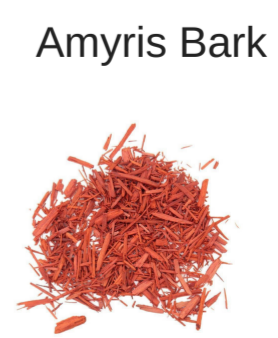
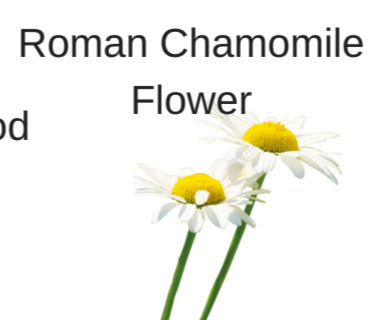
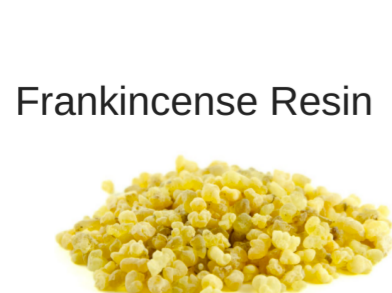

TOP 10 USES FOR INTUNE OIL®

- 1. Focus:** Simply apply to the along the spine, temples, forehead, bottom of big toes and back of neck when doing tasks that require concentration. Apply a few drops of InTune on a clay pendant or necklace essential oil diffuser to help kids stay focused in the classroom.
- 2. Mental Clarity:** Apply to wrists or back of hands and inhale deeply to promote a sense of clarity. Pop off the roller lid & add a few drops to the diffuser to help you stay on task and to stay alert at work.
- 3. Teens:** Support growing brains of teenagers and help them balance their brain chemicals. Apply a few drops on the forehead, bottom of big toes and back of neck morning and night.
- 4. Adults:** For memory and focus. Apply a few drops on the forehead, bottom of big toes and back of neck morning and night.
- 5. Anxious Feelings:** Diffuse or smell from cupped hands.
- 6. Brain Connection:** Apply on ring fingers, cross arms, touch opposite ring fingers on the opposite temples. Hold for a few mins to help brain crossover.
- 7. Afternoon Pick-me-up:** Apply a few drops on the forehead, bottom of big toes and back of neck morning and night. Drink citrus oils such as Lemon and Wild Orange to help left and right brain wake up. Cleaning up the gut helps the neurotransmitters in the gut work better.
- 8. Connection To Body:** Apply along the spine and on the bottom of the feet. The body sends signals to the brain all the time. When there are interruptions to brain and body communication, we have health problems.
- 9. Stress:** Diffuse InTune. The miscommunications of mind and body can cause unsettling stressful feelings.
- 10. Present & Grounded:** Layer on Balance oil and InTune oil on. Apply a few drops on the forehead, bottom of big toes and back of neck morning and night.



*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.