

Greenwood Health Systems, Inc.

100% Pure, Undiluted

Essential Oils

True wellness can be found when harmony exists between the mind, body, and spirit. This synergistic relationship has driven how our products are formulated from the very beginning.

Our Essential Oils products will continue our tradition of delivering exceptional result producing products at very realistic prices.

Used correctly, Essential Oils can be used neat, as blends, or as infusions to bring wellness to your life.

To obtain the best possible experience from our Essential Oil products, please follow these simple directions for use.

- 1) **DO NOT USE UNDILUTED OILS DIRECTLY ON THE SKIN.** Our Essential Oils are so pure that they **MUST** be used with Carrier Oil. We recommend a dilution of 5-10 drops of pure Essential Oils per Tablespoon (14ml) of Carrier Oil for skin application.
- 2) Do not ingest the diluted oils unless directed to do so by a fully qualified, licensed health care provider and **NEVER** ingest undiluted oils.
- 3) Keep out of the reach of children. Due to their appealing odor, many Essential Oils are particularly attractive to children. Treat and store them with the same caution you would use for prescription pharmaceutical drugs.
- 4) Storage. Do not store your essential oils in direct sunlight or in extremely hot places for extended periods of time.
- 5) Blending. If you are mixing your own blends, do not store them in plastic or clear glass bottles. Instead use amber or dark colored (blue, green or black) glass bottles as these will protect the oils from ultraviolet light.
- 6) Refrigeration. While Essential Oils do not need to be refrigerated, we recommend that you refrigerate the carrier oils after opening.

**WHAT TO USE ESSENTIAL OILS FOR
HOW TO USE ESSENTIAL OILS**

Acne	Acne Roll On, Tea Tree, Rosemary, Lavender, Geranium
Allergies or Congestion	Lemon, Eucalyptus, Rosemary, Peppermint, Lavender
Athletes Foot	Tea Tree, Clove, Eucalyptus
Headache	Pain Relief Roll On, Eucalyptus, Peppermint, Rosemary
Stress	Stress Relief Blends, Bergamot, Patchouli
Children Calming	Relaxation Blends, Lavender, Geranium
PMS	Geranium, Lavender, Fennel, Relaxation Blends
Energy and Uplifting	Energy Blends, Orange Sweet, Lemon, Grapefruit
Sleep Assist	Relaxation Blends, Lavender, Ylang Ylang
Teeth and Gums	Clove, Tea Tree
Muscle Pain and Sports	Pain Roll On, Sports Blends, Camphor
Coughs and Colds	Eucalyptus, Ravensara, Tea Tree, Lavender
Sinus Headache and Migraine	Eucalyptus, Clary Sage, Peppermint, Rosemary, Grapefruit
Burns	Tea Tree, Lavender
Bacterial Infection	Tea Tree, Rosemary
Menopause	Lavender, Geranium, Fennel
Heartburn	Lemon, Peppermint
Earache	Tea Tree, Rosemary, Fennel, Eucalyptus, Lavender
Colic	Peppermint, Lavender, Fennel
Hot Flashes	Geranium
Depression Assist	Bergamot, Frankincense, Basil, Clary Sage
Cramps	Clary Sage, Lavender, Grapefruit, Rosemary
Fever	Bergamot, Eucalyptus, Ginger, Peppermint, Rosemary
Nervousness and Anxiety	Lavender, Eucalyptus, Basil, Patchouli, Rosemary
Nausea and Vomiting	Lemon, Clove, Ginger
Cuts and Sores	Tea Tree, Geranium, Clove, Eucalyptus
Calluses and Feet	Peppermint, Lavender
Cold Sores	Tea Tree, Eucalyptus
Flu Symptoms	Ravensara, Eucalyptus, Lemon, Peppermint
Insect Allergies and Bites	Insect Roll On, Tea Tree, Lavender, Fennel, Patchouli
Insect Repellent	Citronella, Eucalyptus, Peppermint, Geranium

METHOD AND WAYS TO USE	SUGGESTED AMOUNT	DIRECTIONS
Diffusers	3 to 5 drops	Mix your favorite oils with water in an Ultrasonic Diffuser
Massage Oil	Mix 5 to 10 drops per Tablespoon of carrier oil and use externally on body	Use Grapeseed or Sweet Almond carrier oils. Mix a Tablespoon size in palm of hand and add oil of your choice.
Baths	Add 4 to 8 drops	Run bath water. Add essential oils when ready to get in tub. Soak for minimum of 8 minutes. Close doors.
Room Spray	5 to 10 drops per cup of water	Using an empty spray bottle, fill partway with water and add several of your favorite oils to run any room into an aromatherapy experience. Shake well before each use and spray in air, on curtains and carpets, but not on wood.
Cotton Ball, tissue	2 to 3 drops	Add oils to cotton ball or tissue and keep handy, or on the collar of shirt. Use often.
Shower	5 to 10 drops	Spray entire room before showering. Also, while showering put oils on washcloth and rub on body and breath deeply.
Perfume	To your liking	Use in existing perfume to enhance or use as a massage oil. Experiment!
Humidifiers	4 to 12 drops	Add as you would add anything to a humidifier.
Boiling bowl of water	3 to 5 drops	Add boiling water to a bowl. Add oils. Close doors and windows and let aroma fill the room. You can also put a towel over your head and breath.
Sauna/Jacuzzi	5 to 10 drops per person	Mix with water and use as normal in a sauna or Jacuzzi.
Foot or Hand Bath	3 to 8 drops	Soak your feet or hands in a bowl of warm water with the essential oils for 8 to 10 minutes on hands and 20 minutes on feet.
Candles	2 to 5 drops	Use any candle as you normally would. Once the wax has begun to melt add the oils to the melted wax.

Essential Oil Guide By Skin Type

For Dry Skin: Geranium, Lavender, Roman Chamomile, Sandlewood, Lemon.

For Oily Skin: Lemon, Cypress, Frankincense, Geranium, Lavender, Marjoram, Orange, Rosemary.

For Acne Prone Skin: Melaleuca, Lavender, Geranium, Sandlewood, Thyme*, Vetiver, Lemon, Lemongrass, Marjoram, Patchouli.

**Avoid using Thyme Essential Oils while pregnant. It is a known uterine stimulant and could potentially bring on early labor.*

Oils to Avoid During Pregnancy

Basil, Cinnamon, Clary Sage, Clove, Cypress, Fennel, Jasmine, Juniper, Marjoram, Myrrh, Rose, Rosemary, Sage, Thyme.

In most cases, these oils are completely healthy, but because they can affect hormones, they are not recommended at this stage.

OUR 100% PURE, UNDILUTED ESSENTIAL OILS

Cedarwood Essential Oil

Cedarwood Essential Oil has a very warm and sweet smell with a woody balsamic tone. It blends well with rosewood, bergamot, clary sage, rosemary, and ylang ylang.

Personal Care: Eczema, acne, dandruff, greasy skin, hair loss, skin ulcers, dermatitis, fungus

Respiratory System: Coughs, congestion, bronchitis

Mood Help: Nervous tension, stress relief, relaxation

Clove Essential Oil

Clove Essential Oil has a sweet spicy scent with a little fruity scent as well. It blends well with clary sage, ylang ylang, bergamot, and rosewood.

Personal Care: Athlete's foot, bruises, burns, acne, toothache, wounds, arthritis, sprains, colic, nausea, colds, flu, infections, asthma

Eucalyptus Essential Oil

Eucalyptus Essential Oil has a strong camphorous scent with woody hints. It blends well with rosemary, pine, cedarwood, lavender, and lemon.

Personal Care: Insect bites, herpes, blisters, burns, lice, skin infections, muscle aches, poor circulation, sprains, arthritis, asthma, bronchitis, coughs, sinus issues, throat infections, chicken pox, colds, flu, measles, headaches

Frankincense Essential Oil

Frankincense Essential Oil has a fresh, warm, rich balsamic scent. It blends well with geranium, lavender, pine, orange, bergamot, basil, cinnamon, and other spices.

Personal Care: Dry and matures complexions, wrinkles, scars, wounds, asthma, bronchitis, coughs, laryngitis, colds, flu

Mood Help: Stress relief, anxiety, nervous tension, meditation, prayer, deepens breath

Grapefruit Essential Oil

Grapefruit Essential Oil has a fresh, sweet citrus scent. It blends well with lemon, bergamot, rosemary, lavender, and geranium.

Personal Care: Oily skin, acne, cellulitis, muscle fatigue, obesity, water retention, chills, colds, flu, headaches

Mood Help: Depression, sports stress

Lavender Essential Oil

Lavender Essential Oil has a sweet, floral, herby scent the balsamic, woody smells as well. It blends well with cedarwood, clove, clary sage, patchouli, geranium, pine, and most all floral and citrus oils.

Personal Care: One of the most versatile and most used oils. Acne, allergies, bruises, burns, athletes foot, dandruff, dermatitis, earache, eczema, inflammations, insect bites and stings, ringworm, scabies, all skin issues, sprains, aches and pains, asthma, halitosis, throat infections, laryngitis, whooping cough, abdominal cramps, colic, flu, headache

Mood Help: Depression, insomnia, stress relief, vertigo, shock

Lemon Essential Oil

Lemon Essential Oil has a light, fresh, citrus smell. It blends well with geranium, eucalyptus, ylang ylang, lavender, and most citrus oils.

Personal Care: Insect bites, mouth ulcers, acne, herpes, warts, arthritis, cellulitis, high blood pressure, nosebleeds, asthma, bronchitis, colds, flu, infections, corns

Mood Help: Headaches, stress relief, uplifting

Lemongrass Essential Oil

Lemongrass Essential Oil has a light, fresh lemony smell with earthy undertones. It blends well with eucalyptus, tea tree, geranium, lavender, and rosemary.

Personal Care: Headaches, stomach aches, abdominal and muscle pain, kills germs, acne, fever, energy digestive tract spasms

Orange, Sweet Essential Oil

Orange, Sweet Essential Oil has a fresh, warm, rich balsamic scent. It blends well with lavender, clary sage, lemon, cinnamon, and clove.

Personal Care: Obesity, bronchitis, chills, colds, flu, constipation, water retention

Mood Help: Stress relief, uplifting, depression, anxiety

Patchouli Essential Oil

Patchouli Essential Oil is a dark amber oil with a rich, sweet, herby, earthy scent. It blends well with geranium, cedarwood, lavender, clove, bergamot, and clary sage.

Personal Care: Athlete's foot, acne, dandruff, dermatitis, impetigo, insect repellent, wrinkles, wounds, fungal infections, cracked and chapped skin

Mood Help: Nervousness, stress relief, depression, anxiety, sensuality and aphrodisiac

Peppermint Essential Oil

Peppermint Essential Oil has a minty, camphor like grassy scent. It's very penetrating. It blends well with rosemary, lavender, lemon, eucalyptus, and other mints.

Personal Care: Headaches, sore throat, acne, toothache, dermatitis, muscular pain, ringworm, asthma, bronchitis, halitosis, sinusitis, head colds, colic, cramps, nausea flu, fevers, fainting, migraine, vertigo
Mood Help: Energy and uplifting, mind stimulation, refreshing and revitalizing

Ravensara Essential Oil

Ravensara Essential Oil has a medium, woody, medicinal scent. It blends well with clove, rosemary, eucalyptus, and lavender.

Personal Care: Excellent for infections, bronchitis, sinus congestion, viral infections, shingles, acne, infected skin
Mood Help: Depression, anxiety, shock, great massage oil

Rosemary Essential Oil

Rosemary Essential Oil has a fresh, strong, minty scent with woody undertones. It blends well with peppermint, lavender, pine, basil, cedarwood, cinnamon, and other spice oils.

Personal Care: Acne, eczema, hair growth, scabies, lice, varicose veins, gout, muscular pain, poor circulation, asthma, bronchitis, whooping cough, colds, flu, infections, headaches, mental fatigue
Mood Help: Refreshing and revitalizing, immune support, energy and uplifting

Tea Tree Essential Oil

Tea Tree Essential Oil has a warm, fresh, camphorous, spicy scent. It blends well with geranium, clary sage, lavender, rosemary, pine, clove, and other spicy oils.

Personal Care: Acne, athlete's foot, blisters, burns, herpes, insect bites, rashes, abscess, warts, wounds asthma, bronchitis, coughs, sinusitis, tuberculosis, whooping cough, cold, flue, thrush and infections

Calm, Meditation Blend

Calm, Meditation Blend is a blend of ylang ylang, patchouli, clary sage, frankincense, sweet orange, and thyme.

Stress Relief Blend

Stress Relief Blend is a blend of bergamot, patchouli, blood orange, ylang ylang, and grapefruit.

Sports Recovery Blend

Sports Recovery blend is a blend of wintergreen, camphor, and pine.

Relaxation and Sleep Blend

Relaxation and Sleep Blend is a blend of lavender, patchouli, marjoram, chamomile, mandarin, and geranium.

Immune Boost Blend

Immune Boost Blend is blend of those oils that are attributed with immunity enhancing properties. It contains clove, cinnamon, lemon, eucalyptus and rosemary.

Relaxation and Meditation Massage Blend

Relaxation and Meditation Massage Blend contains lavender, patchouli, chamomile, geranium, mandarin, and marjoram essential oils.

Sensuality and Sexuality Massage Blend

Sensuality and Sexuality Massage Blend contains ylang ylang, patchouli, jasmine sandalwood, and sweet orange essential oils.

Stress Relief Massage Blend

Stress Relief Massage Blend contains lemon, ylang ylang, and clary sage essential oils.

CONVENIENT 100% PURE ROLL ONS

Pain Relief Roll On

The Rollerball for everyday muscle aches, headaches and other aches and pains gives immediate relief. Conveniently packaged in a small rollerball bottle to fit in a purse or pocket. This is a proprietary blend of 100% pure essential oils.

Acne Roll On

The Rollerball for acne contains a proprietary blend of 100% pure essential oils that have been shown to help with stubborn acne. Simple to use and conveniently packaged.

Insect Roll On

The Rollerball for insect bite relief contains a proprietary blend of 100% pure essential and carrier oils that have been shown to help with insect bites. Simple to use and conveniently packaged.

Allergy Relief Roll On

The Rollerball for allergy relief contains a proprietary blend of 100% pure essential and carrier oils that have been shown to help with allergies. Conveniently packaged in a small rollerball bottle to fit in a purse or pocket.

100% PURE CARRIER OILS

We recommend a dilution of 5-10 drops of pure essential oils per tablespoon of carrier oil for skin application.

Grapeseed Carrier Oil

Grapeseed Carrier Oil gives a light, satin like finish. It also has some astringent qualities and is good for oily, acne prone skin. It is one of the lightest oils available.

Sweet Almond Carrier Oil

Sweet Almond Carrier Oil is an excellent emollient and is known for its ability to soften and re-condition the skin. It is considered extremely nourishing. It can be expected to sooth dry skin and irritated areas.

Hemp Seed Carrier Oil

Hemp Seed Carrier Oil is high in Omega fatty acids and proteins. It is a fantastic cosmetic grade oil due to its nutrients, though the illegal Cannabis association tends to reduce its popularity. It is currently being more readily explored by progressive manufacturers.

Fractionated Coconut Carrier Oil

Fractionated Coconut Carrier Oil is an excellent emollient and is known as a transdermal therapeutic carrier. It is extremely nourishing and is expected to sooth dry and irritated areas.