

# Instructions for Applying our Main Blends



•Available in roll-on and dropper forms only. •

## Top 3 Suggestions for All Topical Oil Blends:

- ♥ Apply a generous amount of your oil to palms to warm up your blend before use.
- ♥ Next, complete 3 big inhales cupping palms to the nose at a 4-count pace in and then out through the mouth.
- ♥ Follow the most current reflexology recommendations by applying oil from your palms to the ears and/or feet.

## Focus & Study Blend (Safe for Kids!)

Prepare any mind for clarity and get re-aligned, mentally, to the task at hand. Apply this oil blend to palms and a small touch of oil to temples and gently massage for 1-2 minutes. Apply to the back of the neck and massage in for an extra boost.

## Fresh Mood

Contains flowery notes of Ylang Ylang & women's blend. Created to be used as a natural pure-fume. Apply to pressure points, focusing on the inner portions of your elbows, wrists, behind ears & knees for heightened results.

## Happy Joy

Popular childhood blend that inspires genuine positivity. Use for a mid-day reset while working from home or in the office to boost your mental morale. Apply oil blend to inner wrists and palms and inhale aroma deeply for notes of happiness to appear. Also recommended to apply to elbow creases, wrists, and behind knees for a boost.

## •Headache Relief

Natural tension calmer that helps ease common headaches. Lightly massage oil blend into palms & to temples, pressure points in palms between your thumb and pointer finger, and massage firmly for 1 minute. Allow 5 - 10 minutes for head pressure to subside. Safe to reapply oil every 30 minutes as needed for headache to stay at bay.

## •Migraine Relief

Stronger, more complex formula than our Headache Relief, containing Helichrysum & Copaiba. Use this oil in the similar manner to minimize migraine symptoms like light sensitivity & head tension. Will ease head pain within 10-15 minutes after application. This blend is also safe to re-apply to pressure points every 30 minutes as needed.

## •Muscle Pain Relief

The blend that started it all! A true miracle worker that minimizes soreness and severe muscle tightness & fatigue almost instantly. Apply oil directly onto the area of your conventional sprain or strain and massage into area for fast relief. Keep reapplying & massaging oil to the injured area until pain dissipates. If pain is severe, oil will work overnight and discomfort should go away by the following day. Recommended daily use on minor muscle tears as an alternative to surgery. For external use. Do not use on open wounds, cuts, or bruises with skin tears.

## Nausea Relief (Same Directions for PMS Reducer)

Provides a calming ease for abdominal discomforts that come along from time to time. Apply to lower abdomen and massage oil until it absorbs into skin. Allow 5-10 minutes for stomach pain to dissipate.

## Nerve Calmer

Mixture created to ease nerves and lighten up your mental headspace. Provides calming relief from anxiety-inducing emotions. Get through anxiousness calmly by applying this blend at any time of the day. Rub into inner palms with a light hand massage. Coat an adequate layer of oil onto temples and inner wrist, massaging into pulse points for immediate nerve calming relief.



# Instructions for Applying our Main Blends (Cont.)



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## Positive Energy

You will feel like you are surrounded by angels using this blend. Hints of Basil bring renewal to any unsettling space in need of revival. Change attitudes from negative to positive by applying this blend to inner wrists and by deeply inhaling within inner palms. Also available in diffuser, pure-fume, and room & body spray options.

## Sinus Relief

Created to get you back to breathing clearly in no time. Featuring healthy servings of Eucalyptus, a plant specifically known for its ability to provide respiratory support and used primarily in Western topical rubs or in aromatherapy. Apply to your upper lip (and/or face mask) and directly to chest area to clear up common congestion immediately. Reapply once every 30 mins as needed for best results. Safe for kids age 8 and older!

## Stay Asleep

Liquid sleep in a bottle! Use this blend on the weekend, or whenever you have a minimum of 4 hours to dedicate to solid, uninterrupted deep sleep. Use generously on the bottoms of feet and on inner wrists before bedtime. **Expert tip:** Having trouble falling asleep? Best results when used in conjunction with our Sweet Dreams oil blend, along with a black-out sleep mask to block out unwanted light throughout the night.

## Sunny Day

The sun's rays are evident in this luscious blend. Our one-and-only Rose-inspired oil blend, containing hints of Green Mandarin & Spearmint. Review directions for Fresh Mood and apply in the same areas for the best results.

## \*Super Immune Booster

Our most concentrated blend. Potent immune system protectant in liquid form. Apply on neck, back, and chest areas before going into any highly publicized areas as an extra layer of defense against the masses. Use in conjunction with our Sinus Relief blend to stay safe from any seasonal cold or flu variants! Full of the highest quality of protective essential oils, such as Frankincense, Purify, OnGuard, Tea Tree, Lemon, and so much more.

## Sweet Dreams (Same Application for Baby Dreams & Sweet Dreams for Kids)

Our personal fave! Lavender & Chamomile-infused, sleep-inducing blend made to provide peace and balance while you sleep. Massage into temples, upper chest area, back of neck, and inner wrists. Also recommended to apply to the bottoms of feet 10-15 minutes before bedtime to enter into a soothing night of quality sleep. Safe to use every night as a natural sleep inducer. **Expert tip:** Having trouble staying asleep? Use in conjunction with our Stay Asleep Blend, along with a black-out sleep mask for an uninterrupted block of sleepy time.

## Uplift Energy Boost

Amp up your energy levels for the busy day ahead! Great energy booster to apply before any workout, as well as during meditation to invoke good vibrations all around! Best when inhaled on inner palms and then rubbed into forearms and nape of neck. Currently available in Pink Pepper Elevation & Spearmint & Tangerine blends.

## Vibe Nectar

Our first official pure-fume blend! Filled with women's blend & citrus notes without the toxic stuff. Review directions for Fresh Mood and apply in the same areas for the best results.



If you have any questions about your oil blends,  
please call or text us at **(954) 471-0781**, or e-mail us at [contact@enjoyhikee.com](mailto:contact@enjoyhikee.com).

