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Nature's Sunshine Instructor
36 Years with NSP



Manager of the Year 2003
Co-Owner of The Herbal Health Center
3 Children, 9 grandchildren
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Author:
The Pearl Box: Breaking the Bondage of Disease Through Biblical Tools for Physical, Mental, Emotional, and Spiritual Health
Healing Words: The Power of Speaking the Scriptures (as medicine for the body)

Great News! We are Adding a
Proprietary Blend to Our Current Excellent EO Line
Pure-Authentic-Synergistic-SureSource Guarantee

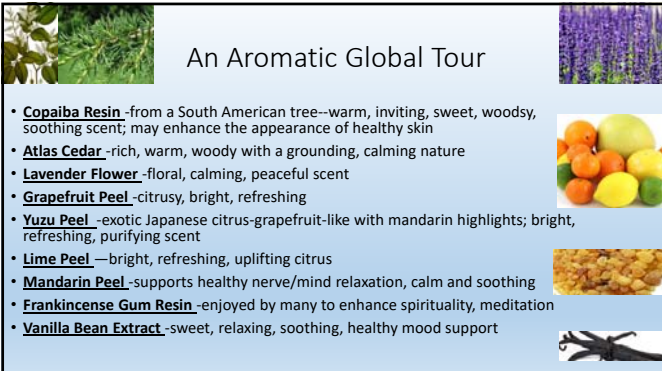
Introducing: Paradise Relaxing Blend
Stock# 21945 15 ml



NATURE'S SUNSHINE

An Aromatic Global Tour

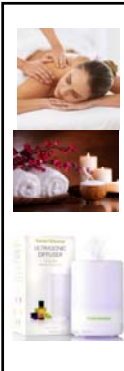
- **Copaiba Resin** -from a South American tree--warm, inviting, sweet, woody, soothing scent; may enhance the appearance of healthy skin
- **Atlas Cedar** -rich, warm, woody with a grounding, calming nature
- **Lavender Flower** -floral, calming, peaceful scent
- **Grapefruit Peel** -citrusy, bright, refreshing
- **Yuzu Peel** -exotic Japanese citrus-grapefruit-like with mandarin highlights; bright, refreshing, purifying scent
- **Lime Peel** —bright, refreshing, uplifting citrus
- **Mandarin Peel** -supports healthy nerve/mind relaxation, calm and soothing
- **Frankincense Gum Resin** -enjoyed by many to enhance spirituality, meditation
- **Vanilla Bean Extract** -sweet, relaxing, soothing, healthy mood support



Common Methods of General EO Use

- **MASSAGE:** Approximately 12 drops of essential oil per ½ oz. bottle of carrier oil.
- **INHALATION:** 6 to 8 drops essential oil/blend in bowl of hot water or a diffuser. Place a towel over head. Inhale for 5 minutes. Close your eyes if irritation. You can inhale EO's (essential oils) from cupped palms while on the go during your day.
- **AROMATHERAPY BATH/SHOWER:** Mix 10-20 drops to of essential oil into 2 c of Epsom salts or a Tbsp of liquid soap for a bath. Soak 18-20 minutes. Try 6 or more drops on washcloth for using in a steamy shower with the water temporarily off.
- **SPRITZER:** Add 15-45 drops of EO's to 2 oz. water Shake well before applying. Use caution regarding the face and eyes..
- **LOTION:** Consider about 6 drops of EO to a tablespoon of lotion. Adjust as desired
- **ROLLER BALL:** Add 20-80 drops of EO's to Carrier Oil
- **OINTMENT:** Add a few drops of EO to an application of Golden Salve
- **POWER BATH:** The goal is support the healthy energies of the body including healthy detoxification. Premix up to 10 drops of Paradise Relaxing Blend to 2 cups each of Epsom and Kasher salts for one bath. You may experiment increasing it to ¼-tsp if no skin sensitivity. Consider adding to this: ¼ tsp of Atlas Cedarwood or Core Blend.

*Always use essential oils with caution with children (choking, overdoses, toxicity, and skin reaction may occur.) and around pets (not always compatible, their skin is very tender and thin, and they are small with differing metabolisms than humans. They should be able to leave a room where you are diffusing or nebulizing an essential oil.



A Word about Photosensitivity

Some essential oils containing furanocoumarins and to be used with caution are: *Some EO's assumed phototoxic but are sun safe are*
 Bergamot (Citrus bergamia, Citrus aurantium)
 Grapefruit (Citrus x paradisi) *Mandarin peel—cold pressed*
 Lemon – cold pressed (Citrus x limon, Citrus limonum) *Orange—sweet, cold pressed*
 Lime – cold pressed (Citrus x aurantifolia, Citrus x latifolia)

One might experience photosensitivity with sun-exposed skin with Paradise Blend which may increase if adding more Lime, Lemon or Bergamot. Beginning with small diluted amounts is wise.

These can be assumed to be phototoxic, but are sun-safe:
 Organic Orange—**Cold pressed citrus sinensis is sun-safe**
 Mandarin peel—**Cold pressed is sun safe**

Certified clinical aromatherapist: Lea Harris <http://www.usingsafely.com/phototoxic-essential-oils-how-to-stay-safe-in-the-sun/>
 Tisserand and Young strongly conclude that **Yuzu Oil is very likely not phototoxic due to its insignificant content of bergapten. (Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition, United Kingdom: Churchill Livingstone Elsevier, 2014), 87,480.)

Complementary Products

- Hand and Body Lotion
- Pau d'Arco Lotion
- Carrier Oil
- Ultrasonic Diffuser
- Nebulizing Diffuser
- Aroma Ball Plug In
- Flower Essences
- Nature's Fresh Enzyme Spray



So Many Choices! Multiple Creative Uses

- Diffuse
- Massage
- Compresses
- Baths
- Scrubs
- Lotions
- Spritzers
- Roll-ons



*Always dilute with Carrier Oil or Lotion before using

Paradise Key Lime Spritzer
 Start with a 1 oz spritzer bottle
 Add: 12 drops of Paradise
 9 drops of Lime
 Fill to the shoulder with pure water
 Shake and mist in your office, kitchen,
 living room, or bathroom as desired.

Paradise Blend Refreshing Deodorant

Into a 2 oz spritzer bottle:
 Add: 20 drops of Paradise Blend
 10 drops of Organic Orange or Wild Mandarin
 10 drops of Refuge or Lavender
 Fill to the shoulder with naturally fresh enzyme spray.
 Shake well.

Paradise Sugar Scrub
 It's Time for a Spa Party!

- 1/2 cup white sugar
- Slowly add Carrier oil or melted coconut oil 2-3 Tbsp...until grainy and moist. You want enough to create a layer of oil on the skin so the scrub doesn't all flake off
- Add 4 drops of Paradise Blend and 2 drops of Lemongrass
- Scrub the hands first at the sink for about 5 minutes (leave most for the feet). Rinse. People can assist each other or do their own as their comfort level allows in this demonstration

Happy Feet Lotion

To 1 tablespoon of fragrance-free lotion or Carrier Oil:
 Paradise Blend (3 drops)
 Lavender (2 drops)
 Tea Tree(3)
 Mix and Enjoy!



Paradise Sorbet Age-Defying Skin Lotion

Perfect for winter and cloudy days!



2 T. quality lotion—Pau d'Arco and Hand and Body Lotion are great choices
 6 drops Paradise Blend
 6 drops organic Orange
 2 drops Lemon
 2 drops Frankincense
 Mix well. The aroma is like orange sorbet!
 *Caution with skin exposed to sun

Paradise Beauty Serum

May reduce the appearance of stretch marks, acne, and scars

- 7 drops Paradise Blend
- 6 drops frankincense essential oil
- 1-6 drops tea tree oil
- 6 drops organic orange
- 1 ounce rosehip oil
- 2 ounces jojoba oil
- A small glass pump bottle (4- to 6-ounce bottle)

Add your EO's first and then the carrier oil. Use up to twice daily.



Paradise Express Transporting Flower Remedy



Manage Healthy Moods and Emotions
 Pick a favorite De-Stressing Flower Remedy Blend
 Add 2 squirts (1/2 dropper x 2) to a 2 oz spritzer bottle
 Add 20 drops Paradise Blend

Now, add your choice of one of these below or use a blend of them to achieve an extra 6-20 drops. Here are some examples:

- 12 drops Organic Orange or Red Mandarin
- 6-20 drops of Organic Lavender
- 12 drops of your favorite 'inspirational' blend
- 6 drops of Frankincense
- 10 drops of your favorite 'prosperity' blend

Or any mix of these. Shake and adjust drops to reach desired aroma

You can also use these recipes in a carrier oil base to make a roll on. Tip: aim for 50% EO





Sample Guide for Perfumery


- **Top Note oils** 12-15 drops (evaporate in 1-14 minutes—most volatile) perceived quickly such as the citrus oils.
- **Middle Note oils** 25-30 drops (15-16 minutes) emerges after the top note leaves (lavender is an example)
- **Base Note Essential Oils** 12-20 drops (61-100 minutes) emerges after the middle note dissipates; (...patchouli, atlas cedarwood, cypress, juniper, rosemary frankincense and vanilla.

Great mixing bases: 2-4 oz of spiced rum (nice for men) or high proof vodka—the alcohol evaporates quickly as it disperses the essential oil on or around the body


- 1) Mix oils into a dark glass bottle until you are satisfied with the scent.
- 2) Give the oils a few days to meld and settle; adjust amounts as needed.

Add 2 oz of alcohol; sample and adjust alcohol amounts. Store in an atomizer away from light.

[https://en.wikipedia.org/wiki/Note_\(perfumery\)](https://en.wikipedia.org/wiki/Note_(perfumery)) https://en.wikibooks.org/wiki/Complete_Guide_to_Essential_Oils/A_to_Z_of_essential_oils



Playing in Paradise Personalizing Your Scent



To Paradise blend consider adding:

- A hint of jasmine, neroli, ylang ylang, geranium, or rose—you may wish to use a toothpick if you want less than a drop
- Organic Lavender-start with 1 drop and increase as desired
- Organic orange, wild mandarin, lime, lemon, bergamot, Breathe Deep blend
- An inspirational blend like Inspire
- Enhancing the woody nature with a hint of Core blend or another tree oil.
- Adding a bit of spice with Prosper Success blend-start with 1 drop

I like to remove the lids of the oil possibilities and smell the aromas together and see what appeals to me. Mix slowly drop by drop and adjust.

Paradise Day Dream A Calming Uplift

Into your diffuser:
4 drops Paradise
4 drops Lime or your
favorite "inspirational"
blend
Adjust the exotic dial
with
1 drop Jasmine or Neroli



Supporting Normal Healthy Functions Some Fun Ways to Experiment

- "Sunshine Drop" application or back massage (12drops) This might be nice once weekly; pairs nicely with 12 drops of Atlas Cedarwood.
- Knees(10 dr to each) in the evening. Pairs well with tree oils like Cypress, Core, Atlas Cedarwood
- Personal foot reflexology(6 drops per foot)
- Nebulizing—mastering moods/emotions
- Diffusing—creating a mood—6-8 drops



Transporting the Mind A Way to Frame Your Day

Looking for a change in your morning routine?
How about a Gratefulness Aromatherapy Shower utilizing Paradise Blend
Consider taking a few moments voicing 10 things you are grateful for as you inhale the beauty of this blend.

Have a cup of tea, get comfortable and set up your diffuser. Use your favorite Paradise recipe to create a soothing aroma. Take a few moments. How you want your day to go? What if you take 5 minutes to verbalize not what you currently have, but how you want things to be, even before you have them. A few examples: "Things will go well for me today," "I am blessed going out and blessed coming in," "I serve others with joy and it returns to me," "Multitudes of blessing flow to me," "I live in joy, peace, patience, forgiveness, and compassion." "Everyday, in every way, I am becoming better and better and better!" As you inhale your wonderful blend, see your life being what you have proclaimed. Smile, laugh, complement and uplift someone in your home this morning, even if it is only yourself and your dog!



Transporting the Emotions Consciously Making Choices



Do I tend to default into allowing the circumstances of the day rule my level of happiness and joy?

- Do I allow frantic energy to come and in to start my day?
- Do I tell myself I have no time this morning to consider essential oils as a tools to manage my moods and emotions?
- Do I give voice to the negative?
- Do I speak "Murphy's Law" to my household?
- Do I imagine the worst outcomes?
- Do I entertain thoughts that give birth to stressful moods and emotions?

I Can Make a Daily Conscious Decision to Choose My Emotional Focus

- I determine and give voice to having a great start to my day and include Paradise blend inhalation to set a soothing and uplifting mood.
- I take a few minutes to identify anything that does not give me peace: fears, conflicts, stress, sorrows, unforgiveness. I develop a method of releasing these in a healthy manner before I start my day.
- I choose uplifting thoughts and monitor my thought life. I know I do not have to entertain negative thought patterns. I can choose to reject them.
- I speak in a positive, uplifting manner to others and myself. I see myself as bold, patient, courageous, joyful, peaceful, and loving. I see myself this way, and give verbal affirmations to myself until it manifests in my being.

There are Many Ways to Find Your Internal Paradise

- Enhance a positive mood
- Promote calm in highly emotional moments
- Remain alert and focused
- Encourage body harmony



Transport Yourself—Paradise Blend



**Paradise Relaxing Blend
Essential Oil**



PRICING
Paradise Relaxing Blend
- Stock No. 21945
- \$26.95/26.95QV
- 15mL

NATURE'S SUNSHINE
