



## 100% Pure Therapeutic-Quality Essential Oils

**The Story Behind Plantessence** Plantessence essential oil blends resulted from our quest to help our clients' foster vibrant health more quickly and naturally.



We noticed that many of our clients, even those who felt well and looked healthy, had low heart rate variability. That meant their autonomic nervous system was not regulating itself well and, as a result, they had increased risk for potential future health problems.

When our clients asked what they could do to raise their heart rate variability, we started testing a range of therapies to see which had the most immediate beneficial effects. To our surprise, aromatherapy proved to be a star among therapies.

Next, we did a research review and discovered a host of gold-standard clinical and academic studies showing how specific essential oils have targeted effects on the brain and nervous system. They work in various

ways to help:

- elevate mood and boost energy
- lower anxiety and decrease depression
- improve focus and concentration
- stimulate a beneficial shift in blood pressure
- increase free radical scavenging and act as antioxidants
- improve nervous system flexibility and adaptability to stressors
- bring balance to the sympathetic or parasympathetic nervous systems

Once we had the research in hand, our clinical aromatherapist developed 100% pure, therapeutic-quality oil blends, and we tested them with HRV to make sure they worked for their targeted uses. We are delighted to say that they do.



**Using Plantessence Essential Oils and Blends** Vibrant health depends on a nervous system that is flexible and adaptive, so that it can respond well to stressors. You can use Plantessence to support your nervous system on your own or during therapy to enhance therapeutic results. Specific oils and oil blends can be used as “take home” supplementations to therapy between office visits to maintain good nervous system balance, reduce stress effects on your body, and “prep” your body for your next therapy session.

*Essential oils are powerful therapeutic agents, so they must be used wisely and safely. Always read the safety guidelines and familiarize yourself with the contraindications before using any essential oil.*

## Plantessence Essential Oil Blends and Their Targeted Effects

**Alive & Thrive:** Think of this blend as an anti-aging, anti-oxidant, stress-reducing and health-enhancing therapeutic. Studies reveal these oils are great for decreasing the levels of the stress hormone cortisol and significantly increasing free radical scavenging, which helps to reduce inflammation and slow the effects of aging. (Rosemary, *Rosmarinus officinalis*, Spain; Lavender, *Lavandula angustifolia*, France)



**Calm & Balance:** According to studies, these three oils work individually and synergistically to bring greater equilibrium to the endocrine glands (hypothalamus and pituitary) for hormonal balance while reducing anxiety, relieving stress and elevating mood. Just as its name says, this blend is both wonderfully calming and deeply balancing. (Frankincense, *Boswellia serrata*, India; Bergamot, *Citrus bergamia*—bergaptene-free, Italy; Lavender, *Lavandula angustifolia*, France)

**Carefree:** This pairing has been shown by science to act as a super stress-buster and nerve tonic that also increases balance in the autonomic nervous system. When you want a potent, focused stress-relief aid that also helps put the “happy” back in your personality, this is the blend to choose. (Bergamot, *Citrus bergamia*—bergaptene-free, Italy; Rosemary, *Rosmarinus officinalis*, Spain)

**Clear Mind:** Some days it just feels like the world is out of focus. Whether that happens to you occasionally or is a chronic problem, this blend can help to sharpen your level of concentration and focus. Studies of people with ADD/ADHD show these oils can have impressive effects in “executive” brain functions, attention and learning. More generally, this blend is an effective antidote to “monkey mind” and scattered thought processes. Great for use at work, in school, and whenever you need to pay more attention. (Bergamot, *Citrus bergamia*—bergaptene-free, Italy; Eucalyptus, *Eucalyptus radiata*, Australia)



**Carefree:** This pairing is a super stress-buster and nerve tonic that also increases balance in the autonomic nervous system. When you want a potent, focused stress-relief aid that will help put the “happy” back in your personality, this is the blend to choose. (Bergamot, *Citrus bergamia*—bergaptene-free, Italy; Rosemary *Rosmarinus officinalis*, Spain)



**Defense!** Sometime or another you are going to need to defend yourself against microorganisms such as viruses and bacteria. Whether it’s cold and flu season, an airplane trip or a room full of preschoolers, germs are nobody’s friend. The best defense is to wash your hands often, sanitize your environment and pump up your immunity. Defense! blend contains oils that have been shown in cell culture studies to attack viruses and other microorganisms, and to enhance immune function. Defense! to the rescue.

(Ravensara, *Ravensara aromatica*, Madagascar; Tea Tree, *Melaleuca alternifolia*, China; Eucalyptus, *Eucalyptus radiata*, Australia; Lemon, *Citrus limonum*, Italy)

**Feelin’ Good:** Need an emotional pick-me-up? Then choose this combination of oils, which provide robust elevation of mood and increased alertness while also helping to relieve stress. Studies show this

blend may be especially beneficial for those suffering from depression. (Sweet Orange, *Citrus sinensis*, Brazil; Lemon, *Citrus limonum*, Italy)

**Midlife Magic:** Most women know how hot life can get once you reach a certain age! Flashes, night sweats—it's like your inner thermostat has gone crazy. Plus, there is no logic to the mood swings from weepy one moment to raging mad the next. If you are suffering from menopausal symptoms, essential oils may help. Studies have shown that these oils can help restore you to that cool, even-tempered wonderful woman that you really are. (Clary Sage, *Salvia sclarea*, China; Geranium Bourbon, *Pelargonium graveolens*, China; Cypress, *Cupressus sempervirens*, France; Lavender, *Lavandula angustifolia*, France)



**Perfect Balance:** If your inner gas pedal is “pedal to the metal” this blend can help you gently apply the brakes to prevent nervous system burnout. It is “just what the doctor ordered” for those suffering from chronic stress or who are on constant overdrive. Perfect for the typical Type A personality or anyone who feels overwhelmed and is seeking greater inner equilibrium. (Lavender, *Lavandula angustifolia*, France; Lemongrass, *Cymbopogon flexuosus*, India)

**Relief!:** Whether you have an acute injury or chronic pain, there's nothing like a little relief from your pain to lift your spirits and get your life back on track. The oils in Relief! blend are known through science and aromatherapy wisdom to help banish the blues of pain. When you have had enough, reach for Relief! and begin to feel oh-so-much better. Ravensara, *Ravensara aromatica*, Madagascar; Cypress, *Cupressus sempervirens*, France; Lavender, *Lavandula angustifolia*, France; Peppermint, *Mentha piperita*, India)

**So Serene:** For a stress-reduction and relaxation effect that also may help manage blood pressure, this blend is the go-to choice. Studies show the oils in this luscious blend help to ramp down the sympathetic nervous system and, as a result, help your body deal with the “fight or flight” deluge of potentially corrosive stress hormones that linger for hours after a stress response. It also has been shown to help lower systolic blood pressure. (Lemon, *Citrus limonum*, Italy; Lavender, *Lavandula angustifolia*, France; Ylang Ylang, *Cananga odorata*, Madagascar)

**Soothe:** Sometimes you just need a little help! Feel better with this blend of essential oils, whether you suffer from arthritis pain or just have occasional aches and pains. (Ravensara, *Ravensara aromatica*, Madagascar; Balsam Fir, *Abies balsamea*, Canada; Lavender, *Lavandula angustifolia*, France; Eucalyptus, *Eucalyptus radiata*, Australia)

**Unwind:** These oils provide a major boost to your parasympathetic nervous system to induce a deeper level of relaxation and reduce the harmful effects of stress. Ahhhhh—feel the difference! This blend also is stimulating to the lymph system and can act as a general anti-inflammatory, so it relaxes both the mind and the body. (Cedarwood, *Juniperus virginiana*, Canada; Lavender, *Lavandula angustifolia*, France)





**Upbeat:** Say goodbye to feelings of depression, lassitude, and low energy. This blend activates the sympathetic nervous system for a body and mind energy boost while also bringing better balance to the entire autonomic nervous system. (Rosemary, *Rosmarinus officinalis*, Spain; Citronella, *Cymbopogon nardus*, Sri Lanka)

## Important Safety Notes

**Always make sure your practitioner or healthcare provider has gone over any contraindications with you before using Plantessence essential oils or oil blends.**

Do not take any essential oil internally—some can be toxic or even deadly.

Keep essential oils out of reach of children.

Less is more! Essential oils are highly concentrated. Do not overuse them and always follow dilution charts when making oil blends.

Keep essential oils away from your eyes and mucous membranes. If using an inhaler, do not insert the inhaler into your nostrils.

Keep essential oils and carrier oils away from open flames.

If you are pregnant or may become pregnant, lactating, taking medications, have epilepsy or a seizure disorder, liver damage, high blood pressure, cancer, or any other medical condition, use essential oils only under the guidance of a qualified aromatherapy practitioner or other qualified health practitioner.

Do not use essential oils on infants or children age eight or younger, and use caution when using even highly diluted oils on older children. When in doubt, consult a qualified aromatherapy practitioner. The pleasing scents can attract children, so always store your essential oils where children cannot access them.

Always dilute oils before applying them to your skin, and conduct a skin patch test for sensitivity before using an essential oil that you have never used before.

Diffusing essential oils into the air may harm cats, birds and fish, so always learn the safe use of essential oils if you have pets.

*Essential oils are not regulated by the FDA. No health claims can be made for essential oils. This information is for educational purposes only and is not intended to treat, cure, prevent or diagnose any disease or condition. Nor is it intended to prescribe in any way. If you have a medical condition, consult a qualified healthcare professional. This information is a brief description of the common and traditional uses of essential oils and is not intended to be complete, nor can its accuracy be guaranteed.*

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