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## PRACTICAL DAILY USES of the FOREVERGREEN TARGET PACK

A practical guide to the uses & benefits of individual oils and blends in the ForeverGreen Target Pack

LAVENDER • LEMON • PEPPERMINT • CAIRO CARE • STRUCTURE • NEURO • FLEX • KINNEX • CIRCULATE • FINAL TOUCH

“In recent years both doctors and the public have re-discovered the medical value of essential plant oils, but the idea of using their properties to maintain or regain health goes back to antiquity.

The Romans had their knowledge of essential oils from the Greeks, who in turn had received it from the Egyptians. Hippocrates, for example, tackled the plague epidemic in Athens by fumigating the whole city with aromatic essences of plant oils. Later, in the 19th century, it is known that perfumery workers always showed an almost complete immunity during cholera outbreaks.”

“Wounds of all types appear to heal quicker when treated with essential oils.”

“When essential oils are used on both large and small wounds, healing takes place quickly without dangerous toxicity or the formation of scars.”

- Dr. Jean Valnet

Valnet, J. (1980). “The Practice of Aromatherapy”. Healing Arts, Rochester, VT

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## WHY USE ESSENTIAL OILS?

Essential oils are the living energetic essences of plant material—herbs, spices, seeds, rind, bark, leaves, twigs, and flowers. True essential oils—those derived from natural sources—have been scientifically proven to be anti-infectious, antibacterial, antiviral, antiseptic, antifungal, antiparasitic, and truly life enhancing in every way!

Essential oils are also historically proven, having been used for thousands of years as beauty treatments, in meditation and worship, for treating all manner of illness, to cleanse and disinfect, and in general, to improve the lives of people around the globe. Just as importantly, when used properly, they do not have the toxic side-effects and dangers found with over-the-counter medications and prescription pharmaceuticals.

When you hold a bottle of **ForeverGreen** essential oil, you are holding the essence of Mother Nature in your hand. The infinite wisdom and power of the plant kingdom is in that little bottle—and it brings with it an endless array of health benefits, natural goodness, and amazing aromas!

## WHY **ForeverGreen** ESSENTIAL OILS?

With a commitment to essential oils that is “true,” **ForeverGreen Essential oils**, a division of *ForeverGreen International*, set out to work with the very best. Forging a partnership with essential oils expert and master aromatherapist Alexandria Brighton, **ForeverGreen** brings to the world only the most pristine organic and/or wildcrafted pure, therapeutic-grade essential oils. Hence, **ForeverGreen!**

While there is no standardized rating scale for assuring quality, you can recognize the pure, pristine nature of **ForeverGreen** essential oils by their unadulterated aromas, the clear energies of each bottle, and the guarantee of quality on file for each and every batch. They also carry with them the assurance of Alexandria Brighton—whose 25+ years of master blending and global aromatherapy work stands behind the efficacy and quality of each and every bottle!

**ForeverGreen** essential oils are stringently sourced from providers who meet Alexandria’s strict standards of quality control—from seed to bottle. A representative sample of each lot is meticulously tested to verify its natural chemical composition and purity. The lot is rejected if test results do not fall within a very specific acceptable range. The country of origin and specific botanical species of each oil must also be known for proper evaluation, as differences in plant varieties, geographical location, and even weather conditions all impact the composition of, and constituents in, the oil. **ForeverGreen** defines each different type or species of essential oil with their own unique item and lot numbers, with the rigorous testing ensuring that they are 100% pure and natural—and that their quality can be counted on to be consistent with every bottle.

The ability to trace the origin of the oils is of utmost importance to **ForeverGreen Essential Oils**. Recognizing that essential oils are used in a multitude of ways—from cosmetics to aromatherapy to food products and nutrition, it is imperative that only the most pristine therapeutic-grade oils be sourced for **ForeverGreen**. The food industry’s GMP (Good Manufacturing Practice) Guidelines mandate lot traceability, and these guidelines are an integral component of the company’s quality control system.

Nowhere will higher standards be found than with **ForeverGreen** essential oils. When we state that **ForeverGreen** essential oils are 100% pure, you can be assured that they are 100% pure ... not 51%, not 75%, not 99% pure. **100% pure!**

## HOW CAN **ForeverGreen** ESSENTIAL OILS BE USED?

**ForeverGreen** essential oils can be used in many ways! Applied ‘neat’ on location or blended with a carrier oil, they’re great in massage, reflexology, first aid, and as a personal fragrance. Diffuse them for their aromatic benefits in your home, office, or place of business. Incorporate them into your daily personal care and household cleaning routines. Add them to baths for relaxation or therapeutic needs. Use them for flavoring and health-enhancing benefits in your dressings, sauces and foods.

There are countless ways to use **ForeverGreen** Essential Oils, and you may even be inspired to create some ways of your own! Whatever the need, whatever the occasion, whatever the situation, you will undoubtedly discover what so many have learned through the ages ... essential oils are an essential part of daily life, enhancing our energy, vitality, and sense of well-being. Once you experience the pristine nature of **ForeverGreen** Essential Oils, you will never want to be without them ... and you’ll discover for yourself that they are, truly, “essential” oils! Enjoy!

**LAVENDER***Lavandula angustifolia* | France p.o. flowers and stalks | extracted by steam distillation

One of the most widely used and recognized oils in the essential oil world, Lavender is a wonderfully versatile and incredibly valuable oil. Lavender oil is known as the Divine Mother. Its nurturing energy, powerful yet gentle action makes this oil truly “essential” to any first aid kit, as it can be used with children and adults alike.

Lavender is an all-around skin care oil, perhaps best known for its use in treating burns and sunburn due to its ability to speed healing, promote tissue regeneration and prevent scarring. It is balancing to the skin and is great for the face due to its regenerative and restorative action. An excellent tonic for acne, boils, dermatitis, eczema, psoriasis, sores, and inflammation.

When selecting an oil for use with children, Lavender is always a first choice due to its gentle nature. It can be used neat, even with very young children. It is an excellent antispasmodic with stomach ache, abdominal cramps, and colic. Ensure a good night's sleep by applying 1 to 2 drops to a tissue, placing inside the pillowcase, encouraging a restful, deep sleep and pleasant dreams.

Lavender can also help protect pets from insects and parasites. When diffused, Lavender repels insects, disinfects the air, and balances the emotions. Or add it to ForeverGreen Dead Sea Salt and dissolve it into a bath for a comforting, therapeutic soak.

**PROPERTIES**

Analgesic, anticonvulsive, antidepressant, antimicrobial, antirheumatic, antiseptic, antispasmodic, antitoxic, carminative, choleric, cicatrizant, deodorant, diuretic, menorrhagic, hypotensive, insecticide, nervine, parasiticide, rubescent, sedative, stimulant, sudorific, tonifier, vermifuge, vulnerary.

**DAILY USES**

Bath	<ul style="list-style-type: none"> <li>Combine 10 – 15 drops with 1/2 to 1 cup ForeverGreen Dead Sea Salts and stir into a warm bath for a comforting and therapeutic bath. Add more Lavender oil if desired.</li> </ul>
Diffusion	<ul style="list-style-type: none"> <li>Diffuse 20-30 drops through the day to repel insects, disinfect air, balance emotions, relieve depression etc.</li> </ul>
Inhalation	<ul style="list-style-type: none"> <li>For a restful and deep sleep, place 1-2 drops on a tissue and place inside pillowcase.</li> <li>Inhale by applying 2 drops on hands, rub, and inhale deeply, to calm stress, tension and anxiety.</li> </ul>
Internal	<ul style="list-style-type: none"> <li>1-2 drops daily, taken 4x per day to relieve symptoms of cystitis, cramping, nausea.</li> </ul>
Massage	<ul style="list-style-type: none"> <li>Create an effective chest rub by putting 5 drops each of Eucalyptus radiata, Tea Tree and Lavender into 1 oz. of Message Oil and massage over the lung area. If ear congestion is present, massage a small amount around the ear. (Never drop essential oils directly into ear.)</li> </ul>
Misting Spray	<ul style="list-style-type: none"> <li>Mix 15–20 drops in 4 oz. distilled water in cobalt blue spray bottle. Shake and spray for a relaxing linen spray, to create a calming, soothing environment.</li> </ul>
Topical	<ul style="list-style-type: none"> <li>For burns, wrinkles, and scars, mix 10 drops Lavender, 10 drops Frankincense, and 10 drops Helichrysum. Use neat, on location, or mix with 1 tbsp of Message Oil and apply on location.</li> <li>1 – 2 drops of Lavender oil in a glass of water, gargled can assist in opening up the air passages for those with laryngitis, throat infections, bronchitis, etc.</li> <li>For a restorative and balancing facial blend, mix 10-20 drops of Lavender with 1 oz. Message Oil, or add 2 – 3 drops of Lavender to 3 – 4 squirts of Quench, apply to face and neck as a morning moisturizer.</li> <li>Apply neat on insect bites.</li> <li>For an anti-inflammatory tonic, mix 30 drops with 1 ounce of Message Oil and apply on location.</li> <li>For headaches, rub 2-3 drops on the temples, forehead and across the back of neck. Alternate with Peppermint if desired.</li> <li>To protect pets from pests, rub 4-5 drops in your hands, then run hands through their fur. (Use sparingly with cats; they cannot metabolize essential oils, but rather “recycle” them, which in cases of over usage, can create an overload to their systems.)</li> </ul>

**RESPONSIBLE CAUTIONS AND POSSIBLE CONTRAINDICATIONS:** Non-toxic, non-irritating, and non-sensitizing; It should not be used with any medications containing iodine or iron.



## LEMON

*Citrus limonum*, Italy | p.o. organic peel | extracted by cold expression

An amazing cleanser and purifier, Lemon essential oil is antiviral and anti-infectious, and is the #1 oil to kill bacteria. Just 2 or 3 drops added to a glass or bottle of drinking water will purify the water as well as the liver and blood, aided by its diuretic action. This can be of added benefit to those dealing with excess weight, cellulite, or poor circulation, especially when repeated throughout the day.

Lemon is great for respiratory issues, a stimulant to the immune system, and can reduce fever. It is therefore an effective aid with colds, flu, and bacterial and viral infections. It is also helpful with many digestive issues including constipation, indigestion, gastritis, and stomach ulcers.

The astringent and tonifying actions of Lemon are useful to those with oily skin and hair, and it is also used to strengthen brittle nails and clearing up nail fungus.

Uplifting in a work or study environment, Lemon helps clear the mind, stimulate the brain and improve concentration and accuracy. It is also effective with headaches and migraines, depression, stress, and nervous conditions.

Lemon oil is invaluable in the kitchen and laundry. Use a few drops when rinsing produce or after working with raw meat to kill germs. Combine with baking soda for a great scouring powder on sinks and counter tops. Add to the dishwasher, laundry, or household cleaners to supercharge their disinfectant abilities and infuse a fresh, clean, uplifting aroma. Also useful in repelling ants and clothes moths.

### PROPERTIES

Antiseptic, astringent, antitoxin, anti-anemic, antimicrobial, antirheumatic, antisclerotic, antispasmodic, bactericide, carminative, cicatrizant, depurative, diaphoretic, digestive, febrifuge, haemostatic, hypotensive, immunostimulant, insecticide, purifying, rubescent, tonifier, vermifuge.

### DAILY USES

Bath	<ul style="list-style-type: none"> <li>Add 15 to 20 drops Lemon to 1 cup ForeverGreen Dead Sea Salt and dissolve in bath water.</li> </ul>
Diffusion	<ul style="list-style-type: none"> <li>Diffuse 15 drops at a time, throughout the day, to create an uplifting and stimulating work environment.</li> </ul>
Inhalation	<ul style="list-style-type: none"> <li>For a quick pick me up, place 1-2 drops on a cloth and inhale. Keep cloth in a bag and carry with you, inhale when needed.</li> </ul>
Internal	<ul style="list-style-type: none"> <li>Purify your drinking water by adding a drop or two of Lemon oil.</li> <li>Add 1-2 drops to 1 tbsp honey, add to a warm cup of water for a tea to soothe a dry throat.</li> </ul>
Massage	<ul style="list-style-type: none"> <li>Dilute 5-10 drops per tablespoon of Message Oil.</li> </ul>
Misting Spray	<ul style="list-style-type: none"> <li>Add 15-20 drops into 4 oz. distilled water. Shake well before each use to freshen a room, or to disinfect in the kitchen, or to cleanse high traffic areas in the home or in public.</li> </ul>

**RESPONSIBLE CAUTIONS AND POSSIBLE CONTRAINDICATIONS:** Lemon essential oil is non-toxic and a non-irritant. It can create skin photosensitivity. Avoid exposure to sunlight for at least 24 hours after application.

**PEPPERMINT***Mentha piperita*, France | p.o. whole plant | extracted by steam distillation

Peppermint oil is one of the most versatile of essential oils. It is often referred to as a 'Universal Oil' – due to its many uses and versatile benefits.

Peppermint is very helpful in supporting digestion, addressing several digestive issues at once. Often people will put a drop of Peppermint oil in a glass of water, mix it well, and drink it after their meal to support digestion. It is carminative and therefore helps in reduce swelling and gas. Peppermint oil is a good tonic for those who have a low appetite. One drop on the back of the tongue almost always relieves motion sickness and upset stomach. In addition, stomach cramping, nausea, morning sickness and IBS symptoms can all benefit from use of Peppermint oil. Even the pain from gall stones or kidney stones are often relieved by using Peppermint oil.

Peppermint is also a strong anti-spasmodic, relieving spasms quickly, effectively, with no detrimental side effects. Peppermint oil can be used externally for providing relief from headache, stress and other types of pain. It is believed that the presence of calcium antagonism in Peppermint oil aids in removing pain. It is cooling in nature and therefore helps reduce fever.

Helpful with skin care needs such as acne treatment, scabies and ringworm.

Peppermint is the go-to oil for immediate relief from injuries such as slamming your finger in a car door, walking into a coffee table and the like. Apply immediately on location, bruising will be minimal, if at all, and pain will likely be non-existent.

Menthol, which is present in abundance in Peppermint oil, helps in clearing the respiratory tract. It is an effective expectorant and therefore provides instantaneous relief in numerous respiratory problems including nasal congestion, sinusitis, asthma, bronchitis, cold and cough. As a result, it is used in numerous cold rubs. When these cold rubs are rubbed on the chest, they remove nasal and respiratory congestion immediately.

Peppermint provides relief from stress, depression and mental exhaustion due to its refreshing nature. It is also effective against anxiety and restlessness.

Peppermint can support mental focus and study, without mental fatigue.

**PROPERTIES**

Analgesic, antibacterial, anti-inflammatory, antiphlogistic, antipruritic, antiseptic, antispasmodic, antiviral, astringent, carminative, cephalic, cholagogic, expectorant, febrifuge, hepatic, menorrhagic, nervine, secretomotor, spasmolytic, stomachic, sudorific, vasoconstrictor, vermifuge.

**DAILY USES**

Bath	<ul style="list-style-type: none"> <li>Combine 8 drops with 1/2 cup ForeverGreen Dead Sea Salts and stir into a hot bath. This will invigorate your skin and leave you feeling refreshed.</li> <li>The same mixture as above can be added to a foot bath for soaking in to relieve tired, achy feet.</li> </ul>
Diffusion	<ul style="list-style-type: none"> <li>Diffuse in car diffuser to keep alert while driving long distances or when drowsy.</li> <li>Diffuse 10–20 drops for relief from headaches, colds, flu, fevers, and asthma.</li> </ul>
Inhalation	<ul style="list-style-type: none"> <li>For enhanced breathing, especially during a cold or flu, rub a drop or two on your chest, then cup hands over nose and breathe it in.</li> <li>Boil a pot of water on the stove, remove from heat, drop 2–5 drops of Peppermint oil into the pot, put a towel over to create a 'tent', and inhale deeply for relief from congestion due to head colds, bronchitis and asthma.</li> </ul> <p style="text-align: right;"><i>continued . . .</i></p>

**RESPONSIBLE CAUTIONS AND POSSIBLE CONTRAINDICATIONS:** Avoid use near the throat, mouth and nose of babies or children under the age of two. Use caution in cases of high blood pressure. Not recommended for those with atrial fibrillation. Should not be used in conjunction with homeopathic remedies, as it may neutralize the homeopathic benefits. Peppermint oil residue can remain on the fingers even after washing, and can inadvertently be rubbed into eyes or sensitive areas of skin. Applying Peppermint with your little finger will reduce the likelihood of the oil residue accidentally contacting the eyes.


**PEPPERMINT**
*Mentha piperita*, France | p.o. whole plant | extracted by steam distillation

**DAILY USES**

Internal	<ul style="list-style-type: none"> <li>• For a refreshing pick-me-up, and to aid digestion, add a drop to a glass bottle of filtered water, and sip throughout the day, shaking periodically to mix well.</li> <li>• Make a cough 'drop' by combining 2 drops Marjoram, 1 drop Peppermint, and 1 drop Tea Tree with 1 teaspoon honey. Place 1 drop of this mixture on the back of the tongue, and hold in mouth and throat for at least 1 minute. Repeat 2-3 times during the day.</li> <li>• Add a drop to a teaspoon of honey and stir into warm water for a soothing tea.</li> </ul>
Massage	<ul style="list-style-type: none"> <li>• Dilute 10 drops in 1 oz. of Message Oil and massage neuralgia, muscular aches and pains.</li> </ul>
Misting Spray	<ul style="list-style-type: none"> <li>• Mix 15–20 drops in 4 oz. distilled water in cobalt blue spray bottle. Shake well and spray for an enlivening pick-me-up. Use liberally in your home, office, and/or classroom.</li> </ul>
Topical	<ul style="list-style-type: none"> <li>• To cool areas of skin irritation and itching, apply 1-2 drops topically.</li> <li>• For headache relief, nervous stress or vertigo, apply a drop on your finger and rub into temples, across the forehead and/or on back of neck. Keep away from eyes.</li> <li>• Add 3 drops to 1 teaspoon of Juice Shampoo to leave your scalp tingling and fresh.</li> </ul>

*RESPONSIBLE CAUTIONS AND POSSIBLE CONTRAINDICATIONS: Avoid use near the throat, mouth and nose of babies or children under the age of two. Use caution in cases of high blood pressure. Not recommended for those with atrial fibrillation. Should not be used in conjunction with homeopathic remedies, as it may neutralize the homeopathic benefits. Peppermint oil residue can remain on the fingers even after washing, and can inadvertently be rubbed into eyes or sensitive areas of skin. Applying Peppermint with your little finger will reduce the likelihood of the oil residue accidentally contacting the eyes.*



## CAIRO CARE

### INGREDIENTS

*Balsam Fir, Birch, Black Spruce, Frankincense, Jojoba, Rosewood, Tanacetum annum*

Cairo Care Blend is used as the first oil blend in the TAP to create a receptive environment for the other oil blends.

Cairo Care assists the body's energetic and muscular systems, gently supporting the balance of muscles electrically by targeting the myofascia which holds the muscles to the spine and other joints. By facilitating myofascia relaxation, Cairo Care allows the entire body to straighten and realign, supporting full communication of the nervous system - while the body to deeply relax and release tension.

Cairo Care is of particular benefit when used in before or immediately following a chiropractic adjustment, in a massage, providing both physical and emotional relaxation.

What we've found over time is that Cairo Care not only enhances physical alignment, but also is a powerful support to emotional and energetic balance. It is a crowd favorite for daily use.

### DAILY USES

Bath	<ul style="list-style-type: none"> <li>Thoroughly mix 12-15 drops into ½ cup ForeverGreen Dead Sea Salts and dissolve into warm bath water to balance emotions, ease aching muscles and sore joints.</li> </ul>
Compress	<ul style="list-style-type: none"> <li>For ease from tension and inflammation, massage 5-6 drops neat into spine. Apply a warm compress for 10 to 30 minutes.</li> <li>If supported by your chiropractor, have the CA drop 5-8 drops on the spine, gently spread along the spine, place warm, moist packs on, "cook" for 15 minutes before the Doctor's adjustment. Many find that it makes adjustments much easier for the body to accept and to maintain.</li> </ul>
Diffusion	<ul style="list-style-type: none"> <li>Diffuse 10-15 drops in 15-minute time-blocks throughout the day.</li> </ul>
Foot Soak	<ul style="list-style-type: none"> <li>Thoroughly mix 5-8 drops into ¼ cup of ForeverGreen Dead Sea Salts and dissolve into a basin of warm water to soak and refresh tired, sore feet.</li> </ul>
Inhalation	<ul style="list-style-type: none"> <li>Rub 2-3 drops in palms of both hands. Cup hands over face and nose and inhale deeply.</li> </ul>
Massage	<ul style="list-style-type: none"> <li>Add 10-12 drops to 1 tbsp of Message Oil and massage into targeted area using a clockwise motion. Increase the amount if desired for a full-body massage</li> </ul>
Misting Spray	<ul style="list-style-type: none"> <li>Mix 15–20 drops in 4 oz. distilled water in cobalt blue spray bottle. Shake and spray for a really pleasant, emotionally balancing environment.</li> </ul>
Topical	<ul style="list-style-type: none"> <li>Use daily following a morning shower, in one of the following ways:</li> <li>Apply 4-6 drops along the spine and gently feather into skin.</li> <li>Massage 2-3 drops into spinal reflex points of the feet and/or hands.</li> <li>1-2 drops at base of big toe down spine of foot helps 'balance' body</li> <li>For those who don't have anyone at home to apply the oil along the spine, self-administration is easy. Hold an open bottle at the base of the neck, allowing several drops to 'fall' down the spine. Reach behind the body, and with the back of the hand, draw the oil blend down the rest of the spine. Enjoy the refreshing relief!</li> </ul>

*RESPONSIBLE CAUTIONS AND POSSIBLE CONTRAINDICATIONS: The blue color of this essential oil blend could potentially discolor clothing or bedding. Use responsibly.*


**STRUCTURE**
**INGREDIENTS**

*Birch, Clove Bud, Helichrysum, Rosemary 1,8 ct. cineole, Sweet Marjoram*

Structure blend was formulated with the clear and specific intention of targeting the bone system of the body.

Whether it's being used for pain relief for nearly any type of pain, or for support in strengthening or rebuilding the bone matrix – the anti-inflammatory properties of this blend make it very effective for relieving any kind chronic or acute pain, as well as supporting sustained relief from rheumatism, arthritis, and gout.

The beautiful thing about using Structure for this natural type of pain relief is that the pain is relieved in a non-toxic, pure way that doesn't just mask the pain, it can potentially resolve the root cause of the pain.

**DAILY USES**

Bath	<ul style="list-style-type: none"> <li>Thoroughly mix 12-15 drops into ½ cup ForeverGreen Dead Sea Salts and dissolve into warm bath water to relieve pain, ease aching muscles and sore joints.</li> </ul>
Compress	<ul style="list-style-type: none"> <li>For relief from pain and inflammation, gently massage 5-6 drops neat along the spine. Apply a warm compress for 10 to 30 minutes.</li> </ul>
Diffusion	<ul style="list-style-type: none"> <li>Diffuse 10-15 drops in 15-minute time-blocks throughout the day.</li> </ul>
Foot Soak	<ul style="list-style-type: none"> <li>Thoroughly mix 5-8 drops into ¼ cup of ForeverGreen Dead Sea Salts and dissolve into a basin of warm water to soak and refresh tired, sore feet.</li> </ul>
Inhalation	<ul style="list-style-type: none"> <li>Inhale by applying 2 drops on hands, rub, and inhale deeply to relax the mind.</li> </ul>
Internal	<ul style="list-style-type: none"> <li>Add a drop to a teaspoon of honey and stir into warm water for a detoxifying tea.</li> </ul>
Massage	<ul style="list-style-type: none"> <li>Add 8 drops to 1 tbsp Message Oil to create a soothing blend for aches, pains and sore muscles.</li> </ul>
Misting Spray	<ul style="list-style-type: none"> <li>Add 15 drops in 4 oz. distilled water in blue cobalt spray bottle. Shake well and spray for fresh, clean aroma.</li> </ul>
Topical	<ul style="list-style-type: none"> <li>Apply a drop or two to specific reflexology points on the soles of the feet as part of a reflexology treatment.</li> <li>Apply 2 – 3 drops to the bottom of the feet for pain relieving and/or TAP benefits.</li> <li>Combine with Message Oil for application on larger areas of the body.</li> <li>Add 2 drops per ounce of personal care products to use as a skin toner.</li> <li>Apply neat on location for bone pain or to support the body in mending broken bones. If the area being applied to is a large area, blend with Message Oil and apply.</li> <li>For painful periods, blend a few drops each of Flex, Structure and Neuro blend, apply over lower abdomen. Can be diluted with Message Oil, if desired.</li> </ul>

*RESPONSIBLE CAUTIONS AND POSSIBLE CONTRAINDICATIONS: One of the primary oils in this blend, Birch, can provide relief of joint and bone pain; it contains 90+% methyl salicylate - very similar to the active ingredient in aspirin. Use responsibly – don't over-do, even in topical applications. Keep out of reach of children. This blend can be used with children, when used without overdoing. When applied topically, methyl salicylate may increase the anticoagulant action of blood thinners (Warfarin, Coumadin, etc.).*



## INGREDIENTS

*Eucalyptus radiata, Helichrysum, Lemon, Ravensara, Tea Tree, Thyme ct. linalool*

A healthy nervous system supports sensory function, which gathers info about changes within and around the body. The nervous system also supports integrative function, creating sensations, thoughts, adding to memory, making decisions, etc. A healthy nervous system also supports optimal motor function, healthy muscles and glands.

Neuro Blend is formulated with oils that have a deep resonance with the Nervous system of the body. With benefits from constituents that aren't available in any other blend, this powerful formula strengthens, regenerates, targets and supports the nervous system, the communication network of the body.

The importance of supporting the health of the nervous system can't be over stated.

Neuro Blend has the ability to reduce inflammation, assist vascular dilation, promote relief from neuralgia, nervous exhaustion and stress-related issues.

It is also particularly effective with neuropathy, phlebitis, arthritis, support of the liver, as well as having powerful anti-hematoma properties.

## DAILY USES

Bath	<ul style="list-style-type: none"> <li>Add 8–10 drops to ForeverGreen Dead Sea Bath Salts, and stir into a warm bath.</li> </ul>
Compress	<ul style="list-style-type: none"> <li>For relief from pain and inflammation, gently massage 5-6 drops neat along the spine. Apply a warm compress for 10 to 30 minutes.</li> </ul>
Diffusion	<ul style="list-style-type: none"> <li>Diffuse 10-15 drops in 15-minute time-blocks throughout the day.</li> </ul>
Foot Soak	<ul style="list-style-type: none"> <li>Thoroughly mix 5-8 drops into ¼ cup of ForeverGreen Dead Sea Salts and dissolve into a basin of warm water to soak and refresh.</li> </ul>
Inhalation	<ul style="list-style-type: none"> <li>Inhale by applying 2 drops on hands, rub, and inhale deeply as needed.</li> </ul>
Internal	<ul style="list-style-type: none"> <li>Mix 5 drops with Message Oil in a veggie capsule and take twice a day as a liver support. Each individual oil in this blend is known to provide powerful liver support.</li> </ul>
Massage	<ul style="list-style-type: none"> <li>Dilute 8 - 10 drops with 1 tbsp of Message Oil and gently massage.</li> </ul>
Topical	<ul style="list-style-type: none"> <li>Can be applied neat to insect bites and wounds.</li> <li>Apply 2 – 3 drops to the soles of each foot for TAP benefits.</li> <li>Apply neat, or mix a few drops with an equal amount of Jojoba Message Oil for a wonderfully nourishing face &amp; neck moisturizer. Powerfully anti-aging!</li> <li>For painful periods, blend a few drops each of Flex, Structure and Neuro blend, apply over lower abdomen. Can be diluted with Message Oil, if desired.</li> <li>Apply 3 - 5 drops to the soles of each foot to calm restless leg syndrome.</li> </ul>



FLEX

## INGREDIENTS

*Balsam Fir, Black Spruce, Cedarwood, Cypress, Jojoba, Marjoram, Ocean Pine, Scotch Pine, Siberian Fir*

Flex blend is formulated with specific and targeted oils that have an affinity for the muscular system.

Three of the primary oils in this blend are Balsam Fir, Black Spruce, and Sweet Marjoram. Balsam Fir has a long history of therapeutic application by Native Americans who used its resin for healing wounds. This uplifting yet grounding oil possesses a remarkable ability to aid injuries of many kinds, whether physical or emotional. Its warming and analgesic abilities also make it an excellent aid for muscle and joint pain, arthritis, and rheumatism. Black Spruce is traditionally used as a key component in massage blends to target muscle pain and spasms, joint pain, rheumatism, and general strains and sprains. Sweet Marjoram is a very gentle, highly effective essential oil that is particularly useful (topically) for sore and strained muscles, rheumatic pain, and as an aid to respiratory problems.

Whether its being used topically for sore and strained muscles, rheumatic pain, or for its anti-spasmodic benefits, this blend delivers!

## DAILY USES

Bath	<ul style="list-style-type: none"> <li>Mix 12-20 drops with ½ cup ForeverGreen Dead Sea Salt for a bath to ease sore, tired muscles.</li> </ul>
Compress	<ul style="list-style-type: none"> <li>For relief from pain and inflammation, gently massage 5-6 drops neat along the spine. Apply a warm compress for 10 to 30 minutes.</li> </ul>
Diffusion	<ul style="list-style-type: none"> <li>Diffuse 10-15 drops in 15-minute time-blocks throughout the day.</li> </ul>
Foot Soak	<ul style="list-style-type: none"> <li>Thoroughly mix 5-8 drops into ¼ cup of ForeverGreen Dead Sea Salts and dissolve into a basin of warm water to soak and refresh tired, sore feet.</li> </ul>
Inhalation	<ul style="list-style-type: none"> <li>Inhale by applying 2 drops on hands, rub, and inhale deeply as needed.</li> </ul>
Internal	<ul style="list-style-type: none"> <li>For cough, take 2 drops in 1/2 glass of water, mix well, and gargle, or apply a few drops to the chest and back to calm coughing fits.</li> </ul>
Massage	<ul style="list-style-type: none"> <li>Dilute 5-10 drops with 1 tbsp of Message Oil and gently massage.</li> </ul>
Misting Spray	<ul style="list-style-type: none"> <li>For an effective tick repellent, add 12-20 drops into 4 oz. distilled or purified water. Shake well before each use.</li> </ul>
Topical	<ul style="list-style-type: none"> <li>Apply 1-2 drops on location, to ease muscle spasms, headache or coughs or on feet to relax body.</li> <li>Apply 2 – 3 drops to the soles of each foot for TAP benefits.</li> <li>For painful periods, blend a few drops each of Flex, Structure and Neuro blend, apply over lower abdomen. Can be diluted with Message Oil, if desired.</li> </ul>



## INGREDIENTS

*Cinnamon Bark, Cypress, Ginger, Lemongrass, Peppermint, Rosemary ct., 1,8 cineole, Tea Tree, Thyme ct. linalool*

Kinnex blend is formulated with the oils that specifically target the tendons, cartilage and connective tissues of the body.

Lemongrass, one of the primary oils in this blend, is a sedative to the central nervous system, is extremely beneficial for stress-related conditions and for times of nervous exhaustion as it is energizing yet soothing. It is also great support for dispelling anger and frustration. Lemongrass will ease headache pain and is an excellent support for tired, aching tendons, cartilage and connective tissue. It's excellent in massage as it eases muscular spasms, sprains, and strains, and is useful after exercise as it improves muscle tone and disperses lactic acid throughout the body.

Whether for use in easing spasms, sprains and strains, or for building strength in the connective tissues of the body, this powerful blend does what it is intended to do!

Useful in dispersing lactic acid build up, improving muscle tone, and generally relieving pain, it is also a great pick-me-up due to its fresh, distinct aroma.

## DAILY USES

<b>Bath</b>	<ul style="list-style-type: none"> <li>To relieve stress and tension add 6 - 10 drops to 1 tbsp ForeverGreen Dead Sea Bath Salts, add to a warm bath.</li> </ul>
<b>Compress</b>	<ul style="list-style-type: none"> <li>For relief from pain and inflammation, gently massage 5-6 drops neat along the spine. Apply a warm compress for 10 to 30 minutes.</li> </ul>
<b>Diffusion</b>	<ul style="list-style-type: none"> <li>Diffuse 10 minute/hour with nebulizing diffuser throughout the day as needed.</li> </ul>
<b>Foot Soak</b>	<ul style="list-style-type: none"> <li>Thoroughly mix 5-8 drops into ¼ cup of ForeverGreen Dead Sea Salts and dissolve into a basin of warm water to soak and refresh.</li> </ul>
<b>Internal</b>	<ul style="list-style-type: none"> <li>Add a drop to a teaspoon of honey and stir into warm water for a soothing tea.</li> </ul>
<b>Massage</b>	<ul style="list-style-type: none"> <li>To soothe stiffness and weary muscles and connective tissues, dilute 4 - 6 drops with 1 oz. Message Oil for a therapeutic massage.</li> </ul>
<b>Misting Spray</b>	<ul style="list-style-type: none"> <li>Add 15-20 drops into 4 oz. distilled or purified water. Shake well before each use.</li> </ul>
<b>Topical</b>	<ul style="list-style-type: none"> <li>Apply 2 – 3 drops to the soles of each foot for TAP benefits.</li> <li>Mix 12 drops 1oz. Message Oil to strengthen tendons, cartilage and connective tissue. Apply on location, as desired.</li> <li>Apply 2-3 drops to the soles of each foot before and after workouts to minimize sore muscles and tendons.</li> </ul>



## INGREDIENTS

*Cypress, Monoi, Patchouli, Rosa damascena, Rose Geranium, Sandalwood, Ylang Ylang complete, Jojoba*

Circulate blend is formulated with the power-oils that target the cardiovascular and circulatory systems. It is particularly powerful as an aid for varicose veins, cellulite, cystitis, and all things 'circulatory' due to its tonifying, regulating, detoxifying and decongesting properties.

## DAILY USES

Bath	<ul style="list-style-type: none"> <li>To boost circulation, combine 10 - 15 drops with 1/2 cup ForeverGreen Dead Sea Salts and stir into a warm bath. Relax in the warm bath for up to 20 minutes.</li> <li>To ease menstrual pain, combine 10-12 drops with 1/2 cup ForeverGreen Dead Sea Salt and stir into warm bath. Relax into the bath for up to 20 minutes.</li> <li>To supercharge the benefits, rub a few drops of Structure, Neuro and Flex blends on the abdomen before getting in the tub.</li> </ul>
Diffusion	<ul style="list-style-type: none"> <li>Diffuse 10-15 drops in 15-minute intervals throughout the day.</li> <li>Diffuse overnight for relief from congestion and coughing spells.</li> </ul>
Foot Soak	<ul style="list-style-type: none"> <li>Thoroughly mix 5-8 drops into ¼ cup of ForeverGreen Dead Sea Salts and dissolve into a basin of warm water to soak and refresh.</li> </ul>
Internal	<ul style="list-style-type: none"> <li>Add a drop in 1/2 glass of water and gargle to soothe a sore throat, coughing or laryngitis.</li> </ul>
Massage	<ul style="list-style-type: none"> <li>Add 10-12 drops to 1 oz. Message Oil and massage on location to improve circulation and 'warm up'.</li> </ul>
Misting Spray	<ul style="list-style-type: none"> <li>Add 15-20 drops into 4 oz. distilled or purified water. Shake well before each use.</li> </ul>
Topical	<ul style="list-style-type: none"> <li>Mix 3-5 drops with 1 tbsp Message Oil and massage over abdomen to ease heavy menstrual flow and cramps.</li> <li>Apply 2 – 3 drops to the soles of each foot for TAP benefits.</li> <li>Mix 2 – 3 drops with equal parts of Bay Laurel , apply on location for congested prostate, varicose veins, and support of the lymphatic system. Mix with Message Oil if desired.</li> </ul>

RESPONSIBLE CAUTIONS AND POSSIBLE CONTRAINDICATIONS: *Non-toxic and generally non-irritating.*


**FINAL TOUCH**
**INGREDIENTS**

*Balsam Fir, Black Spruce, Clary Sage, Elemi, Geranium, Inula, Rockrose, Patchouli, Lavender, Ylang Ylang, Sweet Marjoram, Pink Grapefruit, Rose Geranium, Sage, Spikenard*

Final Touch blend is, as the name implies, the crowning blend in the TAP program.

Formulated to target the emotional system of the body, it does far more than one might expect. Because we know that there is ALWAYS an emotional facet to any injury, illness, pain or stress-related issue.

Final Touch targets the emotional system to bring harmony to an out-of-balance condition. In fact, this blend can be powerfully supportive in easing anxiety, stress and depression. The uplifting nature of this blend can also be gently energizing.

**DAILY USES**

Bath	<ul style="list-style-type: none"> <li>Combine 10-15 drops with 1/2 to 1 cup ForeverGreen Dead Sea Salts and stir into a warm bath.</li> </ul>
Diffusion	<ul style="list-style-type: none"> <li>Diffuse 5 minutes per hour with nebulizing diffuser.</li> </ul>
Foot Soak	<ul style="list-style-type: none"> <li>Thoroughly mix 5-8 drops into ¼ cup of ForeverGreen Dead Sea Salts and dissolve into a basin of warm water to soak and refresh.</li> </ul>
Inhalation	<ul style="list-style-type: none"> <li>Inhale by applying 2 drops on hands, rub, and inhale deeply to relax in times of stress.</li> </ul>
Massage	<ul style="list-style-type: none"> <li>Mix 5-8 drops oil per teaspoon Message Oil to support and tone skin and relieve tension.</li> </ul>
Misting Spray	<ul style="list-style-type: none"> <li>Mix 15–20 drops in 4 oz. distilled water in cobalt blue spray bottle. Shake well and spray for an emotional balancing floral aroma in your home.</li> </ul>
Topical	<ul style="list-style-type: none"> <li>Apply on pulse points to wear as a fragrance.</li> <li>Apply 2 – 3 drops to the soles of each foot for TAP benefits.</li> <li>For oily or acne prone skin, mix 40 drops with 1 oz. of Jojoba Message Oil, apply to cotton ball and cleanse affected area.</li> <li>Apply 2-3 drops to the feet for emotional balancing benefits.</li> <li>Mix 2-3 drops with 10 drops Jojoba Message Oil for an anti-aging night oil treatment.</li> </ul>

*RESPONSIBLE CAUTIONS AND POSSIBLE CONTRAINDICATIONS: Patch-test prior to applying to larger areas of the body.*

# NOT ALL ESSENTIAL OILS ARE CREATED EQUAL

There is a distinct difference in quality of essential oils in the market.

With ForeverGreen Essential Oils, you have the benefit of pure, unadulterated essential oils. Pristine quality in every drop!

## Unique Qualities of ForeverGreen Essential Oils

- Oils from organically grown and wild crafted plants.  
No pesticides or chemicals have been used in the cultivation of ANY crops.
- Premium –grade, 100% pure essential oils.  
No additives, extenders or compromises.
- All extraction is done in a manner as to preserve the pristine nature of the organic/wildcrafted plant material.
- NO GMO plants used for distillation or extraction.
- NO irradiation.
- NO sewage sludge used in any plants or plant materials from which ForeverGreen oils have been sourced
- NO animal testing, NO animal derivatives.
- NO cross-contamination from allergens; peanuts, milk, tree nuts, wheat, soy, fish, egg or shellfish.
- Authentic, therapeutic-grade oils. Independently tested and documented for purity and authenticity.
- Lot numbers and batch numbers on each bottle document and assure authenticity.
- Cruelty-free oils. No animal testing or animal products used.  
Formulations by Alexandria Brighton, an expert in essential oils from seed to bottle.  
Unavailable in stores (except in some quality locally owned stores in some regions).



### A NOTE FROM FOREVERGREEN QUALITY CONTROL:

One of the things that helps set ForeverGreen essential oils apart from other companies is the amount of testing we put our oils through to make sure they are pure essential oils.

When the farms deliver the oils they are tested through a GC [Gas Chromatograph] test for impurities. Once that product passes the QA GC test, it is allowed in the facility. From the time an oil is received from a farm to when it is packaged it could take a matter of days to weeks, so we require it to be tested before packaging and after packaging, to assure that the quality has not been compromised or jeopardized in any way.

Once the oils reach the point in which they are ready to be shipped to ForeverGreen, they are tested one more time. This is the last and final GC test.

The reason this test is so important is because there is a standard for what is considered a natural and pure essential oil. When an oil is produced it has to be preserved from contact/exposure to air. Oxygen and essential oils react in such a way that the oils start to oxidize. This final test is crucial to our success because if the oils do not pass this test they have not properly been sealed and kept airtight throughout the process. We want to assure that no oxidative damage has been incurred. Once the oils pass this final GC test they are shipped to ForeverGreen for ForeverGreen.

We receive the essential oils at ForeverGreen having each oil go through an intensive GC test process, it is part of our Quality Assurance requirement. If at any time any oils fail to pass at any of these 4 steps, they are rejected.

If we occasionally have a back order situation at ForeverGreen for a day or two is because on occasion some oils have failed and been rejected and a new batch must be tested and shipped in to ForeverGreen to assure that the ForeverGreen quality is maintained.

Nowhere will higher standards be found than with ForeverGreen essential oils.

When we state that ForeverGreen essential oils are 100% pure, you can be assured that they are 100% pure . . . not 51%, not 75%, not 99% pure. 100% pure.

TRUE purity. TRUE quality. ForeverGreen!

### NOTE FROM LORENE DAVIES



It can, at times, be sad to consider that one of the most pure healing and vitality enhancing messages of all time – that of the pristine nature and life-giving essential oils – has been exploited, prostituted and compromised (never mind the reason).

After having enough experience with those who have mislead, compromised and tainted the purity of the message and the purity of the end product, it was crystal clear that the time had come for a group of distributors, healers and messengers, as well as a company, to be in integrity with the purity of the message and end offering of essential oils.

To that end, the commitment, the name, and the underlying intention of ALL that we do with ForeverGreen is to be TRUE; TRUE to the message, TRUE to the purity of intent, and TRUE to the purity of the oils.

That is our mission, that is our declared intention, that is who WE are. ForeverGreen.