



## 7&7 ESSENTIAL OIL SET GUIDE

CINNAMON CASSIA | ENERGY™  
EUCALYPTUS GLOBULUS | GERM FIGHTER®  
IMMUNE AID® | INVIGOR AID™  
LAVENDER | LEMON  
PEPPERMINT | RELAX™  
SENSUAL™ | SWEET ORANGE  
TEA TREE | TRANQUIL®

## CINNAMON CASSIA

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This warm and spicy aroma is readily recognizable as a certain seasonal scent. Use Cinnamon Cassia to bring the holidays indoors. It can also be used in a warm, relaxing massage blend. Because of the strength of this essential oil, exercise caution when diluting at 0.05%. Test on a small patch of skin before applying to larger areas.

## ENERGY

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Long day? Slow-moving morning? Give yourself an invigorating boost with our Energy blend. This powerful combination of Blood Orange, Peppermint, Lemon, Ginger Root C02, Eucalyptus Globulus and Egyptian Geranium essential oils will help you find that stimulating drive you need anytime, anywhere. DO NOT use this blend within several hours of bedtime.

## EUCALYPTUS GLOBULUS

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The herbaceous overtones and soft woody fragrance of Eucalyptus Globulus will refresh any space, stimulate mental acuity, and support healthy respiration. Its warming effect is well-suited for occasional painful joints and muscles, and helps with healthy circulation.

## GERM FIGHTER

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The best defense is a good offense! During flu season, use Germ Fighter. We've blended together some of our most effective essential oils to help your immune system fight off outside threats, or support recovery. Plus, this blend of Lemon, Clove Bud, Eucalyptus Globulus, Cinnamon Cassia and Rosemary 1,8-Cineole smells great!

## IMMUNE AID

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The demands and stressors of our daily lives can wreak havoc on our immune systems. Plant Therapy is here to help with our Immune Aid blend. The health benefits of Frankincense Serrata, Tea Tree, Rosemary 1,8-Cineole, Lemon, Eucalyptus Globulus and Sweet Orange are numerous and can help support weary minds and bodies.

## INVIGOR AID

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Invigor Aid was developed to deliver a vivifying dose of vitality. By combining Australian Sandalwood, Black Pepper, and Lemon, we've created a truly invigorating blend that will help bring about mental alertness and agility. This is a take-charge blend that works quickly so that you can too.

## LAVENDER

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Lavender is perhaps the most well-known essential oil with its sweet, dry, and herbaceous-floral aroma. The scent of Lavender livens up your living space while promoting relaxation and deep sleep. Add to your unscented laundry detergent to freshen things up. Lavender Essential Oil supports healthy skin with age-defying and other benefits.

## LEMON

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Known for its cleaning ability, Lemon Essential Oil is a must-have for homemade cleaning recipes. It's an excellent choice for cleaning the kitchen sink or other areas where odors tend to accumulate. Add a few drops to your laundry for a fresh citrus boost, or use with a carrier or lotion to boost your immune system.

## PEPPERMINT

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Peppermint's refreshing and stimulating aroma is instantly familiar. Diffused, the oil has a cooling effect on the mind and body, resulting in a revitalization sensation. A diluted topical application is great for easing occasional tension headaches, as well as neck, shoulder, and backaches.

## RELAX

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It is so important to take some time every day to relax, unwind and decompress. This blend of Lavender, Sweet Marjoram, Mandarin, Patchouli, Bourbon Geranium and Roman Chamomile will help you do just that. By combining these soothing essential oils, we've created an incredibly therapeutic concoction that can instill calm and comfort to the body and mind.

## SENSUAL

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This sultry blend is ideal for stimulating the senses and supplementing your sensuality. Our Sensual scent offers floral overtures of Ylang Ylang Complete and Jasmine Absolute, which slowly submit to the soft, sweet, woody notes of Australian Sandalwood and Patchouli. Whether you diffuse, apply as a personal fragrance, use in a couples bath or as a massage oil, our Sensual blend helps you achieve the sexy, feel-good ambiance you've been craving.

## SWEET ORANGE

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With its soft, sweet citrusy scent, Sweet Orange can ease the mind by helping with occasional nervous tension and sadness. This essential oil is commonly called upon to support immune system health. With its zesty-fresh fragrance, Sweet Orange makes an invigorating addition to DIY soaps and scrubs.

## TEA TREE

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Known for its remarkable results when used as a house cleaner, or on blemishes and irritated skin, Tea Tree is one of the world's most highly respected essential oils. Offering a green, medicinal and woody aroma, Tea Tree will clear and refresh musty, stale rooms and bring about a calming atmosphere.

## TRANQUIL

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Bergamot, Patchouli, Blood Orange, Ylang Ylang Complete and Pink Grapefruit essential oils are each calming and soothing on their own, so our aromatherapists decided to put them all together for the serenity's sake. Our Tranquil Blend finds harmony between the fragrances and benefits of these wondrous essential oils.



## MORE RECIPES TO TRY

### SENSUAL MESSAGE

**What you'll need:**

- 2 oz Marvelous Massage
- 18 drops Sensual Blend

**What you'll do:**

Add 18 drops to 2 ounces of Marvelous Massage for a 1% dilution. Massage onto your partner to promote togetherness and add some romance to the bedroom.

### CHEERFUL BOOST BLEND

**What you'll need:**

- 6 drops Lemon
- 3 drops Peppermint

**What you'll do:**

Add essential oils to your personal aromatherapy inhaler. Enjoy throughout the day for a pick-me-up whenever you need it!

### NATURAL CLEANING SPRAY

**What you'll need:**

- 5 oz water
- 3 oz white vinegar
- 1 tsp dish soap
- 10 drops Sweet Orange
- 15 drops Eucalyptus Globulus
- 20 drops Tea Tree
- 30 drops Lemon
- 8 oz spray bottle

**What you'll do:**

Combine essential oils with your dish soap, then add the vinegar. Shake well to mix. Now add the water and shake again. Spray and wipe off to clean! Wear gloves while using this to protect the skin.

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