

Skin Conditions

Associated with

Anti-fungal

SENTRY

Dilute 2–3 drops of Sentry in 1 tbsp. of fractionated coconut oil and apply to the affected area.

Burns

ESCAPE

For minor burns, Escape can be applied directly, or diluted in fractionated coconut oil, to the area of the burn. For more serious burns, mix 5 drops of Escape in a 4 oz spray bottle with water, and apply to the affected area every hour for the first 24 hours. Continue to mist the mixture over the burn for relief during the healing process, and to help minimize scarring. For severe burns, seek medical attention.

Cold Sores

ESCAPE, CALM, or SENTRY

For relief from pain and irritation, place 1 drop of Sentry directly on the lesion, or rub 2–3 drops of Escape or Calm on the bottoms of your feet 3 times per day.

Rashes and Irritations

ESCAPE

For relief from mild rashes and skin irritation, dilute 2–3 drops of Escape in 1 tbsp. of fractionated coconut oil. Apply to the affected area.

Shingles

SENTRY or ESCAPE

Rub 2–3 drops of Sentry on the bottoms of your feet, or you can dilute 3–5 drops in 1 tbsp. of fractionated coconut oil and apply to the location of irritation. If skin sensitivity occurs, use Escape as an alternative.

Pain & Discomfort

Associated with

Joint Pain or Stiffness

ICE

For temporary relief, apply directly or diluted in fractionated coconut oil to the affected area. You can also apply a warm compress to improve absorption.

Back Pain

ICE

For temporary relief, apply directly or diluted in fractionated coconut oil to the affected area. You can also apply a warm compress to improve absorption.

Ear Infection

SENTRY or ESCAPE

To help alleviate pain and discomfort, apply 1–2 drops of Sentry or Escape onto a cotton ball and place over the opening of your ear (do not press it into the ear canal). Never apply oils directly into the ear. As an alternative, you can place one drop behind the ear.

Headache

ESCAPE or ICE

For temporary relief, rub 1–2 drops of Escape or Ice onto your forehead, at the temples, and at the back of the neck.

Sore Muscles

ICE

For temporary relief of aches and pains, dilute 3–5 drops of Ice into 1 tbsp. of fractionated coconut oil, and then massage the affected area.

Toothache

SENTRY

To help alleviate pain and discomfort, dilute 2 drops of Sentry in 1 tbsp. of fractionated coconut oil and swish in your mouth for 10 minutes each day. Discard the oil when you are done each day. Do not swallow the used oil.

Respiratory or Congestion

Associated with

Air Pollution

SENTRY

Diffuse Sentry with the Priime atomizing diffuser. You can also put 1–2 drops in a handkerchief and hold over your mouth and inhale.

Allergies

ESCAPE

Diffuse Escape with the Priime atomizing diffuser. You can also dilute 2–3 drops in 1 tbsp. of fractionated coconut oil and apply to your chest to help open airways. As an alternative, apply 2–3 drops on the bottoms of your feet.

Cough

ICE or ESCAPE

Apply 1–2 drops of Ice or Escape to the palms of your hands, rub hands together, cup over your nose, and inhale. You can also diffuse in the Priime atomizing diffuser to help sleep if you are congested, or dilute 2–3 drops in 1 tbsp. of fractionated coconut oil and apply to the chest or back.

Sinuses

ICE or ESCAPE

Apply 1–2 drops of Ice or Escape to the palms of your hands, rub hands together, cup over your nose, and inhale. You can also diffuse with the Priime atomizing diffuser to help sleep if congested, or apply 2–3 drops in 1 tbsp. of fractionated coconut oil and apply to the chest or back.

Sore Throat

SENTRY

For temporary relief, add 1–2 drops of Sentry to a cup of water. Gargle and then drink. For topical use, rub 2–3 drops on the bottoms of your feet.



Mood

Associated with

Anxiousness

CALM or ESCAPE

Place 1–2 drops of Calm or Escape to the palms of your hands, rub hands together, cup over your nose, and inhale. You can also diffuse with the Priime atomizing diffuser, or smell directly from the bottle.

Calming

CALM

Apply 1–2 drops of Calm to the palms of your hands, rub hands together, cup over your nose, and inhale. You can also diffuse with the Priime atomizing diffuser.

Focus

ICE

Place 1–2 drops of Ice to the palms of your hands, rub hands together, cup over your nose, and inhale. As an alternative, you can smell directly from the bottle or diffuse with the Priime atomizing diffuser.

Sleeplessness

CALM

Diffuse Calm with the Priime atomizing diffuser. You can also put 1–2 drops into a tissue and place inside your pillowcase.

Mental Alertness

ICE or ESCAPE

Apply 1–2 drops of Ice or Escape to the palms of your hands, rub hands together, cup over your nose, and inhale. You can also diffuse with the Priime atomizing diffuser.

Mood Lifting

ESCAPE or SENTRY

Apply 1–2 drops of Escape or Sentry to the palms of your hands, rub hands together, cup over your nose, and inhale. As an alternative, diffuse with the Priime atomizing diffuser. For topical use, place 3–5 drops in 1 tbsp. of fractionated coconut oil and massage into your skin.

Cold & Flu

Associated with

Immune System

SENTRY

To help support healthy immune function, place 1–2 drops of Sentry in a cup of water and drink. To use topically, you can rub 2–3 drops on the bottoms of your feet.

Influenza

SENTRY

To help shorten the duration of colds and flu, place 1–2 drops of Sentry into a cup of water and drink. For topical use, you can rub 2–3 drops on the bottoms of your feet 3 times per day.

Additional Uses

Associated with

Anti-bacterial

SENTRY

Place 3–4 drops of Sentry into a cup of water and drink, 3 times per day. You can also use topically by applying 2–3 drops in 1 tbsp. of fractionated coconut oil to the bottom of your feet, or near the site of infection on the skin.

Detoxification

SENTRY or ESCAPE

Apply 1–2 drops of Sentry or Escape to the palms of your hands, rub hands together, cup over your nose, and inhale. You can also diffuse with the Priime atomizing diffuser, or apply 2–3 drops in 1 tbsp. of fractionated coconut oil and apply to the abdominal area or to the bottoms of your feet.

Upset Stomach

SENTRY

Place 2–3 drops of Sentry into a cup of water and drink. You can also put 1 drop of Sentry under your tongue or on the bottoms of your feet.

Hot Flashes

ICE

Rub 2–3 drops of Ice onto the back of your neck.

Lice

ESCAPE

Use 3 drops of Escape per 1 tbsp. of fractionated coconut oil, enough to cover the scalp, and apply to the scalp and hair and leave overnight. For a preventative spray, mix 10 drops into a 4 oz spray bottle filled with water and mist the hair.

Teeth Grinding

CALM or ESCAPE

To help ease pain and discomfort, apply 1–2 drops of Calm or Escape around the jawline before bed.
