Brush from sacrum up the spine through region 2 and flare to sides of receiver. Repeat 3 times. From sacrum, brush up spine through all 3 regions. Flare to sides of receiver, crossing shoulders, repeating 3 times.

# Step Nine

## Valor Oil Blend

Apply 6–8 drops evenly along the center of spine. Lightly feather from sacrum up to the spine and flare off the receiver's shoulders, repeating twice.

# Step Ten

V-6 Enhanced Vegetable Oil Complex  
or Ortho Ease

Place 12–15 drops V-6 in your hand to warm the oil before spreading onto the muscles of back and neck. Use a gentle massage to spread oil.

# References & Resources

- ▶ Essential Science Desk Reference, Essential Science Publishing 1-800-336-6308
- ▶ R.J. Buckle, Clinical Aromatherapy
- ▶ Advanced Aromatherapy by Kurt Schnaubelt, Ph.D.

# Contact Information

- ▶ Barbara Lemke, RN, Certified Clinical Aromatherapy Practitioner
- ▶ Health & Wellness Options LLC
- ▶ By Appt at Avolen in Oconomowoc, WI
- ▶ 920-285-4635
- ▶ Available for classes and presentations
- ▶ [healthopts@hotmail.com](mailto:healthopts@hotmail.com)
- ▶ [www.youngliving.com/601146](http://www.youngliving.com/601146)
- ▶ <http://BarbaraLemke.YoungLivingWorld.com>

# Questions....

