A truly authentic essential oil is one of the plant kingdom’s greatest gifts. For centuries they have been prized as remarkable flavors, fragrances and most notably as potent remedies. Wellness seekers through the ages have discovered that when these precious aromatic liquids are delivered in their original, unaltered state, they profoundly and safely cleanse, protect, rejuvenate and elevate the body and mind.
THE TRUTH ABOUT OIL QUALITY

Essential oils are most effective when in their authentic, natural state. When NSP began offering essential oils more than 15 years ago, we discovered many competitive oils on the market had been altered, standardized and enhanced for flavor, fragrance and economic advantage. Nature’s Sunshine raised the bar. We guaranteed that our oils were 100% authentic.

Recently, the wellness market has been flooded with new essential oil offerings. Each claims its own “grade,” be it “A,” “therapeutic,” “clinical,” “medicinal” or even “certified.” The truth is these grades do not ensure oil authenticity. They are created solely by the companies selling the oils. Conscientious health seekers should know there is no third-party governing body that certifies or grades essential oils. Thus, many essential oil companies sell adjusted, altered and even synthetic oils and call them pure and therapeutic. Since many essential oil companies source their products from fragrance, flavor and even chemical brokers, they do not oversee the entire supply chain. They sacrifice the all-critical relationship with the source harvester and distiller.
OUR PROMISE

Nature’s Sunshine maintains that the best safeguard against adulteration is to know your source. For more than four decades, Nature’s Sunshine has developed trusted partnerships and proven practices that ensure quality throughout the entire product lifecycle. Our essential oils are uniquely backed by the SureSource Guarantee: a practice that absolutely verifies essential oil authenticity back to cultivation, harvest and original distillation. (see page 8)

We do all this so you can be completely confident that every drop of oil will work exactly as nature intended. Nothing has been added, altered or taken away. This commitment to quality and authenticity is our promise. When it comes to your health we never compromise, and neither should you.

WHY AUTHENTICITY MATTERS:

1. Essential oils applied topically are absorbed through the skin into the bloodstream almost instantly.
2. Inhaling an oil’s aroma immediately passes vapors into your body and mind.

Use Nature’s Sunshine products with confidence knowing only guaranteed authentic essential oils with a history of safety and efficacy will influence your health.
Nature’s Sunshine’s proprietary SureSource Guarantee gives our authentic essential oil lovers a whole new level of quality confidence. SureSource ensures authenticity through the complete product lifecycle and produces several critical “signature” documents as tangible proof.

This graphic compares SureSource to common industry practices.
THE POWER OF ESSENTIAL OIL

It takes 3,000 lemons to make 1 kilo (roughly 2 pounds) of essential oil. Imagine though if you were using lemons that had been exposed to pesticides. Those toxins might also concentrate in the oil product. With Nature’s Sunshine authentic lemon oil, you can have confidence in our zero pesticide tolerance. Every product Nature’s Sunshine delivers will always be pesticide-free.

BERGAMOT
Revitalize and Overcome

Bergamot is a sweet, citrusy scent used to ease tension and fear.
• Is frequently used in massage therapy for calming effect
• Promotes clear, healthy-looking skin
• Organically grown

Botanical name: *Citrus x bergamia*
Origin: Italy

LEMON
Crisp and Clean

The clean and crisp aroma of lemon has a remarkable cleansing effect on body and home.
• Diffuse in a room to elevate mood
• Use to clean kitchen or bathroom areas
• Cold-pressed

Botanical name: *Citrus x limon*
Origin: USA
LIME
Fresh and Fruity
Lime uplifts, inspires and stimulates the senses to promote a positive mood.
• Cleanses the air
• Creates an energizing, uplifting environment
Botanical name: *Citrus latifolia*
Origin: Mexico

ORANGE
Bright and Bold
Uplifts and lightens the mood, making an excellent base for customized blends. Elevates mood when diffused in room.
• Has an energizing and revitalizing aroma
• May support mental focus
Botanical name: *Citrus sinensis*
Origin: USA

PINK GRAPEFRUIT
Uplift and Energize
The fresh and distinct aroma of pink grapefruit is celebrated for its uplifting effects.
• Elevates mood when diffused in a room
• Eases nervous exhaustion
• Organically grown
Botanical name: *Citrus x paradisi*
Origin: USA

RED MANDARIN
Serene and Tranquil
Red Mandarin’s sweet, tangy and warm scent is known to invoke tranquility to body and soul.
• Combats agitation with its soothing effects
• Calms restless children when diffused in a room
• Organically grown
Botanical name: *Citrus reticulata*
Origin: Italy
HERBAL

Scent Family - Singles

CLARY SAGE

Ease and Brighten

Clary Sage has a hearty, herbaceous aroma that has the ability to ease stress associated with monthly menstrual cycles and menopause.

• Eases stress and tension associated with women’s cycles
• Balances and lifts mood
• Organically grown

Botanical name: *Salvia sclarea*
Origin: France

LEMONGRASS

Invigorate and Soothe

This fresh and earthy scent is naturally an efficacious and purifying element.

• Purifies and tones skin
• Brightens and elevates mood

Botanical name: *Cymbopogon citratus*
Origin: India
OREGANO (WILD)
Cleanse and Defend
Wild Oregano has a powerful, zesty aroma often used for its cleansing effect.
- Use topically for cleansing properties
- Provides natural fortification
- Helps clear nasal passages
Botanical name: *Origanum vulgare*
Origin: Hungary

PATCHOULI
Balance and Maintain
This rich, earthy aroma with a subtle fruity accent is renowned for its calming skin benefits.
- Eases skin irritation when used topically
- Has a balancing effect on emotions
Botanical name: *Pogostemon cablin*
Origin: Indonesia

SWEET MARJORAM
Relax and Support
Marjoram’s herbaceous and spicy aroma has a calming effect on body and mind.
- Apply to muscles for warming effect
- Eases nervous exhaustion
Botanical name: *Origanum majorana*
Origin: Egypt

THYME (WILD)
Stimulate and Revive
This penetrating, warm aroma is often used to ease fatigue.
- Aromatherapists credit thyme with the ability to cultivate courage
- Eases mental fatigue
Botanical name: *Thymus satureioides*
Origin: Morocco
FLORAL
Scent Family - Singles

GERANIUM
Strengthen and Nourish
Geranium’s rich, floral scent is cherished for its toning and nourishing attributes.
• Promotes clear, healthy-looking skin
• Soothes and balances nerves
• Certified organic
Botanical name: Pelargonium graveolens
Origin: Egypt

HELICHRYSUM
Repair and Recover
This powerful aroma can be described as floral zest and is often associated with skin health.
• Helps soften rough or course skin
• Use topically on damaged skin and scars
• Certified organic
Botanical name: Helichrysum italicum
Origin: Morocco
JASMINE
Love and Peace
This smooth and intense floral scent has been used in enhancing sexual mood for centuries.
• Promotes romantic feelings
• Helps ease dry, sensitive skin
Botanical name: *Jasminum officinale*
Origin: Egypt

LAVENDER
Restful and Radiant
Lavender’s signature scent has long been valued for its calming properties.
• Is widely used for calm and relaxation
• Promotes sleep when diffused in a room
• Helps moisturize skin
• Certified organic
Botanical name: *Lavandula angustifolia*
Origin: France

NEROLI
Powerful and Captivating
Made from the blossoms of bitter orange trees, this floral citrus oil is recognized for its nurturing properties.
• Can be applied topically to spider veins
• Can be diffused for a nurturing and calming effect
• Certified organic
Botanical name: *Citrus x aurantium amara*
Origin: Morocco

ROMAN CHAMOMILE
Sensitive and Reassuring
This natural and potent floral aroma is the most versatile of the chamomile family.
• Promotes restful sleep
• Provides a calming effect on skin, body and mind
Botanical name: *Anthemis nobilis*
Origin: England or France
ROSE
Comfort and Affection
Rose is a complex, sweet aroma that has been used for centuries in perfumes and love agents.
• Comforts and calms matters of the heart
• Promotes affection and warmth when diffused in a room

Botanical name: *Rosa x damascena*
Origin: Bulgaria

YLANG YLANG COMPLETE
Balance and Desire
This sweet, exotic floral aroma provides an uplifting and sensual experience.
• Promotes sexual mood and function
• Certified organic

Botanical name: *Cananga odorata*
Origin: Madagascar
CINNAMON LEAF
Sensitive and Reassuring
This warm and spicy aroma kindles the spirit and body.
- Diffuse in a room during changing seasons
- Is frequently used in massage therapy for its calming effect

Botanical name: *Cinnamomum zeylanicum*
Origin: Sri Lanka

CLOVE BUD
Relieve and Fortify
Clove’s spicy and rich aroma is instantly recognizable and is a trusted source for emotional relief.
- Effective agent for minor aches and pains
- Use topically for healthy teeth and gums
- Organically grown

Botanical name: *Eugenia caryophyllata*
Origin: Madagascar
WOOD
Scent Family - Singles

CEDARWOOD
Warm and Sweet
Facilitates an impassioned sense of protection, wisdom and abundance.
• Known to warm the heart and facilitate mental focus
• May help improve the appearance of skin when combined with Hand & Body Lotion
• Is used in shampoos and lotions

Botanical name: *Cedrus atlantica*
Origin: Morocco

CYPRESS
Clean and Earthy
Provides emotional grounding and a deep sense of inner peace.
• Offers an emotionally grounding effect
• Features a clean, energizing aroma
• Is often used as a deodorant

Botanical name: *Cupressus sempervirens*
Origin: Spain
FRANKINCENSE
Center and Elevate
This rich aroma is famous for its meditative and elevating properties.
• Provides centering, comforting support and elevates mood
• Is often used with carrier oil to diminish the appearance of stretch marks
• Certified organic
Botanical name: *Boswellia carteri*
Origin: Somalia

MYRRH (WILD)
Resilient and Robust
Myrrh has a robust and spicy scent and has long been associated with strength and endurance.
• Promotes emotional balance and well-being
• Is known to promote fortitude
• Natural bug repellant
Botanical name: *Commiphora myrrha*
Origin: Somalia

SANDALWOOD
Harmonize and Infuse
This luxurious aroma is rich and lasting and is often associated with its harmonizing effects.
• Can be diffused to lighten and harmonize mood
• Promotes clear, healthy-looking skin
Botanical name: *Santalum album*
Origin: India

HISTORY OF OILS
Frankincense, cinnamon, myrrh and many other aromatic plants have literally transformed the history of man. They have long been some of the most prized natural resources. When distilled, their value soared to new heights. The resulting essential oils became more valuable than even the most precious metals. Ancient healers marveled at the rapid and noticeable health results authentic essential oils created. Modern aromatherapy practitioners continue this legacy, utilizing essential oils to relieve pain, improve mood, promote relaxation and strengthen every major body system.
By their very nature, natural essential oils vary slightly from season to season in scent, color and composition. Our authentic oils embrace these natural dynamics. We do not add isolated compounds in an attempt to standardize the naturally occurring variations of our essential oils. While some companies routinely adjust oils to standardize flavor, fragrance or phytochemical consistency, Nature’s Sunshine essential oils are delivered to you exactly as Mother Nature intended. We believe the best chemistry comes through great biology.

EUCALYPTUS
Cool and Refresh
This cooling and refreshing scent provides a stimulating experience for body and mind.
• Apply to neck and chest
• Is useful during the changing seasons
• Organically grown
Botanical name: *Eucalyptus radiata*
Origin: South Africa or Australia

PEPPERMINT
Fresh and Vigorous
This strong and minty-fresh aroma is widely used to freshen and invigorate mood.
• Freshens and invigorates when diffused
• Supports mental performance and alertness
Botanical name: *Mentha piperita*
Origin: USA
PINE NEEDLE
Recharge and Revitalize
The familiar, fresh pine aroma conjures a feeling of the crisp, clean woods.
• Natural deodorizer
• Apply to room to freshen and awaken
Botanical name: Pinus sylvestris
Origin: Austria

RAVINTSARA
Crisp and Cooling
Ravintsara's penetrating attributes help clear brain fog and boost motivation.
• Increase inner focus and feelings of calm
• Has skin-cleansing properties when applied topically and diluted
• Encourages deep breathing
Botanical name: Cinnamomum camphora
Origin: Madagascar

ROSEMARY (WILD)
Clear and Present
This clear and fresh scent has long been revered by healers for its versatile properties.
• Helps support memory
• Helps combat fatigue
Botanical name: Rosmarinus officinalis
Origin: Tunisia

TEA TREE OIL
Restore and Sustain
Tea Tree Oil (Melaleuca) is a fresh, medicinal-scented oil that is famous for its restorative properties.
• Invigorates and restores
• Can be used topically for cleansing
Botanical name: Melaleuca alternifolia
Origin: Australia
WINTERGREEN (WILD)

Wintry and Warming

Wintergreen oil has a refreshingly minty, woody and mildly sweet aroma.
- Has a soothing, warming effect on the body when used topically
- Invigorating and awakening
- Often used in homemade shampoos, muscle rubs and salves

Botanical name: Gaultheria fragrantissima
Origin: Nepal
BREATHE DEEP

Take a deep breath and exhale. This clearing blend will have you breathing deep and clear in no time.

FEATURES:
Lemon, Orange, Eucalyptus, Spearmint, Cypress, Fir, Ravensara and Tea Tree

CHANGES

Women’s Health Blend

CHANGES helps women ease the symptoms that are traditionally associated with PMS or the transitional phase of menopause.

FEATURES:
Clary Sage, Pine Needle, Orange, Ho Leaf, Peppermint, Ylang Ylang and Chamomile
NATURE’S SUNSHINE PRODUCTS

CORE
Balancing Blend
Always remember to BE YOURSELF. Achieve a natural balance and sense of purpose with this supportive and unique blend.
FEATURES:
Atlas Cedar, Spruce, Ho Leaf, Blue Tansy, Frankincense and Chamomile

ESSENTIAL SHIELD
Shield yourself against the changing seasons with this protective formula.
FEATURES:
Orange, Clove, Eucalyptus, Cinnamon, Lavender, Lemon, Pine Needle, Wild Rosemary, Peppermint, Pink Grapefruit and Thyme

INSPIRE
Uplifting Blend
Inspire greatness in yourself and those around you with this uplifting and fresh blend.
FEATURES:
Pink Grapefruit, Orange, Lemon, Spearmint, Peppermint, Cinnamon, Bergamot, Ginger and Vanilla Oleoresin

PARADISE
Relaxing Blend
Facilitate a positive mood and promote calm amidst highly emotional moments.
FEATURES:
Atlas Cedar, Lavender, Grapefruit, Yuzu, Lime, Mandarin, Frankincense and Vanilla
PROSPER
Success Blend
Helps foster the right mindset to attract any form of wealth that you seek.

FEATURES:
Orange, Cedar, Cinnamon and Spruce

PURITY
Refreshing Blend
Like a sweet spring breeze, PURITY adds a burst of freshness to any room.

FEATURES:
Spruce, Lemon, Lime, Lavandin, Tea Tree, Lemongrass, Citronella and Peppermint

RECOVER
Soothing Blend
Apply this deep, cool and penetrating blend to muscles after workout.

FEATURES:
Wintergreen, White Camphor, Wild Rosemary, Cajeput, Fir, Clove, Helichrysum, Juniper, Peppermint and Frankincense Gum Resin

REFUGE
Calming Blend
Allow REFUGE to be your daily safe haven. As daily stresses and worries accrue, REFUGE will be your beacon for peace and serenity.

FEATURES:
Lavender, Orange, Atlas Cedar, Ylang Ylang, Blue Tansy and Vanilla Oleoresin
**RELIEF**

**Settling Blend**
Calm and relax the body, soothing away distress from the hustle and bustle of daily life.

**FEATURES:**
Ginger, Anise, Peppermint and Lemongrass

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**RENEW**

**Releasing Blend**
Restart and recharge, leaving you ready to face whatever challenges life may present.

**FEATURES:**
Lemon, Grapefruit, Cypress, Laurel, Wild Rosemary and Juniper

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**TEI-FU®**

**Soothing Blend**
Invigorate the mind and ease the body with this soft and refreshing blend. This blend is like yoga to your soul.

**FEATURES:**
Menthol, Camphor, Wintergreen, Eucalyptus, Lavender and Clove in a base of Safflower Oil
MUST HAVES

Nature’s Sunshine Authentic Essential Oils have the power to cleanse, nourish and rejuvenate the body and mind. Take your oil experience to the next level with our recommended must haves. From our selection of diffusers to our carrier oil, these will perfectly complement your essential oils regimen and enhance your experience.

CARRIER OIL
Use as a base for massage or any other topical application.

DIFFUSERS
Ultrasonic Authentic Essential Oil Diffuser, Aroma Plug-in Diffuser, Professional Series Nebulizing Diffuser.
Scent Family Collection

CITRUS  HERBAL  FLORAL  COOL  WOOD  SPICE  BLENDS