



Top 10 Ways To Enhance Your Health with Five Essential Oils

By Candace Newman MAT, LMT
The Oil Lady®

Pure, therapeutic-grade essential oils are the basis of “True Aromatherapy”, which is the therapeutic use of pure essential oils. Nature provides us with these precious, highly concentrated, volatile liquids in the form of extractions from parts of plants and trees.

Since the beginning of time, mankind has relied on essential oils to assist in times of transition, celebrate the joys of life, and safeguard our overall health and sense of well being. With their liquid being naturally antibacterial and antiviral, essential oils help protect our physical health and relieve pain. Their profound aromas soothe mental and emotional stress and provide comfort. Essential oils are a microcosm of holistic health.

Things to do with The Good Medicine Tin®: Choose the right essential oil from the color chart below for these methods.

1. Keep a **bottle of pure essential oil** with you (in pocket or drawer at work etc.). Use it as an inhaler, and take 5 to 7 deep breaths to clear your head and emotions. Put one drop in your palm, rub hands together, cup nose, close eyes and breathe deeply. Good to relieve fatigue, stress, and boost immune system.
2. Use the **Lavender Mist** as often as you like, making large sweeping circles around your head and face as you breathe deeply. Enjoy this fresh, light lift at home, in your car, at your office and when traveling. A breath of fresh air!
3. Keep a **cotton ball** in your pocket with 2 to 3 drops of the appropriate essential oil on it. This is a mini personal diffuser and is very soothing.
4. Put pure essential oils in unscented **liquid soap** (1 to 2 drops per ounce) for the bath and shower. You can also do this with unscented lotion.
5. Keep a **diffuser** in your home and office, to cleanse the air with pure essential oils for you, your family and friends. Travel with one for your hotel room.
6. **Baths** are “Good Medicine”, and a great immune booster and tension reliever. Fill your tub with water and after getting in, make a **Palm Blend** by pouring Organic Golden Jojoba into the palm of your hand. Add 1 to 2 drops of the appropriate pure essential oils. Rub hands together and apply to your nose, temples, neck, chest and belly. Put the wet washcloth over your chest and close your eyes. Reflect and enjoy this quiet time.
7. **For massage**, make a Palm Blend (or use one of our custom blends) as stated in #6. Rub your hands together and cup them over your nose. Close your eyes and breathe deeply. Apply the blend to your nose, temples, and back of neck. Lavender and Orange are good for relaxation. Eucalyptus and Peppermint are good for aches and pains.
8. Make a **steam tent** for respiratory or sinus difficulties. Add 2 to 4 drops of pure essential oils into the water. Eucalyptus and/or Tea Tree are good choices. Peppermint is also good. Keep eyes closed. Stay in the steam tent 20 minutes for maximum benefit. Add 1 drop of oil periodically if needed.

9. Put yourself or a loved one to **sleep at night** with **Lavender**. (1) Make BIG circles of Lavender Mist around your head and mist the pillow. (2) Put a drop of straight Lavender on your pillow or on a cotton ball and tuck it in your pillow. (3) Make a Palm Blend (see #6) with Jojoba and 1 drop of Lavender or use one of our custom blends already made for you. Apply some to the nose, temples, and back of neck. Lie on your back and do a slow, gentle belly rub.

10. Take a moment to **create your personal way** to use the essential oil that is right for you at that time. In the morning you might want Peppermint to breathe in the day, and in the night you might want Lavender for a good night's sleep. Do your routine daily to help you stay healthy and balance the stresses of life. Find a quiet setting and breathe deeply. The aroma of pure essential oils speaks to that silent part of you that knows what you really need. In a world full of turmoil and complexity, essential oils and their pure aromas add to our state of well-being.

The Good Medicine Tin®

A simple system for the therapeutic use of essential oils.

The Perfect Gift of Health.

The Good Medicine Tin® includes:
 4 ml. each of pure Lavender, Tea Tree, Peppermint, Eucalyptus, and Orange. Also included is a Lavender Mist, Organic Golden Jojoba base oil, and a complete Guide Booklet. Learn how to make Palm Blends for stomach aches, headaches, colds, flu, stress relief, sleep, pure joy and so much more. The oil chart pictured here is in the lid of tin.

THE Good Medicine Tin. <small>COMPANY LLC</small> (866) 304-3451 www.GoodMedicineTin.com		OIL GUIDE Inhale: from bottle, diffuser, cotton ball. Bath/Shower/Massage: make Palm Blend. Palm Blend: 10-15 drops Organic Golden Jojoba in palm, add 1 tap/drop essential oil.
LAVENDER #1 BALANCER Physical, Mental, Emotional Tension, Insomnia, Burns & Cuts	Stand bottles upright. Use lid as a tray. For external use only.	TEA TREE #1 FIRST AID Infections, Bites, Stings Acne, Cold Sores & Nail Fungus
PEPPERMINT #1 DIGESTION Stomach Ache, Headache, Sinusitis & Fatigue	EUCALYPTUS #1 RESPIRATION Colds, Flu, Bronchitis, Aches/Pains & Sinusitis	ORANGE #1 TRANQUILIZER Anxiety, Depression, Children & Insomnia

"The Good Medicine Tin® has brought so much comfort to my whole family over the past year. My daughter-in-law has taken it and won't give it back! Please send me another one!" INDIANA CUSTOMER

"After purchasing The Good Medicine Tin® for my trip, it was the first time I did not get sick on the flight to Spain." FLORIDA CUSTOMER

"The Good Medicine Tin® is saving on our medical bills with the children. Thank you!" FLORIDA CUSTOMER

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