

Kit Contains:

Boo Boo Cleanse

Handles any cuts and scrapes

Sweet Dreams

Ushers in a restful night in unfamiliar places

Tooth Ezzz

Subdues pain when far from your dentist

Be at Peace

Calms the emotions when travel anxiety hits

Armor

Supports your immune system when germs assault and relieves congestion

Topsy Turv Ezzz

Reduces the incidence and severity of nausea or vomiting

Feelin' Groovy

Relieves pain, inflammation, swelling, bruising, and fever

Spray Oil Blend

Combats germs in hotel rooms and on linens

Clean & Pure Spray Bottle

Holds 5-6 drops of spray oil blend mixed with 1 oz. of water

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General Safety Information:

For external use only (with the exception of Tooth Ezzz). Keep away from mucous membranes and eyes. Test a small amount on skin for allergic reaction. Keep out of reach of children. Do not use on children that are 5 years old and under.*

See additional safety notes for Tooth Ezzz and Feelin' Groovy under product ingredients.

*For children ages 5 and under use Inshanti's Baby Buddy Kit.

The information in this guide is provided for educational purposes only. None of the statements in the guide are intended to diagnose, prescribe, treat, cure, or prevent any disease, illness, or injury. Do not use the information in this guide as a substitute for medical counseling. If you have health concerns, including disease, illness, or injury, that require medical attention, seek a qualified healthcare professional.

Product Ingredients:

Armor:

Certified Organic Simmondsia Chinensis (Jojoba) Seed Oil, Inula graveolens (Inula) Oil, Commiphora myrrha (Myrrh) Oil, Cinnamoosma fragrans (Saro) Oil, Cinnamomum camphora (Ravintsara) Oil, Melaleuca viridiflora ct. 1,8 cineole (Niaouli) Oil, and Backhousia citriodora (Lemon Myrtle) Oil.

Be at Peace:

Certified Organic Simmondsia Chinensis (Jojoba) Seed Oil, Anthemis nobilis (Roman Chamomile) Oil, Cananga odorata (Ylang Ylang) Oil, Vetiveria zizanioides (Vetiver) Oil, Tanacetum annuum (Blue Tansy) Oil, Bursera graveolens (Palo Santo) Oil, Matricaria recutita (German Chamomile) Oil, and Citrus sinensis (Orange) Oil.

Boo-Boo Cleanse:

Thymus zygis loefl L (Benchmark Thyme) Oil and Certified Organic Simmondsia Chinensis (Jojoba) Seed Oil.

Feelin' Groovy:

Certified Organic Simmondsia Chinensis (Jojoba) Seed Oil, Mentha x piperita (Peppermint) Oil, Matricaria recutita (German Chamomile) Oil, Helichrysum italicum (Helichrysum) Oil, Cymbopogon citratus (Lemon-grass) Oil, Gaultheria fragrantissima (Wintergreen) Oil, and Copaifera officinalis (Balsam Copaiba) Oil.

Safety: Use in small amounts and for short periods of time on a small area of the body. Avoid use if taking anticoagulant medication, having major surgery, or suffering from hemophilia and all other bleeding disorders. Should not be used if pregnant or breastfeeding or by children due to possible risk of developing Reye's syndrome. Do not use if there is a salicylate sensitivity or ADD/ADHD.

Spray Oil Blend:

Citrus limon (Lemon) Oil, Mentha x piperita (Peppermint) Oil, Melaleuca alternifolia (Tea Tree) Oil, and Abies balsamea (Balsam Fir) Oil.

Sweet Dreams:

Certified Organic Simmondsia Chinensis (Jojoba) Seed Oil, Lavandula angustifolia (Lavender) Oil, Anthemis nobilis (Roman Chamomile) Oil, Cananga odorata (Ylang Ylang) Oil, Salvia sclarea (Clary Sage) Oil, and Nardostachys jatamansi (Spikenard) Oil.

Tooth Ezzz:

Eugenia caryophyllata (Clove Bud) Oil and Certified Organic Simmondsia Chinensis (Jojoba) Seed Oil.

Safety: May cause skin and mucous membrane irritation or sensitivity. Avoid using on any sensitive or damaged skin. Avoid if dealing with significant renal (kidney) disease. Eugenia caryophyllata (Clove Bud) Oil is not contraindicated for pregnancy, however, because of the antiplatelet aggregation activity, do not use if breastfeeding, as it could pass into breast milk.

Topsy Turv Ezzz:

Certified Organic Simmondsia Chinensis (Jojoba) Seed Oil, Ellettaria cardamomum (Cardamom) Oil, Anthemis nobilis (Roman Chamomile) Oil, Zingiber officinale (Ginger) Oil, Mentha x piperita (Peppermint) Oil, and Citrus sinensis (Orange) Oil.

My Travel Buddy Kit™

The one buddy
you want with you
wherever
you roam.



 **Inshanti**
PURE ESSENTIAL OILS

Experiencing Symptoms or Dealing with an Unpleasant Travel Situation?

Find the right Travel Buddy product for your problem:

Abdominal Cramps: Topsy Turv Ezzz

Massage TOPICALLY into belly area as often as needed.

Allergies: Armor

Position vial externally at the tip of the nose and inhale freely. Try applying a couple of drops onto tissue or cotton ball and inhale as often as needed.

Anxiety: Be at Peace

Position vial externally at the tip of the nose and inhale freely or apply a drop or two on neck and/or wrist area and inhale. Try applying a couple of drops onto tissue or cotton ball and inhale as often as needed.

Arthritic Pain: Feelin' Groovy

Massage a few drops TOPICALLY into affected area several times daily. Make sure to read Feelin' Groovy safety information. If unable to use Feelin' Groovy, substitute Be at Peace or Sweet Dreams.

Back Pain: Feelin' Groovy

Massage a few drops TOPICALLY into affected area several times daily. Make sure to read Feelin' Groovy safety information. If unable to use Feelin' Groovy, substitute Be at Peace or Sweet Dreams.

Bee Sting: Feelin' Groovy

Apply one drop into affected area several times daily. Make sure to read Feelin' Groovy safety information.

Bloating: Topsy Turv Ezzz

Massage TOPICALLY into belly area as often as needed.

Bruise: Feelin' Groovy

Massage a few drops TOPICALLY into affected area several times daily. Make sure to read Feelin' Groovy safety information.

Bug Bites: Feelin' Groovy

Massage a few drops TOPICALLY into affected area several times daily. Make sure to read Feelin' Groovy safety information. If unable to use Feelin' Groovy, substitute Be at Peace or Sweet Dreams.

Cold: Armor

Position vial externally at the tip of the nose and inhale freely. Try applying a couple of drops onto tissue or cotton ball and inhale as often as needed.

Cold Sores: Boo-Boo Cleanse

Apply TOPICALLY onto cold sore every 3 hours as needed.

Congestion: Armor

Position vial externally at the tip of the nose and inhale freely. Try applying a couple of drops onto tissue or cotton ball and inhale as often as needed.

Constipation: Topsy Turv Ezzz

Massage TOPICALLY into belly area as often as needed.

Cramps: see Abdominal Cramps, Leg Cramps, or Muscle Cramps.

Cuts/Abrasions: Boo-Boo Cleanse

Apply TOPICALLY onto cut every 3 hours as needed.

Diarrhea: Topsy Turv Ezzz

Massage TOPICALLY into belly area hourly as needed.

Earache: Be at Peace or Sweet Dreams

Apply a couple of drops TOPICALLY around the opening of the ear. Do NOT apply into the ear. Use as often as needed.

Fever: Feelin' Groovy

Massage a few drops TOPICALLY into affected area several times daily. Make sure to read Feelin' Groovy safety information.

Flu-Like Symptoms: see specific symptoms such as Fever or Vomiting

Headache: Feelin' Groovy

Massage a few drops TOPICALLY into affected area several times daily. Make sure to read Feelin' Groovy safety information. If unable to use Feelin' Groovy, substitute Be at Peace or Sweet Dreams.

Hotel Room Cleanliness: Spray Oil Blend

Fill the Clean & Pure spray bottle with water and add 5–6 drops of Spray Oil Blend and shake. Spritz on anything that needs to be cleaned from nasty germs—counters, toilets, bathtubs, beds/linens, hands, or door knobs. Try adding a few drops of full-strength blend to cotton balls or tissue and set around any area where you want to deter insects; they hate essential oils.

Hyperactivity: Be at Peace or Sweet Dreams

Position the vial externally at the tip of the nose and inhale freely, or apply a drop or two on neck and/or wrist area and inhale. Try applying a couple of drops onto tissue or cotton ball and inhale as often as needed.

Immune System Support: Armor

Position vial externally at the tip of the nose and inhale freely. Try applying a couple of drops onto tissue or cotton ball and inhale as often as needed.

Indigestion: Topsy Turv Ezzz

Massage TOPICALLY into belly area as often as needed.

Insect Repellent: Spray Oil Blend

Add a few drops of Spray Oil Blend to cotton balls or tissue and set around any area where you want to deter insects.

Insomnia: Sweet Dreams

Position vial externally at the tip of the nose and inhale freely, or apply a drop or two on neck and/or wrist area. Try applying a couple of drops onto tissue or cotton ball and put beside your pillow.

Itching: Be at Peace or Sweet Dreams

Massage a small amount TOPICALLY into affected area.

Jet Lag: Be at Peace or Sweet Dreams (night) or Armor (morning)

For sleep, position the Be at Peace or Sweet Dreams vial externally at the tip of the nose and inhale freely, or apply a drop or two on neck and/or wrist area and inhale. Try applying a couple of drops onto tissue or cotton ball and put beside your pillow. In the morning, position the Armor vial externally at the tip of the nose and inhale freely.

Joint Pain: Feelin' Groovy

Massage a few drops TOPICALLY into affected area several times daily. Make sure to read Feelin' Groovy safety information.

Leg Cramps: Sweet Dreams

Massage TOPICALLY a few drops into affected area as often as needed.

Migraine: Feelin' Groovy

Massage a few drops TOPICALLY into affected area several times daily. Make sure to read Feelin' Groovy safety information.

Mouth Ulcers: Tooth Ezzz

Massage into affected area (be sure to wash hands afterwards). Make sure to read Tooth Ezzz safety information.

Motion Sickness: Topsy Turv Ezzz

Massage TOPICALLY into belly and neck area as often as needed. It's also important to inhale the scent of the aroma, either directly from the bottle or by placing a few drops on a cotton ball, in order to help alleviate nausea.

Muscle Cramps: Feelin' Groovy

Massage a few drops TOPICALLY into affected area several times daily. Make sure to read Feelin' Groovy safety information.

Muscle/Neck Pain: Feelin' Groovy

Massage a few drops TOPICALLY into affected area several times daily. Make sure to read Feelin' Groovy safety information. If unable to use Feelin' Groovy, substitute Be at Peace or Sweet Dreams.

Nausea: Topsy Turv Ezzz

Massage TOPICALLY into belly area as often as needed. It's also important to inhale the scent of the aroma, either directly from the bottle or by placing a few drops on a cotton ball, in order to help alleviate nausea.

Sinus Congestion or Headache: Armor

Position vial externally at the tip of the nose and inhale freely. Try applying a couple of drops onto tissue or cotton ball and inhale as often as needed.

Stomach Ache: Topsy Turv Ezzz

Massage TOPICALLY into belly area as often as needed.

Stress: Be at Peace

Position vial externally at the tip of the nose and inhale freely, or apply a drop or two on neck and/or wrist area and inhale. Try applying a couple of drops onto tissue or cotton ball and inhale as often as needed.

Toothache: Tooth Ezzz

Apply on a cotton swab or your finger (be sure to wash hands afterwards). Massage directly on the gums surrounding the infected tooth. Make sure to read Tooth Ezzz safety information.

Vomiting: Topsy Turv Ezzz

Massage TOPICALLY into belly area as often as needed. It's also important to inhale the scent of the aroma, either directly from the bottle or by placing a few drops on a cotton ball, in order to help alleviate nausea.