

Abilitations

AromaEssences™ Essential Oils

by Sue Wilkenson, OT

Introduction

Abilitations brings you scientifically researched blends of essential oils created to give optimal effects for improving concentration, control and overall feeling of well-being. Each one is made of a 100% pure blend of essential oils and contains no synthetic additives. AromaEssences Blends are an Abilitations exclusive.

Blends:

Stress Less: Lavender, Sandalwood and Bergamot

Study Buddy: Rosemary, Basil, Clove and Black Pepper

Appetite Control: Orange, Lemon, Sandalwood, Ylang Ylang and Bergamot

Stay Alert: Peppermint, Rosemary and Cedarwood

Uses:

Essential oils can be used in diffusers (sold separately) or on a bookmark, a cotton ball, potpourri or a favorite stuffed animal (not included).

We especially like to use essential oils on jewelry made of natural materials so the aroma is present when we need it the most. It is also ideal for our favorite Abilitations' Aroma Tangle™ (sold separately).

If using for the benefit of a child, observe closely for the desired effect, and remove immediately if the child finds the aroma offensive.

Directions

An adult can apply essential oil to a natural fiber (cotton, wool, jute, etc.) one drop at a time. It usually only takes one or two drops to get the desired aroma, and using too much oil can be overpowering. You may want to reapply essential oil every three or five days, depending on length of use and desired aroma and whether it is kept in a sealed container. A plastic pipette (not included) can be used for tiny applications.

Warning:

Always keep oils out of the reach of children. Store them in a cool dry place.

DO NOT INGEST essential oils.

Pregnant women should not use essential oils without the advice of a physician or homeopathic specialist.

Learn More

Aromatherapy can have a wonderful impact on individuals of all ages. Our favorite books on the topic are: *The Fragrant Mind* and *The Complete Book of Essential Oils and Aromatherapy*, both by Valerie Ann Worwood. Obtain them at Integrations/Abilitations (800) 622-0638 or www.integrationscatalog.com.

Abilitations 
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