



# FRESH MADE *with Love*

## ***Feeling Stressed?*** **Get help with Fresh Made with Love Aromatherapy**

Your state of emotional well-being has an undeniable connection to your physical health. Prolonged emotional stress can have effects on your body such as, high blood pressure, digestive disruption, depression immune system and sleep disorders.

Aromatherapy is a unique holistic healing modality through the application or inhalation of pure essential oils. Inhalation of essential oils directly impacts your emotions through the olfactory system. In the brain stem, aromas are sensed through an immediate lock and key mechanism reaching memories, emotion, and attention simultaneously. Aromas can also stimulate the hypothalamus that controls the endocrine system. This can activate hormone compounds that influence emotions and behavior, in addition to many other important functions.

When essential oils are applied topically in creams or oils they absorb readily due to their tiny molecular structure. They assimilate into the circulatory system almost immediately. This reaches all areas of the body giving rapid relief to complaints such as stress and anxiety.

**Start your day off Right!** Use: Breath Free, Rescue, Wake Up, Morning Glory  
- *During your morning shower, plug the drain and sprinkle a few drops of Fresh Made with Love synergy in the bottom of your shower, cover the drain.*  
- *Use a shampoo & conditioner with pure Fresh Made with Love synergy added to bring on the therapeutic effects you need to begin your day. Add a synergy to our Hair Care*  
- *After your shower, apply body moisturizer with Fresh Made with Love synergy in it. Feel the affects all day.*

**During the Day:** Under Immediate Pressure? Before or after an important meeting,  
Use: Lighten Up, Cape Breeze, Peace, Harmony  
- *Put a single drop of pure WELSTAR synergy onto a tissue and inhale.*

**After a long Day** Use: Relaxation, Sea Lavender, Smiles  
- *Take a bath. Add several drops of Fresh Made with Love synergy. Choose one that gives you what you need to calm down or relax at the end of your day.*  
- *To aide sleep put a few drops of pure essential oil synergy on a tissue and place in your pillowcase near your face and sleep well!*

*Fresh Made with Love aromatherapy synergies are handcrafted by blending 100% pure, natural and organic essential oils. Fresh Made with Love synergies can be used like any pure essential oil in all Aromatherapy applications. Read about more ways Fresh Made with Love synergies can be used in “Aromatherapy 101” and “How to use Fresh Made with Love Aromatherapy Synergies”*