

dōTERRA®

CANADA APPROVED CLAIMS LIST

Arborvitae

- **T** Powerful cleansing agent for the skin.
- **T** Apply to wrists and ankles while hiking.
- **A T** Create your own cologne with Cedarwood, Arborvitae, and Frankincense.
- **A** Diffuse for a grounding aroma.
- **A** Use during meditation for a sense of peace and calm.

AromaTouch®

- **T** Creates a soothing, aromatic experience during any massage.
- **T** AromaTouch® is used in the AromaTouch Technique® in combination with seven other oils.
- **A T** Add to Epsom salts and enjoy soaking in a hot bath.
- **A** Diffuse to create a spa environment.
- **A** Rub on shoulders after a long day at work.

Balance™

- **T** Begin your day by putting Balance on the bottom of your feet.
- **A T** Use before bed to promote peaceful dreams.
- **A T** Add to Epsom salts for a comforting bath.
- **T** Apply Balance to your wrists or neck to experience a calming aroma all day.
- **A** For a grounding experience, breathe in deeply.
- **A** Use while meditating or practicing yoga.

Basil

- **I** Add to your favorite Italian dishes for a refreshing taste.
- **T** Apply to the skin during warm weather for a cooling sensation.
- **A** Diffuse while studying or reading to promote alertness.

- **A** Diffuse at the end of your work day for its cooling aroma.
- **A** Blend with Lime, Bergamot and/or Peppermint for an invigorating aroma.

Bergamot

- **I** Change regular tea to Earl Grey with the addition of Bergamot.
- **T** Frequently used in massages for its calming properties.
- **A T** Apply to the skin while showering and inhale deeply to enjoying its purifying skin benefits.
- **T** Apply before bedtime for its calming aroma.
- **T** Add one to two drops to your next DIY skin care cleanser.
- **A T** Mixes well with Lavender, Patchouli, Lime, and Arborvitae.
- **A** Diffuse in the classroom, at work, or at home for its calming aroma.
- **A** Diffuse before a big presentation or speech for its calming aroma.

Black Pepper

- **I** Add to meats, soups, entrees, and salads to enhance food flavour.
- **T** Apply to the bottom of your feet after a long nap. Dilute with Fractionated Coconut Oil before applying Black Pepper to skin.
- **A** Diffuse for a stimulating aroma.
- **A** Blends with Clove, Juniper Berry, Cedarwood, or Cilantro.

Cardamom

- **I** Flavourful spice for cooking and baking for great Indian flavor.
- **I** Take a drop or two internally after over indulging at dinner.
- **A T** Blends well with Lavender and Clove.
- **T** Has a cooling sensation when applied topically.

APPLICATION METHODS **A** Can be used aromatically **T** Can be used topically **I** Can be used internally

Cassia

- **I** Can be used in cooking either as a replacement for Cinnamon in pies and breads or by itself in a myriad of entrees and desserts.
- **I** Put a drop in your water to support hydration.
- **A T** Blends well with citrus oils.
- **T** Massage with carrier oil for a warming sensation.
- **A** Warming, uplifting aroma.
- **A** Diffuse with Clove and Ginger during fall and winter for a happy holiday aroma.

Cedarwood

- **T** Massage one to two drops into your chest as a part of your workout routine.
- **T** During your facial routine, add one to two drops of Cedarwood to your facial toner or moisturizer for added clarifying properties.
- **T** After noticing a fresh skin imperfection, directly apply one drop to affected area to immediately improve the appearance.
- **A** Diffuse Cedarwood after a difficult day.
- **A** Place a drop on a cotton ball and place in closets, storage boxes, or other areas to maintain a fresh aroma in enclosed spaces.

Cilantro

- **I** Add to salads, dips, and guacamole to experience Cilantro's distinct flavour.
- **I** Use after an over-indulging dinner.
- **A** For a fresh, clean-smelling, herbal aroma, diffuse three to four drops of Cilantro with the citrus essential oil of your choice.

Cinnamon Bark

- **I** During your nightly routine, add one drop of Cinnamon Bark to two ounces of water and gargle for an effective mouth rinse.
- **I** Place one drop of Cinnamon Bark essential oil in hot water or tea.
- **I** Add to your favourite recipes in place of ground cinnamon for a delightfully spicy flavour.
- **T** During the winter months, dilute Cinnamon

Bark with Fractionated Coconut Oil and create a warming massage.

- **A T** Place two to three drops in a spray bottle with water for a quick and effective cleaning spray.

Citrus Bliss®

- **T** Place one to two drops on your wrist for a refreshing everyday perfume.
- **T** In the morning, apply one to two drops of Citrus Bliss to the bottom of your feet to help start your day.
- **T** Add to a carrier oil for a hand massage.
- **A** Diffuse after a long day of work for its uplifting aroma.
- **A** Add two to three drops to dryer sheets to add a refreshing aroma to your laundry.

ClaryCalm® Roll On

- **T** Apply to the skin for a cooling, soothing effect.
- **T** Apply for a calming aroma.
- **T** Apply for a grounding scent that helps your mood stay balanced.

Clary Sage

- **A T** Combine with Roman Chamomile and add for a relaxing bath.
- **T** Apply one to two drops to the bottom of feet or pulse points.
- **T** Add three to four drops to shampoo or conditioner to promote healthy-looking hair and scalp.
- **A** Apply one to two drops to your pillow before bedtime.

Clove

- **I** Place one drop of Clove in two ounces of water and gargle for a fresh mouth rinse.
- **I** Helps to clean the teeth and gums while promoting fresh breath.
- **T** Combine with dōTERRA® Hand and Body Lotion for a warming massage.

APPLICATION METHODS **A** Can be used aromatically **T** Can be used topically **I** Can be used internally

- **I** During your nightly routine, add one drop of Clove to your toothbrush before applying toothpaste.
- **A** During the Fall and Winter season, diffuse three drops Clove, two drops Cinnamon Bark, and one drop Wild Orange for a spicy sweet scent.

Coriander

- **I** Use Coriander while cooking for a warm, spicy flavour.
- **A** **T** Blends well with Smart & Sassy®.
- **T** Add to oily skin for a clear complexion.
- **T** Apply Coriander to your legs as a part of your workout routine.
- **T** Apply to the back of neck or bottom of feet after an event-filled day.

Deep Blue®

- **T** Apply to feet and knees before and after exercise.
- **T** Perfect for a soothing massage after a long day of housework.
- **T** Apply to hands and feet after gardening.
- **T** Rub Deep Blue on lower back muscles after a day of heavy lifting at work or during a move.
- **T** Massage Deep Blue with a few drops of carrier oil onto growing kids' legs before bedtime.
- **T** After long hours on the computer, try rubbing Deep Blue essential oil blend on your fingers, wrists, shoulders, and neck.
- **T** A few drops of Deep Blue diluted in Fractionated Coconut Oil can be a part of a cooling and comforting massage.
- **T** Invigorating workout blend. Perfect blend to use after exercise.

Douglas Fir

- **T** Cleanses the skin.
- **A** **T** Promotes grounded study habits.
- **A** Diffuse during the holiday season for a natural woody scent.
- **A** Diffuse for a pleasant, uplifting aroma.

Easy Air™

- **T** Apply to chest for soothing and cooling sensation.
- **A** Diffuse for a great uplifting and invigorating smell.
- **A** Diffuse during the winter months for a refreshing aroma on a cold, dreary day.

Elevation®

- **T** Rub Elevation over your heart, temples, or wrists.
- **A** Diffuse Elevation before an interview for its energizing aroma.
- **A** Diffuse Elevation before waking your children to start the day off with a bright aroma.

Eucalyptus

- **T** Found in mouth rinses and oral hygiene products to freshen breath.
- **A** **T** Use as part of your massage experience.
- **T** Beneficial for skin.
- **A** **T** Place one to two drops in your hand and inhale deeply.
- **T** Add one drop to moisturizer and apply to your face.
- **A** Place a few drops in your morning shower for a great way to start your day.

Fennel (Sweet)

- **T** Apply to skin for soothing effect.
- **I** **T** Have Fennel on hand after enjoying a big meal.
- **I** Take a drop of Fennel in water for a sweet licorice flavour.
- **T** Use with Fractionated Coconut Oil as part of an abdominal massage.
- **A** Diffuse in your home or office for its calming aroma.

Frankincense

- **T** Add to your moisturizer to reduce the

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appearance of blemishes.

- **T** When traveling somewhere dry, apply Frankincense to maintain healthy-looking fingernails.
- **T** After a day of outdoor activity, massage Frankincense into your hands and feet for a warming effect.
- **A** Diffuse during your yoga practice for a peaceful aroma.

Geranium

- **T** Apply directly to the skin for its beautifying properties.
- **A** **T** Enjoy an aromatherapy steam facial to beautify the skin.
- **T** Apply to skin after a shower for a smoothing effect.
- **T** Add a few drops to your shampoo or conditioner for a healthy, vibrant glow.
- **T** Apply under your arms after a sweaty workout or a day in the sun.
- **T** Place one drop in the palm of your hands, rub hands together, and cup over nose and mouth then breathe slowly for a grounding effect.
- **A** Add to your next DIY potpourri.

Ginger

- **I** Add to your dinner for enhanced flavour.
- **I** Use one drop in place of whole ginger in favourite recipes.
- **A** **T** During a long car ride along windy roads, diffuse or place a drop of Ginger in the palm of your hand and inhale.

Grapefruit

- **T** Add to your teenager's nightly facial routine to improve the appearance of blemishes (avoid sun exposure).
- **A** Diffuse in the office for its invigorating aroma.
- **A** **T** Use Grapefruit for a soothing massage that leaves behind a light, uplifting aroma.

HD Clean® Roll On

- **T** Cleanses the skin.

- **T** Provides optimal hydration for a balanced moisture level.
- **T** Helps reduce the appearance of blemishes.
- **T** Promotes a clear, healthy-looking complexion.
- **T** Reduces appearance of oily skin.
- **T** Good for skin of all ages.

Immortelle®

- **T** Helps to reduce the appearance of fine lines and wrinkles.
- **T** Helps reduce contributing factors to the appearance of aging skin.
- **T** Helps sustain smoother, more radiant, and youthful-looking skin.
- **T** Apply as part of your morning and night facial routine.
- **T** Apply topically to reduce the appearance of skin imperfections.
- **T** Apply under your arms after a sweaty workout or a day in the sun.
- **T** Helps to beautify the skin.
- **T** A blend of powerful oils in every drop.

InTune®

- **T** Apply to the temples and back of neck to tune in to tasks that require concentration.
- **T** Apply to wrists or back of hands and inhale deeply.
- **T** Use at work to help you stay on task in the afternoon.
- **T** Study-time blend.

Juniper Berry

- **I** Add one to two drops to your next green or fruit smoothie.
- **T** Reduces the appearance of skin blemishes.
- **T** Acts as a natural cleansing agent for the skin.
- **T** Apply one drop to promote a clear, healthy complexion.
- **A** Diffuse with citrus oils to freshen and purify the air. Blends with Grapefruit, Bergamot, or Cypress.

Lavender

- **I** Use in cooking to soften citrus flavors and

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add a flavorful twist to marinades, baked goods, and desserts.

- **T** Reduces appearance of skin imperfections.
- **A** **T** Add a few drops of Lavender to pillows, bedding, or bottoms of feet as part of your nightly routine.
- **A** Freshen your linen closet, mattress, car, or the air with a light mist of Lavender combined with water in a spray bottle.
- **T** Add to bath water or apply to the temples and the back of the neck before bed.

Lemon

- **T** Cleanses the skin.
- **T** Wash hands with Lemon oil to remove grease after automotive repairs.
- **A** Add Lemon oil to a spray bottle of water to spray the air for a fresh, clean scent throughout the home.
- **A** Diffuse for a pleasant, uplifting aroma.

Lemongrass

- **I** Use to flavour entrées and meat dishes.
- **T** Combine with carrier oil and massage legs and arms after a hard workout.
- **T** Use after a long run as part of your cool down routine.
- **T** Add to your DIY cleanser to tone skin.
- **T** Combine with Tea Tree and apply to toenails for clean, healthy nails.
- **A** Diffuse for a refreshing scent.
- **A** **T** Blends well with Basil, Cardamom, or Spearmint.

Lime

- **T** Add one drop to your facial cleanser or shampoo for added cleansing properties.
- **T** Combine with Tea Tree for a soothing scalp massage.
- **A** Diffuse to fill the air with an uplifting aroma.
- **A** Diffuse while studying and then apply to wrists again while testing on those subjects.
- **A** **T** Blends with Cedarwood, Black Pepper, and Cilantro.

Marjoram

- **I** Use Marjoram essential oil in your next recipe that calls for dried Marjoram.
- **I** Usually one drop of essential oil is equivalent to two teaspoons of dried herbs.
- **T** Add to a soothing massage.
- **T** Apply to arms and legs before and after exercising.
- **T** Apply to a fussy child's feet prior to a nap.
- **A** Blends with Lavender and Rosemary.

On Guard®

- **T** Add to a spray bottle of water for an effective all-purpose cleanser
- **A** **T** With its unique aroma, On Guard offers a fragrant, natural, way to clean your skin.
- **A** Diffuse for a clean ordours from the air.
- **A** Diffuse in the home for a spicy and sweet aroma.
- **A** Diffuse in class settings for an uplifting scent.

On Guard® Foaming Hand Wash

- **T** Add to a foaming pump bottle to keep at your kitchen and bathroom sink, and use often to keep hands clean and soft throughout the day.
- **T** Use to wash hands before dinner.
- **T** After working on the car, use this On Guard® Foaming Hand Wash for an enhanced cleaning ability that sets it apart from other brands.

On Guard® Natural Whitening Toothpaste

- **T** Safe for sensitive teeth.
- **T** In preparation for a trip to the dentist, use to remove plaque and stains.
- **T** Cleans and freshens breath.
- **T** Gentle enough to not damage tooth enamel.
- **T** Improves the appearance of teeth.
- **T** Fluoride-free formulation helps reduce plaque while whitening teeth.
- **T** Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath and toothbrush.

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- **T** Includes Myrrh essential oil which helps with cleansing.
- **T** Naturally whitens teeth by removing stains with gentle polishing agents.

Oregano

- **I** Use one drop in place of one tablespoon ground oregano to your favourite Italian dishes.
- **T** Used diluted as a powerful cleansing agent for the skin.
- **A** Add 10 drops to a spray bottle full of water for a last-minute counter spray.

PastTense® Roll On

- **T** Add to temples and back of neck before taking a test.
- **T** Apply to the bottom of feet before an important meeting.
- **T** Massage into your shoulders, neck, and back for a refreshing sensation.
- **T** Packaged for convenient application in a roll-on bottle.

Purify

- **A** Refreshing aroma that eradicates unpleasant odours and clears the air.
- **A** Diffuse to freshen the air.
- **A** Freshen small spaces by placing a few drops of Purify on a cotton ball and putting it into the air vent.
- **A** Add five drops to a small spray bottle with water and use to wipe down countertops to leave behind a clean pleasant scent.
- **A** Add a few drops to the rinse cycle when doing laundry to help eliminate odour.

Rosemary

- **I** Add one to two drops of Rosemary essential oil to meats and favourite entrees.
- **T** Apply to scalp and massage for a full looking head of hair.
- **A** **T** Blend with Wintergreen and dōTERRA lotion for a soothing massage experience.
- **T** Blend with Tea Tree and Basil for a stimulating

scalp massage.

- **A** Diffuse while studying for its invigorating aroma.
- **A** Combine with Epsom salts and Frankincense for a rejuvenating bath experience.
- **A** Blends with Cardamom, Lemongrass, Geranium or Clary Sage.

Hawaiian Sandalwood

- **T** Add to your shampoo or moisturizer to improve the look of your skin and hair.
- **T** Promotes healthy-looking, smooth skin.
- **T** Reduces the appearance of skin imperfections.
- **T** Apply one to two drops to wet hair to help restore moisture and give hair a silky shine.
- **A** Diffuse in your bedroom after a long day or before meditation.
- **A** **T** Diffuse or apply to the neck and shoulders at bedtime.
- **A** Frequently used in meditation for its grounding aroma.
- **A** For an at-home spa experience, fill a large bowl with steaming water, then apply one to two drops of Sandalwood to your face and cover your head with a towel. Place your face above the steaming water. Your skin will feel nourished and rejuvenated.

Serenity™

- **T** Apply to bottoms of feet at bedtime before going to sleep.
- **A** Creates a perfect escape with its renewing fragrance.
- **A** Diffuses into a subtle aroma.
- **A** Add two to three drops to a warm bath with Epsom salts to create a peaceful, renewing aroma.
- **A** Diffuse to help promote relaxation.

Smart & Sassy®

- **I** Take 1-2 drops before meals.
- **I** Add a few drops of Smart & Sassy to your water each day.
- **A** Diffuse before your workout for an energizing aroma.

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Spearmint

- **I** Cleanses the mouth and promotes fresh breath.
- **T** Use in a cream or lotion as part of a massage for an invigorating sensation.
- **A** Diffuse for a fresh, cooling aroma.
- **I** Add to your favourite desserts for a minty twist.
- **T** Apply to the skin for a cooling sensation.

TerraShield®

- **T** **A** TerraShield can be used safely by everyone in the family.
- **A** Diffuse TerraShield at indoor and outdoor events.
- **T** Apply TerraShield to your kids' arms and legs for a great indoor and outdoor scent.
- **T** **A** Apply TerraShield topically or place it on aromatherapy jewelry.

Thyme

- **I** Use one to two drops in place of dried Thyme in your favourite recipes.
- **T** Cleanses the skin.
- **A** Thyme has a stimulating aroma.

Vetiver

- **T** Apply to feet after a long day of standing.
- **T** Apply to your child's neck and feet after a difficult day at school.
- **T** Is rich in sesquiterpenes.
- **A** Diffuse one to two drops of Vetiver with Lemon before traveling for business or relaxation.
- **A** Use as an earthy base note in your favorite DIY diffuser blends.
- **A** **T** Used in many popular perfumes.

Whisper™

- **T** After a shower, apply to wrists to create a unique and beautiful scent that accentuates your body chemistry.

- **T** Combine with Hand & Body Lotion for a moisturizing application.
- **T** Combines with individual chemistry to create a uniquely personal fragrance.
- **T** A perfect balance of several CPTG Certified Pure Tested Grade® essential oils unified to impart beauty, femininity, and allure.
- **A** Place on terra-cotta jewelry for a long-lasting scent throughout the day.
- **A** Provides a warming, musky aroma.

White Fir

- **T** Apply after an active day.
- **A** Add one drop of White Fir to your shower for an empowering aroma.
- **A** Place a few drops on your terra-cotta ornaments for a bright, holiday scent.

Wild Orange

- **T** Powerful cleanser agent for the skin.
- **A** To improve your home's scent and to purify the air, place a few drops on your air filter.
- **A** **T** Place one drop Wild Orange, Peppermint, and Frankincense in your hand. Rub hands together and inhale deeply.

Wintergreen

- **T** Wintergreen contains the same active ingredient as Birch.
- **T** Massage into hands, back, and legs after exercise.
- **T** Apply to skin to reduce the appearance of blemishes.
- **A** Place a few drops of Wintergreen on a cotton ball and place in your gym bag.
- **A** **T** Wintergreen's strong scent will work to mask any odour.
- **A** Diffuse for a sweet, uplifting aroma.

Ylang Ylang

- **T** Blend several drops of Ylang Ylang with dōTERRA® Fractionated Coconut Oil and massage into back and shoulders at the end of a long day.

APPLICATION METHODS **A** Can be used aromatically **T** Can be used topically **I** Can be used internally

- **T** During the damaging heat of the summer, massage Ylang Ylang into your scalp to increase the appearance of healthy, shiny hair.
- **T** Add Ylang Ylang to dōTERRA Fractionated Coconut Oil for a deep hair conditioner.
- **A** **T** Apply Ylang Ylang to the back of the neck for a calming aroma.

Zendocrine™

- **I** If a lifestyle change is one of your New Year's resolutions, take one drop of Zendocrine daily for a week to kick-start your program.
- **I** Add a few drops to your morning tea for a great flavour.
- **I** When doing a juice cleanse add three drops to your juice for extra flavour and benefit.

ZenGest™

- **I** Have ZenGest on hand when enjoying heavy holiday meals.
- **A** ZenGest can be diffused for its licorice aroma.
- **I** When traveling or trying new foods take ZenGest.
- **T** Use with dōTERRA Fractionated Coconut Oil for a soothing abdominal massage.

Bergamot

- **A T** Used in Aromatherapy to help relieve headaches.
- **A T** Used in Aromatherapy to help relieve colds and coughs.
- **A T** Use as a carminative or antispasmodic for symptomatic relief of digestive discomfort.
- **T** Used in Aromatherapy for symptomatic relief of acne, boils, eczema, and dermatitis.
- **T** Used to relieve minor skin irritation.
- **T** Used to relieve cuts.
- **T** Apply to relieve bruises.
- **T** Used to relieve burns.

*Claims are approved for this Natural Health Product.
Reference Bergamot NPN80060980

Cardamom

- **A T** Used in Aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort.
- **A T** Used in Aromatherapy to help relieve colds and coughs.

*Claims are approved for this Natural Health Product.
Reference Cardamom NPN80060953

Clary Sage

- **A T** Used in Aromatherapy as a nervine and calmative, a carminative and antispasmodic for symptomatic relief of digestive discomfort.
- **A T** Used in Aromatherapy to help relieve colds and coughs.
- **T** Used in Aromatherapy to relieve minor skin irritation.
- **T** Used in Aromatherapy to relieve cuts.
- **T** Used in Aromatherapy to relieve bruises.
- **T** Used in Aromatherapy to relieve burns.
- **T** Apply in Aromatherapy to help relieve joint and muscle pain associated with sprains, strains, and rheumatoid arthritis.

*Claims are approved for this Natural Health Product.
Reference Clary Sage NPN80060984

Cypress

- **T** Used in Aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis.
- **A T** Used in Aromatherapy to help relieve colds/cough.

*Claims are approved for this Natural Health Product.
Reference Cypress NPN80060929

Ginger

- **T** Used in Aromatherapy to help relieve joint and muscle pain associated with sprains, strains, and rheumatoid arthritis.
- **A T** Used in Aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort.
- **A T** Used in Aromatherapy to help relieve colds and coughs.

*Claims are approved for this Natural Health Product.
Reference Ginger NPN80060954

Grapefruit

- **A T** Used in Aromatherapy as a nervine/calmative.

*Claims are approved for this Natural Health Product.
Reference Grapefruit NPN80060966

Helichrysum

- **A T** Used in Aromatherapy as a nervine and calmative.
- **A T** Used in Aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort.
- **A T** Used in Aromatherapy to help relieve colds and coughs.
- **T** Used in Aromatherapy for symptomatic relief of acne and boils.
- **T** Used in Aromatherapy to relieve minor skin irritation.
- **T** Used in Aromatherapy to relieve cuts.

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- **T** Used in Aromatherapy to relieve bruises.
- **T** Used in Aromatherapy to relieve burns.
- **T** Used in Aromatherapy for symptomatic relief of eczema and dermatitis.
- **T** Used in Aromatherapy to help relieve joint and muscle pain associated with sprains, strains, or rheumatoid arthritis.

*Claims are approved for this Natural Health Product.
Reference Helichrysum NPN80060963sation

Juniper Berry

- **A T** Used in Aromatherapy as a nervine and calmative.
- **T** Used in Aromatherapy for symptomatic relief of acne and boils.
- **T** Used in Aromatherapy for symptomatic relief of eczema and dermatitis.
- **T** Used in Aromatherapy to relieve minor skin irritation.
- **T** Used in Aromatherapy to relieve cuts.
- **T** Used in Aromatherapy to relieve bruises.
- **T** Used in Aromatherapy to relieve burns.
- **T** Used in Aromatherapy to help relieve joint and muscle pain associated with sprains, strains, or rheumatoid arthritis.

*Claims are approved for this Natural Health Product.
Reference Juniper Berry NPN80060933

Lavender

- **A T** Used in Aromatherapy as a nervine and calmative.
- **A T** Used in Aromatherapy to help relieve colds and coughs.
- **T** Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis.
- **A T** Used in Aromatherapy to help relieve headache.

*Claims are approved for this Natural Health Product.
Reference Lavender NPN80061038

Lemon

- **A T** Used in Aromatherapy to help relieve colds/cough.

*Claims are approved for this Natural Health Product.
Reference Lemon NPN80060961

Lime

- **A T** Used in Aromatherapy to help relieve colds and coughs.
- **T** Used in Aromatherapy for symptomatic relief of acne and boils.
- **T** Apply in Aromatherapy to help relieve joint and muscle pain associated with sprains, strains, and rheumatoid arthritis.

*Claims are approved for this Natural Health Product.
Reference Lime NPN80060938

Myrrh

- **A T** Used in Aromatherapy to help relieve colds and coughs.
- **T** Used in Aromatherapy to relieve minor skin irritation.
- **T** Used in Aromatherapy to relieve cuts.
- **T** Used in Aromatherapy to relieve bruises.
- **T** Used in Aromatherapy to relieve burns.
- **T** Used for symptomatic relief of eczema and dermatitis.

*Claims are approved for this Natural Health Product.
Reference Myrrh NPN80060962

Patchouli

- **A T** Used in Aromatherapy as a nervine and calmative.
- **A T** Used in Aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort.
- **T** Used in Aromatherapy for symptomatic relief of acne and boils.
- **T** Used in Aromatherapy to relieve minor skin irritations.
- **T** Used in Aromatherapy to relieve cuts.
- **T** Used in Aromatherapy to relieve bruises.
- **T** Used in Aromatherapy to relieve burns.

*Claims are approved for this Natural Health Product.
Reference Patchouli NPN80060989

Peppermint

- **A T** Used in Aromatherapy as a nervine and calmative.
- **A T** Used in Aromatherapy a carminative and antispasmodic for symptomatic relief of

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digestive discomfort.

- **A** **T** Used in Aromatherapy to help relieve colds and coughs.
- **T** Used in Aromatherapy to help relieve joint and muscle pain associated with sprains, strains, or rheumatoid arthritis.
- **I** Traditionally used in Herbal Medicine as a carminative, to aid digestion, and to help relieve nausea and vomiting.

*Claims are approved for this Natural Health Product. Reference Peppermint NPN80061370

Sandalwood (East Indian)

- **A** **T** Used in Aromatherapy as a nervine and calmative.
- **A** **T** Used in Aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort.
- **A** **T** Used in Aromatherapy to help relieve headaches.
- **A** **T** Used in Aromatherapy to relieve colds and coughs.

*Claims are approved for this Natural Health Product. Reference Sandalwood NPN80060977

Tea Tree

- **A** **T** Used in Aromatherapy to help relieve colds and coughs.

*Claims are approved for this Natural Health Product. Reference Tea Tree NPN80060950

Wild Orange

- **A** **T** Used in Aromatherapy as a nervine and calmative.
- **A** **T** Used in Aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort.

*Claims are approved for this Natural Health Product. Reference Wild Orange NPN80060970

APPLICATION METHODS **A** Can be used aromatically **T** Can be used topically **I** Can be used internally