



# Rescue & Renew Pure Essential Oils How to Use



Lemon*◆	Peppermint*◆	Lavender*◆
<p><b>Bright, tangy and fresh</b></p> <p><b>For topical use:</b></p> <ul style="list-style-type: none"> <li>Dilute oil, using 1–2 drops for every 4 oz. of liquid</li> </ul> <p><b>Add to a diffuser to:</b></p> <ul style="list-style-type: none"> <li>Promote a cleaner, fresher scent in the air</li> <li>Help neutralize odors</li> <li>Provide an uplifting scent</li> </ul> <p><b>Apply 1–2 drops to:</b></p> <ul style="list-style-type: none"> <li>Masks, scrubs, body washes, or other rinse-off skincare products to add a natural fragrance</li> <li>Facial cleansers and toners to support brighter, cleaner-looking skin</li> <li>Massage oils or lotions to add a fresh scent</li> <li>Shampoos and conditioners to refresh scalp and promote healthier-looking hair</li> <li>Home surfaces or dishwasher rinse cycles to add a clean, fresh, natural scent</li> <li>Remove sticky adhesives from surfaces</li> <li>Inside of shoes for a fresher scent</li> <li>Help clean stainless steel appliances</li> </ul> <p><b>Avoid exposure of the applied area to UV rays for up to 12 hours.</b></p>	<p><b>Fresh with a minty kick</b></p> <p><b>For topical use:</b></p> <ul style="list-style-type: none"> <li>Dilute oil, using 1–2 drops for every 4 oz. of liquid</li> </ul> <p><b>Add to a diffuser to:</b></p> <ul style="list-style-type: none"> <li>Invigorate the mind and senses</li> </ul> <p><b>Apply 1–2 drops to:</b></p> <ul style="list-style-type: none"> <li>A bowl of hot water to breathe in deeply and inspire a sense of peace</li> <li>Massage oils, lotions, gels, body washes and shampoos to add an invigorating and energizing scent</li> <li>Bottoms of tired feet to soothe</li> <li>The tub to create a spa-like relaxation experience</li> <li>Lip balms and body lotions to create a cooling sensation</li> <li>Head, scalp or temples with a gentle massage to help clear the mind</li> </ul>	<p><b>Relaxing, herbal and floral</b></p> <p><b>For topical use:</b></p> <ul style="list-style-type: none"> <li>Dilute oil, using 1–2 drops for every 4 oz. of liquid</li> </ul> <p><b>Add to a diffuser to:</b></p> <ul style="list-style-type: none"> <li>Promote a relaxing, gentle environment</li> <li>Create a calming scent</li> <li>Help neutralize odors</li> </ul> <p><b>Apply 1–2 drops to:</b></p> <ul style="list-style-type: none"> <li>Bottoms of feet to enhance feelings of relaxation</li> <li>Massage oils or lotions for a relaxing scent</li> <li>Shampoos and body washes to promote radiant-looking hair and skin</li> <li>Bath with Epsom salts, to create a spa-like relaxation experience</li> <li>Pulse points for a relaxing scent</li> <li>Dryer sheet to freshen laundry</li> <li>Water in a spray bottle to refresh linens, pillows and mattresses</li> </ul>
Tea Tree*	Harmony Blend*	Focus Blend*
<p><b>Powerful, herbaceous and medicinal</b></p> <p><b>For topical use:</b></p> <ul style="list-style-type: none"> <li>Dilute oil, using 1–2 drops for every 4 oz. of carrier oil</li> </ul> <p><b>Add to a diffuser to:</b></p> <ul style="list-style-type: none"> <li>Promote a cleaner, fresher scent by clearing stale odors from the air</li> <li>Help purify and mask the scent of odors</li> </ul> <p><b>Apply 1–2 drops to:</b></p> <ul style="list-style-type: none"> <li>Masks, scrubs or other rinse-off skincare products to add natural fragrance</li> <li>Facial cleansers and toners to support brighter, cleaner-looking skin</li> <li>20–40 drops of witch hazel to create a skin tonic</li> <li>Pure coconut or jojoba oil for added skin moisturizer benefits</li> <li>Shampoos and conditioners to refresh scalp and promote healthier-looking hair</li> <li>Foot bath for a relaxing scent and to reduce foot odor</li> <li>Laundry water, garbage cans or diaper pails to promote a fresher, clean scent</li> <li>Inside of shoes for a fresher scent</li> <li>Blend with other Arbonne single note essential oils to create a spa-like blend and atmosphere</li> </ul> <p><b>Possible skin sensitivity. Not to be taken orally.</b></p>	<p><b>Blissful, sparkling and mindful</b></p> <p><b>For topical use:</b></p> <ul style="list-style-type: none"> <li>Dilute oil, using 1–2 drops for every 4 oz. of liquid</li> </ul> <p><b>Add to diffuser to:</b></p> <ul style="list-style-type: none"> <li>Promote a relaxing ambience to inspire an overall sense of well-being</li> </ul> <p><b>Apply 1–2 drops to:</b></p> <ul style="list-style-type: none"> <li>A bowl of hot water and breathe in deeply to inspire a sense of well-being</li> <li>Massage oils, lotions and body washes to add a sparkling scent</li> <li>Bath water to create a relaxing, spa-like experience</li> </ul> <p><b>Avoid exposure of the applied area to UV rays for up to 12 hours.</b></p> <p><b>Possible skin sensitivity. Not to be taken orally.</b></p>	<p><b>Energizing, earthy and mindful</b></p> <p><b>For topical use:</b></p> <ul style="list-style-type: none"> <li>Dilute oil, using 1–2 drops for every 4 oz. of liquid</li> </ul> <p><b>Add to diffuser to:</b></p> <ul style="list-style-type: none"> <li>Promote a centered environment</li> <li>Create a sense of focus for mind and body</li> </ul> <p><b>Apply 1–2 drops to:</b></p> <ul style="list-style-type: none"> <li>Hands, then rub together and breathe deeply for a sense of focus</li> <li>A bowl of hot water and breathe in deeply to inspire a sense of well-being</li> <li>Massage oils, lotions and body washes to add a fresh scent</li> <li>Pulse points for a sense of mental clarity</li> </ul> <p><b>Possible skin sensitivity. Not to be taken orally.</b></p>

◆ Arbonne essential oils are intended for topical and aromatic use only. Arbonne single note Lemon, Lavender and Peppermint essential oils are GRAS, and therefore, safe if ingested. Regulations require any essential oil for ingesting must be labeled as such and Arbonne essential oils have not been evaluated for ingestion.

**\*CAUTION:** For external use only. Avoid contact with eyes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use. Possible skin sensitivity. If you experience nausea, dizziness, headache or an allergic reaction, discontinue use. Keep out of reach of children.

This product is not intended to diagnose, treat, cure, or prevent disease.

# Personalizing Your Ritual with the Rescue & Renew Collection

Here are some recommendations to help you personalize your detoxifying spa experience for yourself and your Clients.

## Setting the stage for an ideal restorative ritual

- **Set your intention.** Do a little stretching and take a deep breath before you even turn on the water. Set your mind to get ready to relax while you sip a cup of Herbal Detox Tea.
- **Diffuse essential oils.** Add to a diffuser as single note or mix together to create your own blend, adding an aromatherapy experience to your at-home retreat.
- **Soak and enjoy.** Fill the tub. Relax in the tub for as long as you can. While you're soaking, you can apply the Detox Face Mask and perform acupressure by massaging your pulse points on your face and head.
- **Shower and rinse.** Shower with Detox Wash followed by Detox Scrub to cleanse the body and stimulate blood flow to the skin's surface.
- **Step out restored.** At the end of your shower, finish with a blast of colder water to stimulate your circulation. Step out of the shower and apply Detox Oil, massaging the areas in need of more attention. Before you dry off, apply the Detox Lotion and/or Detox Gelée.

## At Home — Full Detox Ritual

- **Herbal Detox Tea** — Starting your ritual with a hot cup of tea will help put you into a state of relaxation and warm your body in preparation for your detoxification treatments
- **Essential Oils\*** — Add to a diffuser as single note or mix together to create your own blend, adding an aromatherapy experience to your at-home retreat
- **Dry Brush** — Brushing your skin before soaking will help remove impurities from the skin's surface
- **Detox Bath Soak** — Warm water and soothing minerals will help your relaxation experience continue while you support detoxification
- **Detox Face Mask** — Draws excess sebum from the skin
- **Detox Scrub** — Whether you stay in the tub or transition to use this in the shower, the scrub will help remove any surface impurities and dead skin cells
- **Detox Wash** — Cleanses the body of any surface sebum, dirt or pollutants
- **Detox Oil\*** — Immediately after bath or shower, protect the skin's moisture by generously massaging oil all over the body
- **Detox Lotion or Detox Gelée** — Before dressing, finish your spa ritual by supporting ongoing skin hydration

## At Home — Quick Daily Shower Detox Ritual

- **Detox Scrub** — Helps remove any surface impurities and dead skin cells
- **Detox Wash** — Cleanses the body of any surface sebum, dirt or pollutants
- **Detox Lotion or Detox Gelée** — Before dressing, finish your spa ritual by supporting ongoing skin hydration

## At Home — Bathing Detox Ritual

- **Essential Oils\*** — Add to a diffuser as single note or mix together to create your own blend, adding a relaxing and calming aromatherapy experience
- **Detox Bath Soak** — Warm water and soothing minerals will help your relaxation experience continue while you support detoxification
- **Detox Face Mask** — Draws excess sebum from the skin
- **Detox Lotion or Detox Gelée** — Before dressing, finish your spa ritual by supporting ongoing skin hydration

## At a Presentation

- **Herbal Detox Tea** — Serve tea to put the group in the mood for a spa experience
- **Essential Oils\*** — Add to a diffuser as single note or mix together to create your own blend, adding an aromatherapy experience to your presentation
- **Aroma** — Allow everyone to explore the products' essential oil scents
- **Detox Bath Soak** — Offer foot bath or hand soak experiences
- **Detox Face Mask** — Show the mask on hands or nose
- **Detox Scrub** — Try the scrub on hands, arms or feet
- **Detox Wash** — Experience this product, then rinse off the mask
- **Detox Lotion, Detox Gelée and/or Detox Oil \*** — Finish off your Presentation. Gelée can be used to rub into shoulder or neck muscles, lotion can be used on hands, and oil can be used on arms or legs if you want to let participants experience all the products.

\*Essential Oils are not to be used in the same way as Detox Oil. Please see "how to use" for each product and follow the directions accordingly.



2018R01 01  
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