



## ReFocus Essential Oil Blend

**DESCRIPTION:** An herbaceous and woody blend of oils for calming and focusing. Diffuse it when doing tasks that require concentration and clarity.

**TOP AROMATHERAPY BENEFITS:** concentrate • focus • clarity

**AROMA:** Herbaceous & Earthy

**INGREDIENTS:** Juniperus virginiana oil, pogostemon cablin oil, citrus aurantium dulcis (orange) peel oil, mentha arvensis leaf oil, cymbopogon flexuosus leaf oil, mentha piperita (peppermint) oil, cinnamomum camphora (camphor) oil, rosmarinus officinalis (rosemary) leaf oil, eucalyptus globulus leaf oil, ocimum basilicum (basil) oil

**CAUTION:** Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Avoid sunlight or UV rays for up to 12 hours after applying product.

Also available in 10 ml roll-on.



### TOP TIPS:

#### Diffuser

Add 1 drop oil per 20 ml of water and diffuse for an enlightening and energizing aromatherapy experience.

#### Study Aid

Diffuse to encourage focus while studying.

#### Enhance Meditation

Use during yoga or meditation to help put you in a peaceful place.

#### Replace the Caffeine Fix

Diffuse or dilute and use topically to help enhance concentration and focus instead of drinking caffeinated beverages.

#### Feel Grounded & Focused

Diffuse or dilute and use topically when feeling distracted or overwhelmed. Apply to feet to promote feelings of clarity.

#### Body Cleanse

Add a few drops to carrier oil and apply to pulse points when trying to cleanse body and mind.

#### Scalp Massage

Combine with carrier oil, rosemary and lavender for a scalp massage promoting healthy hair.

#### Add to Bath

Add a few drops to a warm bath for a relaxing soak.

#### Surface Cleaner

To a spray bottle, add 15 drops of ReFocus oil, 1 cup distilled water and 1/4 cup white vinegar. Shake well.

#### Natural Deodorizer

Use as a spray or soak as a natural deodorizer.

### EXPERTLY BLENDED

ReFocus is specially designed by our aromatherapy experts with the following oils:



Basil



Camphor



Cedarwood



Eucalyptus



Lemongrass



Orange



Patchouli



Peppermint



Rosemary

Usage: Use 3-5 drops per 100 mL of water with a diffuser. Dilute up to 5 drops per 1 teaspoon of carrier oil to use topically.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.