

# Product Catalog





## The Legacy of LegaSea

It was out of necessity that this legacy was discovered. Tom Harper was given weeks to months to live. Today, years later, Tom lives to tell his story. Already, upon hearing Tom's story, the demand around the world has become overwhelming. Every day we hear success stories from people from all over the world. Their lives have been dramatically changed by the marine phytoplankton from Tom's sea farm that is showcased in ForeverGreen's LegaSea line of products. This legacy is also helping to ensure the health of the marine life around the sea farm as the production of marine phytoplankton actually gives more back to the ocean than it takes out.



Tom & Margaret Harper, with Tom's daughter Tiffany Haarsma at the sea farm where Tom made his discovery.

## THE FIRST, BEST AND FINAL SAY IN HEALTH AND WELLNESS

The most amazing thing about marine phytoplankton is that it is **FIRST**... the **FIRST** food on earth... Tom Harper's **FIRST** sea farm of its kind on Earth... and ForeverGreen is the **FIRST** to market it exclusively!

Marine phytoplankton is **BEST**... it is the base of the plant kingdom, in and out of the ocean... NASA declared that it is a major source of the Earth's oxygen... and we now know that many whales live on marine phytoplankton 100, even 200 years, while enjoying a healthy love life.

Lastly, marine phytoplankton is the **FINAL** say in health and wellness. It has 400 times the energy of any known plant and a nutritional analysis that is second-to-none. It doesn't get any better!



## AZUL

Azul, with marine phytoplankton, is in a proprietary base blend of 24 raw whole foods including maqui berry, acai berry, coconut and more. This would explain its high antioxidant level rating and an ORAC of 14,800 per 100 grams!

These super fruits are air dried at room temperature to preserve their integrity, blended, and then run through a proprietary procedure known as “pop granulation”, naturally, for your health and pleasure!

There are no embalming fluids... excuse me, no preservatives... and no pasteurization, which means you get all the goodies. Azul is then lightly sprayed with agave to bring its brilliant taste to perfection. Azul is friendly for your stomach as it is fortified with probiotics that are micro encapsulated just for Azul. Each batch of Azul takes 14 to 18 hours to blend to perfection. Be Young! Be Healthy!

(1 Carton includes 40 10g Packets)



## A.I.M. — TRANSFER FACTOR FORMULA

A.I.M. Transfer Factor Formula is a proprietary, high-quality raw materials buffet that allows the intelligence of each cell the opportunity to design its own optimal health and physical power. A.I.M. the purest of nature enveloped by the latest in science. We know the body will perform miracles by the minute when given specific raw materials.

Everyone is looking to optimize immune function, anti-aging, and even their metabolism. Only a mother can begin to understand the power and protection in transfer factor. Ironically, A.I.M. also features Mother Nature’s milk, marine phytoplankton, available to mankind for the first time in history.

Forget the absence of disease. Create the presence of power. Enjoy A.I.M. and dance through stress. Conquer fears, and live a life, instead of survive one. At ForeverGreen, health is a habit, not an event. It is kindness; it is abundance; it is your first form of wealth.



### ABCs OF AZUL : A.I.M.

Power up your AZUL purchase with the addition of A.I.M. for only \$10.00 USD. The AZUL “A” Pack pairs AZUL with A.I.M. to target immune system support.

## FREQUENSEA™

FrequenSea was ForeverGreen's first product offering that provided the benefits of marine phytoplankton. This amazing ionic whole-food tonic includes marine phytoplankton, a food source with a nutritional analysis that is second to none. Marine phytoplankton contain more than 200 sea vegetables, are a major oxygen source for the Earth, and have 400 times the energy of any known plant. Experts call FrequenSea a superfood as it includes all the elements necessary to sustain a healthy life. With added rose, astaxanthin, ginger, aloe vera and frankincense, it is a blend of the best land and sea have to offer.

### FREQUENSEA™ 1 X 4 PACK

(4 16oz. Bottles)

### FREQUENSEA™ 4 X 4 PACK

(16 16oz. Bottles)

### FREQUENSEA™

#### STARTER SHOTS 16 PACK

(16 1oz. Pouches)

### FREQUENSEA™

#### STARTER SHOTS 100 PACK

(100 1oz. Pouches)



## ZMP 400

Our zeolite is a volcanic mineral, free of soluble clay, that is extracted from the top of a highly-active environmentally clean geothermal region. Because of its natural purity, there is no decontamination process required (as other zeolite companies may do). Furthermore, we test and quarantine each batch of our zeolite supply after a very clean and protected method of transportation and handling. Zeolite, in small doses, is known for attracting and removing harmful metals, chemicals and toxins.

What makes ZMP 400 superior is the fact that it is naturally harmonized and activated by being infused into a base of 400 milligrams of our exclusive marine phytoplankton which is mineral-rich, including magnesium, calcium and phosphorus. (1 fl oz./30 ml)





## SECRESEA™

SecreSea is designed to indulge your skin with Mother Nature's first and finest ingredients. This skin care line contains timeless offerings from sea and land, using only the highest quality botanical ingredients, extracts, and essential oils to rejuvenate and purify your skin. SecreSea generously nourishes the skin with marine phytoplankton and then adds aloe vera, lavender, and other nutrients to support healthy skin.

The synergy created from nourishing the body with marine phytoplankton inside and out promises amazing results. SecreSea is a five-step system for youthful, vibrant, healthy skin.

# Nature's Beauty Secrets Since the Dawn of Mankind

### STEP ONE

**FACIAL SCRUB**  
GENTLE CLEANSE &  
LIGHT EXFOLIANT

### STEP TWO

**PH TONER**  
PURIFY, BALANCE & HYDRATE

### STEP THREE

**YOUTH SERUM**  
CELLULAR REJUVENATION  
& ANTIOXIDANT

### STEP FOUR

**HYDRATING CREAM**  
FOR FACE AND BODY  
REVITALIZE, NOURISH & REPAIR

### SPECIALTY

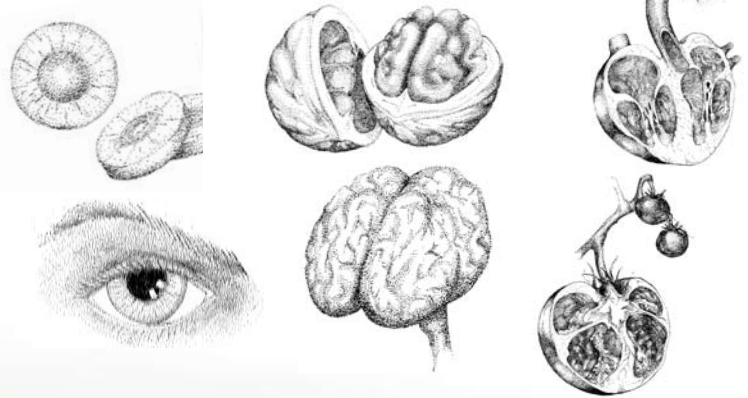
**MINERAL MASK**  
SMOOTH, LIFT & PURIFY  
WITHOUT SURGERY!



## MAKING WHOLE-FOOD NUTRITION PLEASURABLE & MEASURABLE

ForeverGreen believes that nature is complex so we don't have to be. Indigenous cultures followed the Law of Signatures, a theory that form follows function. When you slice a carrot, it looks like an eye. Research has proven that carrots are good for the eyes. A walnut is the exact replica of the brain. Scientists now confirm that walnuts high in omega fatty acids are brain food. A tomato, representing the chambers of the heart, is good for the heart. Trust in the timeless principles of nature.

## TRUST IN NATURE WITH SIGNATURE FOODS



## PULSE-8

Pulse-8 is a powdered beverage containing L-Arginine and eight heartfelt super ingredients including Vitamin B complex, Vitamin C, Vitamin D, coQ10, inulin, acai berry, pomegranate and red wine extract. This special formula, with its specific ratios, is doctor-formulated and inspired by Nobel Prize-winning research. Pulse-8 is about creating and sustaining a healthy heart with no artificial flavors and a low glycemic index. (30 servings per container.)



## ABCs OF AZUL : CARDIO

Power up your AZUL purchase with the addition of PULSE-8 for only \$10.00 USD. The AZUL "C" Pack pairs AZUL with PULSE-8 to target cardio system support.

## SM♥RTSALTZ®

Throughout history, salt has been used as a form of currency ("to be worth your salt"). The cleaner the salt, the more value. Our 24 Karat Sm♥rtSaltz are pure and clean without the heavy dross or impurities. Check for yourself. Mix a teaspoon of your table salt into a clear glass of water. At the same time mix the same amount of of Sm♥rtSaltz in another glass of water. You will notice the table salt glass is cloudy while the Sm♥rtSaltz glass is clear. Imagine what the cloudy salt could be doing to your health! (8 oz.)



## THE HAPPIEST HEALTH NEWS OF A LIFETIME!

With the commercialization of chocolate came the introduction of impure, money-saving ingredients. The “food of the gods” became adulterated with refined sugar, wax, lard and hormone-treated dairy products. These cheap fillers are the reason chocolate is often associated with poor health and a feeling of guilt. With 24 Karat Chocolate, ForeverGreen returns chocolate to its roots. Only the finest organic ingredients are used to create smooth, delicious dark chocolate. Health and happiness are the only side effects you will get!

## THUNDER™ MEAL REPLACEMENT

Thunder™ provides more than 28 grams of easily-absorbed organic whey protein with just 72 calories per serving. Includes important probiotics and digestive enzymes mixed with natural vitamins, minerals and exclusive 24 Karat Chocolate® for taste.

(60 servings per container.)



## NATURAL TEASERS™

Delicious, pure, organic dark chocolate in its most natural form, with no added flavorings. (60 individually-wrapped chocolates.)



## FONDUE WAFERS

ForeverGreen's 24 Karat Chocolate® fondue wafers are pure, organic dark chocolate with an incredible natural flavor. Contains

two pounds of chocolate in individual drops for easy melting.



## FONDUE MELTER

ForeverGreen's Deluxe Fondue Chocolate Melter is designed to heat our chocolate to a precise temperature in order to melt your fondue chocolate thoroughly and perfectly.





## ELECTRIFIRE™

Don't risk your health and happiness for artificial energy. ElectriFire is an exclusive combination of safe energy and natural health. ElectriFire utilizes ForeverGreen's patent-pending technology to take natural plant concentrates and render them water-soluble, making them instantly bioavailable to the body. These proprietary blends contain natural, safe, clean and/or organic ingredients for instant energy that lasts for hours. Experience the exotic, full-flavored, sweet nectar of ElectriFire! Literally arousing your senses within seconds, with premium ingredients, how could something so natural taste so good? And for an extra kick of warmth all over try ElectriFire Spiced, a combination of exotic fruits with a pinch of chili.

## ELECTRIFIRE™ SMOOTH

(20 2oz. Bottles)

## ELECTRIFIRE™ SPICED

(20 2oz. Bottles)



## PULSE

Pulse is a great way to enjoy multiple raw, high-fiber, whole-foods. No synthetics, no artificial flavorings or colorings, and no preservatives. GMO-free and pesticide-free.

## PULSE CANS (1 6oz. Can)

Blueberry  
Cherry

## PULSE BARS (12 2oz. Bars)

Blueberry  
Cherry  
Raspberry

## PROTEIN + PULSE BARS (12 2oz. Bars)

Blueberries & Cream  
Carob & Cream  
Strawberries & Cream



## MONTHLY SHOPPING BAG

With its multi-million dollar manufacturing facility, ForeverGreen is able to produce the freshest, highest quality, raw whole food products “to order”. These made-fresh-daily products can include everything from starting your day with Great Start Cereals, to great snacks like Go Nuts For Chocolate and Harvest Mix, to delicious soups, to just about any pleasurable whole food product!



## THE NEXT GENERATION IN WEIGHT MANAGEMENT

The secret of managing weight is knowing when to stop eating. Portion control and proper nutrition are essential in creating sustainable weight management. The O3World brand uses your body's natural intelligence combined with lifestyle and nutritional ingredients to optimize weight management. This provides a one-two punch to keep you in premium shape. This easy-to-use system makes achieving your goals simple, making health and weight management a habit, not an event.



### ABCs OF AZUL : BURN

Power up your AZUL purchase with the addition of FORM and FIXX for only \$10.00 USD. The AZUL "B" Pack pairs AZUL with FORM and FIXX to help you with your weight management goals.



## FORM

FORM puts you in control of your portions, helping you make decisive eating choices instead of compulsive ones. When combined with water, FORM expands in your stomach, sending a message to your brain that you are less hungry. Weight management should be simple without harmful side effects or surgery. Take one to two capsules thirty minutes before eating. FORM is not intended to be a meal substitute.

(40 Capsules)



## FIXX

Get your daily “fix” of nutrients in this convenient, organic, chocolate meal replacement shake. FIXX is developed by nutritional experts to curb your appetite while providing whey protein, vitamins, minerals, antioxidants, probiotics, digestive enzymes and a fruit and vegetable blend. And it tastes delicious!

(1 Box of 12 FIXX Pouches)



## FILL BARS MADE FRESH DAILY!

FILL incorporates all the components needed for you to keep your appetite at bay, while offering you a little taste of heaven in a treat bar. These clean, organic, whole foods are nature’s way of ensuring that you have all the nutrients needed to keep you in prime condition. Using ForeverGreen’s state-of-the-art production facility, FILL Bars are made fresh daily, by us! Available in 12-packs of the following flavors:

Cherry/Lime

Apple/White Dragon™

Orange/Rainmaker™

Strawberry/Pineapple

Chocolate Chunk

(12 2oz. Bars)



## FIBE

FIBE is a natural, proprietary, soluble, cleansing fiber-based bulking agent. Two to three capsules provides sufficient fiber to cleanse your system, helping you feel full and maintain healthy regularity. FIBE should be taken 20 minutes before eating to provide maximum results. FIBE is not intended to be a meal substitute. (90 Capsules)



## FROM OUR HANDS TO YOURS... WITH LOVE

Do you know what is believed to be the oldest medicine known to man? Here is a hint: they are more precious than gold, silver, and even precious gems.

The answer is essential oils. So, what are essential oils?

Essential oils are the lifeblood of plants, herbs, spices and flowers, and they bring the life force and energy of the plant kingdom to the human race.

Scientifically, essential oils are known for being antibacterial, antifungal and anti-parasitic, but there are many additional preventative and pleasurable ways to use TRUessence Essential Oils. These oils are distilled in a proprietary process full of patience and respect toward nature that preserves plant's therapeutic offerings. You can use the TRUessence Essential Oils from ForeverGreen topically, as in massage and reflexology, aromatically in diffusers, as well as therapeutically in your personal care and daily household needs.

The TRUessence commitment to essential oils is "true". With essential oil expert Alexandria Brighton, TRUessence Essential Oils are a complete line of only clean, organic and/or wild-crafted pure therapeutic-grade essential oils.

## PERFECT 10 PACK

This pack is a great introduction to the world of TRUessence with samplings of some of the most popular essential oils and ForeverGreen exclusive HYDRessence Plant Life Concentrates. This pack also comes with introductory materials created to help anyone learn how to enhance their life with essential oils and plant life concentrates.





## ESSENTIAL OILS SINGLES

TRUessence offers a variety of single essential oils from frankincense to lavender, and peppermint to lemon. The list goes on, topped off with oils like tea tree and chamomile. Each single essential oil brings the message of that particular plant species. They should be enjoyed with respect, care and safety.



**BALSAM FIR**  
*Abies balsamea*

First used by native Americans for wound healing, balsam fir is only found in North America. It can be very helpful to the joints and muscles through regular massage. It also has a powerful psychological influence, helping to release emotional issues behind illnesses. It can add wonderful effects when blended with other essential oils. (10 ml)



**BASIL**  
*Ocimum basilicum*

Basil helps keep one focused and prevents the mind from wandering or becoming distracted. It is an excellent aromatic nerve tonic, best administered through periodic diffusion to reduce tension and stress. It is also an effective insect repellent and soothing on insect bites. (10 ml)



**BAY LAUREL**  
*Laurus nobilis*

Bay laurel has been recognized since antiquity for its regenerating and antiseptic properties. It is a good infection-fighting agent, particularly for recurrent or chronic infections as part of a blend. It also has an affinity for the lymphatic system where it acts as a detoxifier. (10 ml)



**BERGAMOT**  
*Citrus bergamia*

Sometimes known as “nature’s Prozac”, several studies have shown that bergamot is a powerful aid in restoring emotional balance, boosting the effectiveness of treatments for depression and anxiety-related conditions. It is calming, grounding and uplifting. (10 ml)



**BLACK PEPPER**  
*Piper nigrum*

This warm and spicy essential oil helps to increase warmth of the hands and feet by stimulating circulation. It also relieves sore muscles and joints, boosts the immune and digestive systems, stimulates the kidneys and disperses bruising by increasing circulation to the skin. It is also a strong antibacterial and antiviral oil, warming and comforting for congestion, the flu, etc. Emotionally, black pepper is an aphrodisiac, and is also grounding

and stabilizing. Some authorities recommend it for improving concentration and memory. (10 ml)



**BLACK SPRUCE**  
*Picea mariana*

The aroma of this oil is both calming and elevating, excellent for yoga and meditative use, or uplifting the atmosphere of any space. It is particularly suited to restoring depleted and overworked adrenal glands. Other traditional uses include: topical application for muscular aches and pains, poor circulation, rheumatism, and to improve breathing conditions of asthma, bronchitis, coughs and general weakness. (10 ml)



**BIRCH**  
*Betula lenta*

Traditionally used by native Americans for its heating and warming properties, and noted for its anti-inflammatory properties, apply birch topically for easing joint and bone stress. (10 ml)



**CARROT SEED**  
*Daucus carota*

Surprisingly versatile, carrot seed is powerful yet gentle. Its purifying and regenerative abilities are wonderful for the liver, kidneys and skin. It fights infection, aids cardiovascular function, and eases aches and pains. (10 ml)



### CEDARWOOD

*Cedrus atlantica*

Cedarwood is revered for its calming and cleansing properties. It has been used in many topical remedies for its antiseptic and anti-fungal benefits. When diffused it acts as an insect repellent, cleanses the air, and can help reduce stress. (10 ml)



### CHAMOMILE

*Chanaemelum nobile*

Reminiscent of the warm, herbal quality of chamomile tea, this oil has relaxing, soothing, and calming properties without being a sedative. It also provides benefits for the skin and digestive system. (10 ml)



### CINNAMON BARK

*Cinnamomum zeylanicum*

Cinnamon bark is a good oil for fighting intestinal infections and supplying the body with energy after severe stress or debilitating illness. (5 ml)



### CLARY SAGE

*Salvia sclarea*

In ancient times, clary sage oil was used for meditation and spiritual communication. Dilute before putting on skin. Use in a compress or massage to awaken the body and relieve fatigue. (10 ml)



### CLOVE BUD

*Caryophyllus aromaticus*

Known to be effective for toothaches, clove bud oil is also a powerful analgesic for arthritic and rheumatism pain and has antibacterial effects. (10 ml)



### CORIANDER

*Coriandrum sativum*

Coriander is an exceptionally effective oil for aiding the endocrine system as well as soothing and calming the digestive system. Use with massage to aid circulation and overcome stiffness. (10 ml)



### CYPRESS

*Cupressus sempervirens*

Cypress oil is great for aiding circulation, mental strength and balancing oily skin. Excellent support for the endocrine system. (10 ml)



### DILL

*Anethum graveolens*

Among the earliest medicinal herbs, dill oil is very effective for the endocrine system, the respiratory system and to ease the digestive system. (10 ml)



### EUCALYPTUS CITRIODORA

*Eucalyptus citriodora*

This eucalyptus oil is light, lemony and refreshing. It is a strong anti-fungal, but also possesses anti-inflammatory, antiviral, antibacterial and insecticidal properties. Also works as an effective insect repellent that can be used to replace 'deet' products. It is helpful with athlete's foot and respiratory infections, but like all eucalyptus oils, it should not be taken internally. (10 ml)



### EUCALYPTUS GLOBULUS

*Eucalyptus globulus*

Due to its heavy concentration of 1.8 cineole, this oil has a pronounced action on the respiratory tract, specifically the bottom of the tract—the bronchi and lungs—the top being more effectively treated with eucalyptus radiata. It is also anti-inflammatory and antispasmodic and consequently helpful in cases of asthma, flu and tropical diseases. It should

only be used topically and never internally. (10 ml)





## EUCALYPTUS RADIATA

*Eucalyptus radiata*

Like other eucalyptus oils, this one is primarily beneficial to the respiratory system. It is gentler than *E. globulus*, so is more easily tolerated by children. Its cooling effect can be helpful in cases of fever. It is excellent for diffusion during a respiratory infection. (10 ml)



## FENNEL

*Foeniculum vulgare*

Fennel has been used in Europe as an aid in firming sagging tissue. Use in massage, compresses, and diffusion. (10 ml)



## FRANKINCENSE

*Boswellia carteri*

Frankincense is a relaxing oil that improves mood and relieves stress and is exceptionally good for the respiratory, nervous, and immune systems. (10 ml)



## GERANIUM

*Pelargonium graveolens*

Exceptional for balancing emotions and calming stress, use geranium oil in massage to aid circulation. (10 ml)



## GINGER

*Zingiber officinale*

Ginger is one of the best remedies for nausea, especially motion and morning sickness. Ginger also acts as general tonic for fatigue. (10 ml)



## GRAPEFRUIT PINK

*Citrus paradisi*

This oil has a sweet, refreshing citrus aroma that is the most energizing of the citrus oils, with great anti-depressive properties. A mild diuretic with toning and astringent properties, grapefruit helps with skin congestion in eliminating excess fluids, breaking down fat and reducing cellulite. It stimulates the lymphatic and digestive systems, aiding the body in removing toxins. (10 ml)



## HELICHRYSUM

*Helichrysum italicum*

Great for the nervous system, skin, and to calm insect bites, apply helichrysum oil topically on location. (5 ml)



## JASMINE 10%

*Jasminum officinale*

Jasmine's sensually sweet floral aroma supports the nervous system and is especially helpful for the mature woman's changing needs and dry, sensitive skin. Called the "queen of the night", this oil has been famous since the earliest days as an aphrodisiac. This essential oil is very costly because of the enormous quantity of flowers needed to produce a relatively small amount of oil. It is also used in the treatment of depression, exhaustion, and labor pains. (10 ml)



## JUNIPER BERRY

*Juniperus communis*

An excellent purifier, this oil is particularly effective at ridding the body of toxins. It is often used to strengthen kidney function and in dealing with cystitis, hemorrhoids and menstrual issues. It is effective with skin and blood disorders due to its action as a circulatory stimulant and blood purifier. (10 ml)



## LAVENDER

*Lavandula officinalis mailette*

Celebrated for its versatility and relaxing properties, lavender oil is great for balancing the skin, as well as the body and the mind. Lavender is one of the most studied oils. (10 ml)





### LEMON

*Citrus limonum*

Traditionally used for its anti-fungal, anti-bacterial, and cleansing qualities, lemon oil is great for diffusing in the home to provide a clean, fresh-smelling aroma. Use with filtered water as a disinfectant. (10 ml)



### LEMONGRASS

*Cymbopogon citratus*

Lemongrass provides cleansing properties, lymphatic system support, and tendon, cartilage, and connective tissue support. Also known for its anti-fungal and disinfectant properties. (10 ml)



### MANDARIN-GREEN

*Citrus reticulata*

It is often used as a digestive aid for use against indigestion, hiccups, anxiety, and to assist the liver functions of the elderly. Mandarin essential oil is also commonly used in soaps, cosmetics, perfumes and men's colognes. It increases lymphatic circulation, stimulates the immune system and can be helpful in preventing scars and stretch marks. Also relieves constipation, increases urine flow and helps reduce edema. Emotionally, it can help in establishing daily routines. (10 ml)



### MANDARIN-RED

*Citrus nobilis*

Often said to be a child's best friend, the sweet, candy-like aroma of red mandarin is pleasing to children and adults alike, bringing out the inner child. Red mandarin is safe to use with children and the elderly. When diffused, it is calming and cheerful to expectant mothers and those suffering from insomnia, nervous tension or anxiety. It is also helpful to those dealing with poor circulation, water retention, obesity and cellulite. (10 ml)



### MARJORAM

*Origanum marjorana*

When muscles are stressed, use marjoram oil to warm up, relax and recover naturally. Diffuse to aid relaxation. (10 ml)



### MYRRH

*Commiphora myrrha*

Add a few drops of myrrh topically during your regular beauty regimen on face, neck and hands. Cairo University studies validate benefits to the endocrine system. (10 ml)



### MYRTLE

*Myrtus communis*

Myrtle is used traditionally for strengthening the immune system, the endocrine system and for respiratory health. Use for chest and back massage, in baths and diffusion. (10 ml)



### NIAOULI

*Melaleuca*

*quinquinervia viridiflora*

Niaouli is similar in action to tea tree oil but is sometimes preferred because its aroma is milder and more pleasant. Niaouli oil is analgesic, antiseptic, bactericidal, cicatrisant, insecticidal, decongestant and vermifuge. Its aroma is stimulating and uplifting; it clears the head and may aid in concentration. It is an excellent antiseptic for treating pulmonary infections such as bronchitis and sinusitis. For respiratory problems, it blends well with eucalyptus, scotch pine, and ravensara. (10 ml)







### **NEROLI 10%**

*Citrus aurantium*

Neroli oil is distilled from orange blossoms. Its intoxicating scent has anti-depressive and anti-anxiety properties and many consider it to be aphrodisiac. Its chemistry is such that it is excellent for all types of skin, supporting the skin's renewal process of shedding old skin and stimulating new cell growth. It may be used for acne and the treatment of sensitive or inflamed skin. (10 ml)



### **ORANGE**

*Citrus sinensis*

Orange oil activates the creative, artistic and intuitive areas of the brain. Orange contains a high concentration of limonene, studied for supporting the immune system. Wonderful in diffusion. (10 ml)



### **OREGANO**

*Origanum vulgare*

Steam-distilled from the leaves of the oregano plant, oregano oil is the world's first and most natural preservative. (10 ml)



### **PALMAROSA**

*Cymbopogon martinii*

Palmarosa oil calms the mind, yet has an uplifting effect, while clearing muddled thinking. Because of its rose-like aroma it is often

substituted for rose oil in blends. Palmarosa oil is also an excellent skin tonic, balancing hydration levels, stimulating cell regeneration, and supporting production of sebum, to keep the skin supple and elastic. It can be helpful in treating acne, dermatitis, scarring. (10 ml)



### **PATCHOULI**

*Pogostemon cablin*

Patchouli oil has a grounding and balancing effect on the emotions and banishes lethargy, while sharpening the wits, fighting depression and anxiety. It is effective in fighting water retention and helps prevent cellulite. It also depresses the appetite, helping in weight control. It is an effective antidote for poisonous insect bites and is a good insect repellent. Patchouli oil is an excellent tissue regenerator on the skin and is effective in healing rough, cracked and overly dehydrated skin. It is used to treat acne, eczema, sores, ulcers, and fungal infections, as well as scalp disorders. (10 ml)



### **PEPPERMINT**

*Mentha piperita*

Peppermint is used to energize a sluggish body, aid in digestion, respiratory support and mental clarity. This is a universally loved oil with worldwide acceptance. Diffuse, or rub on back of the neck to help reduce stress and tension. (10 ml)



### **PETITGRAIN**

*Citrus aurantium*

Three different essential oils are created from the orange tree: orange oil, from the rind; neroli oil from the flowers; and petitgrain oil from the leaves and twigs. Petitgrain is excellent to use for acne care, oily skin, and facial edema. It is also used to calm the nervous system, for respiratory infections, and anxiety and panic attacks and depression. It can help ease indigestion, constipation and emotional stomachache symptoms. Its relaxing properties help to calm rapid heartbeat and relieve insomnia. (10 ml)



### **RAVENSARA**

*Ravensara aromatica Sonn*

Ravensara is very effective in cases of shingles and herpes, as it is both antiviral and a nerve tonic. Safe for small children, it is a first choice for pneumonia and upper-respiratory illness. (10 ml)



### **ROSE 10%**

*Rosa damascena*

This delicate oil comforts in times of sorrow, refreshes a sad heart and dissolves psychological pain. Its fragrance is innocent yet sensual and it is mild enough to use on babies' skin. It is also helpful for balancing women's hormones and strengthens the uterus

as it relieves menstrual cramps. Rose helps to harmonize the mental, emotional and physical. It is above all a balm to the soul. (10 ml)



### ROSEMARY CT CINEOLE

*Rosmarinus officinalis ct cineole*

Rosemary has been used throughout the centuries to strengthen the immune system, help with infections, and improve memory. Helps improve mental clarity and alertness. Helps nourish the scalp for healthy hair and skin. (10 ml)



### ROSEMARY CT VERBENONE

*Rosemary officinalis ct verbenone*

Its supreme skin regenerative and wound healing properties make rosemary verbenone especially useful for treating chronic skin conditions, wrinkles, sun damage, dermatitis, eczema and psoriasis. Acne-prone skin may respond favorably to its renewing effects. It is ideal for dry and mature skin. Rosemary verbenone is also excellent for the treatment

of oily hair, skin, scalp conditions, and dandruff. It has the same antibacterial and antiviral ability for respiratory infections, but is gentler than the more traditional cineole-rich rosemary. (10 ml)



### SAGE

*Salvia officinalis*

This oil is capable of inhibiting fungal infections internally and externally and gives relief from fungal infections like dysentery, thrush, athlete's foot, dermatitis, etc. Its antioxidant and anti-inflammatory properties make it useful on the skin as an anti-aging, anti-scarring and anti-spot product. It is a cholagogue, meaning it promotes the discharge of bile which can aid digestion, soothe the stomach, and reduce inflammation caused by excessive acid. Like clary sage, it activates certain hormones such as estrogen which helps bring about clear menstruations and gives relief from problems like headache, nausea, weakness, depression, etc. which happen during periods. Since sage is a nervous stimulant, those with a history of epilepsy or high blood pressure should avoid using it. Further, because it contains camphor and camphene which can be toxic in nature, it should be avoided during pregnancy. (10 ml)



### SANDALWOOD

*Santalum album*

This essential oil is extracted from the heartwood of the tree, which is chopped and chipped for distillation. Sandalwood is believed to awaken and bring unity to the inner-self. (10 ml)



### SCOTCH PINE

*Pinus sylvestris*

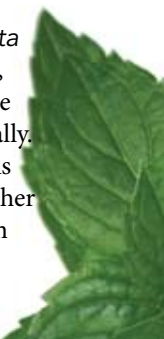
Scotch pine was used by native Americans to prevent scurvy; they also filled their sleeping mattresses with it to keep away fleas and ticks. Scotch pine essential oil is capable of warming cold hands and feet, it is considered a useful essential oil for men in supporting the production of semen. It can also be used in the treatment of asthma, arthritis, sinusitis, inflammation, intestinal pain, allergies, fatigue and lung congestion. (10 ml)



### SPEARMINT

*Mentha spicata*

Many consider spearmint a milder, gentler form of peppermint, but the two oils are quite different chemically. Unlike peppermint oil, spearmint is calming, relaxing and uplifting, rather than stimulating. It can be useful in treating mental fatigue, depression



and tension headaches. It is a proven antibacterial and anti-fungal. Spearmint also has a relaxing effect on muscles and nerves, and is a mild diuretic. It is effective as an insecticide and keeps away mosquitoes, ants, flies, moths, etc. Because of its lower menthol content, it is safer to use on young children than peppermint. (10 ml)



### SPIKENARD

*Nardostachys jatamansi*

Regarded as a calming, sedative, stabilizing oil, spikenard's action is one of regulating the actions of the nervous system and the heart. With its warm and earthy aroma, spikenard helps soothe the deepest forms of anxiety, and like myrrh, can instill a profound sense of peace. Spikenard may also be supportive in cases of allergic skin reactions, and can soothe, nourish, and regenerate the skin for some people. It is one of the few essential oils that helps relieve dandruff. (10 ml)



### TANGERINE

*Citrus reticulata*

Tangerine improves circulation of blood and phlegm, boosts digestion, helps maintain oil and moisture balance in the skin and shows cicatrisant and emollient properties too. It also helps with constipation, diarrhea, flatulence, rashes, dryness and cracking of skin, hair problems, dandruff, etc. Like all citrus oils it has phototoxic properties and should not be applied before going into the sun. (10 ml)



### TEA TREE

*Melaleuca alternifolia*

Great for helping with skin irritations and immune support, tea tree is one of the most commonly used oils throughout the world. (10 ml)



### THYME CT LINALOOL

*Thymus vulgaris ct linalool*

Thyme ct linalool has a mild, delicate smell similar to lavender. It is very different from regular thyme essential oil both in its aroma and its action. It has excellent infection-fighting properties but is much gentler than regular thyme; therefore it can be used with children. It is particularly helpful with childhood respiratory infections, colds and flu. (10 ml)



### THYME CT THYMOLOL

*Thymus vulgaris ct thymol*

Steam distilled from leaves and flowers of the thymus vulgans plant, thyme oil has been used by ancient Greeks to ward off infectious disease and for digestive and respiratory support. (10 ml)



### VETIVER

*Chrysopogon zizanioides*

Vetiver has a grounding, earthy scent often employed as a fixative in oriental-type perfumes. It is considered to be deeply relaxing and often used in baths and massage for issues relating to nervous tension, debility, insomnia, and depression. Its skin care applications extend to acne treatment from oily skin, and accelerating the healing of cuts and wounds. (10 ml)



### YLANG YLANG COMPLETE

*Cananga odorata*

This soft and sensuous essence is relaxing to the senses and soothing to the mind. Known for centuries as an aphrodisiac, ylang ylang oil is also a wonderful tonic for the skin and hair, as well as circulation and cardiovascular issues. (10 ml)



## MESSAGE JOJOBA

*Simmondsia chinensis*  
Carrier Oil

Unlike common vegetable oils, jojoba oil is chemically very similar to human sebum. It is often used as an ingredient in cosmetics and personal care products, especially skin care and hair care. It is relatively shelf-stable when compared with other vegetable oils. (16 oz.)



## MESSAGE

Carrier Oil

Send health-enhancing deposits to the body through massage using this premium quality carrier oil, safely. Slows down the rate of absorption of essential oils into the body. A great nourishing moisturizer. Responsible cautions: do not diffuse essential oils diluted with Message Oil. (16 oz.)



## TRUESSENCE ULTRA SONIC DIFFUSER

TRUessence is proud to offer its state-of-the-art ultrasonic essential oil diffuser. Aside from cold air diffusion, it has humidifying effects and multiple settings to bring the plant kingdom into your living room. A must!





## BLEND

Blending essential oils has been a timeless expertise since the beginning of natural medicine. It is an art; even a science. For these reasons, TRUessence set out to work with the best. Alexandria Brighton, a master formulator, author and educator, has aligned with TRUessence to bring her knowledge, education and passion for essential oils to our TRUessence family. Each TRUessence blend is carefully synergized with specific ratios in a variety of ways for a variety of reasons.



### CAIRO CARE

Cairo Care is great as a foundation oil to be used before other essential oils due to its ability to relax and prepare the body to assimilate oils more effectively. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of black spruce, rosewood, tanacetum annum, frankincense, balsam fir and jojoba.* (10 ml)



### CHARITY

Use Charity as needed on the bottom of the feet as emotional stress warrants; also wonderful for diffusion. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of rose, sandalwood, monoi, patchouli, ylang ylang, geranium and jojoba.* (10 ml)



### CHERISHED SPACE

When you distinguish your environments as cherished spaces, you honor yourself. Cherished Space supports and nurtures the energy of your environment and your personal energy field, creating positive energy following space clearing. The extremely high frequency oils in this blend impart that same frequency into your environment. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of juniper berry, pink grapefruit, cedarwood, rosewood, palmarosa, sweet fennel, myrrh, neroli, clove bud, rose damascena, jasmine grandiflorum, sweet birch and jojoba.* (10 ml)



### COMPASSION

Through compassion for ourselves and others we learn to give the same unconditional love we long to receive. By not judging ourselves, we can in turn not judge others. To be kind and forgiving of ourselves we can learn to be kind and forgiving to others. Its kind and loving vibration will flow through your being, unlocking any resistance to giving and receiving love. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of lavender, sandalwood, ylang ylang, clary sage, patchouli, marjoram, pink grapefruit and jojoba.* (10 ml)



### DEFENSE

Defense contains powerful, therapeutic-grade essential oils that are invigorating when applied, especially to the chest and throat area. A wonderful blend to diffuse during winter. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of tea tree, thyme ct. linalool, peppermint, ravensara, eucalyptus radiata, palmarosa, oregano, cinnamon bark and clove bud.* (10 ml)



### DELIGHT

Symbolic of our inner child, this uplifting, playful blend encourages us to not take ourselves too seriously, encouraging us to find the fun and joy in daily life. Useful for adults and children alike, Delight can be diffused or used in the bath when one is down and needing a lift. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of pink grapefruit, red mandarin, rose, rosewood, spearmint, orange, tangerine and jojoba.* (10 ml)



### DRAGON'S FIRE

This blend contains carefully selected, high frequency essential oils blended specifically to support the emotions and effects of life's greatest traumas and trials including Dragon's Blood.

Dragon's Blood resin has long been used to neutralize negative energies and contributes to this blend that is formulated to neutralize negative energies; specifically for use in areas where there has been a divorce, bankruptcy, violence or death. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of sage, juniper berry, cypress, ocean pine, dragon's blood, spikenard, patchouli, thyme ct. linalool, frankincense and cedarwood.* (10 ml)



### DREAM WEAVER

The blend of inner wisdom, foresight and the ability to conceive of a future that does not yet exist, it is our Dream Weaver that is responsible for intuitive thinking. It gives us the ability to perceive abstractly, allowing us to think in symbols. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of inula, rosewood, neroli, sweet orange, elemi, clary sage, bergamot, tanacetum annuum, cistus, palmarosa, black spruce, jasmine grand and jojoba.* (10 ml)



### E-MOTION

Release negative emotions and barriers to higher awareness with E-Motion. Use on the bottom of your feet or diffuse. *Ingredients: 100% pure,*

*premium-grade, organic and wild-crafted essential oils of thyme, tea tree, juniper berry, roman chamomile, bay laurel, lemongrass and jojoba.* (10 ml)



### EASE

This wonderful blend calms and soothes the digestive system and related organs. Use Ease in massage over lower abdomen areas and back. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of ginger, peppermint, rosemary, tea tree, cinnamon bark, cypress and thyme.* (10 ml)



### EXCHANGE

Exchange is a blend of the most remarkable oils for the respiratory system. Diffuse, use for massage, or use in a compress over respiratory area. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of eucalyptus globulus, eucalyptus radiata, eucalyptus citriodora, marjoram, pine, cypress, peppermint, rosemary, lemon, bay laurel and ravensara.* (10 ml)



### FINISHING OIL

For thousands of years, the essential oils in this blend have been used to create places of peace and happiness where positive energy can dwell.

After cleansing an area with Cherished Space, this oil is used to seal doors, windows, and other entrances, holding inside the positive energy you have created while confirming the intention to keep out the negative.

*Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of spikenard, frankincense, cedarwood, elemi, cypress, sandalwood and jojoba.* (10 ml)



### FOCUS

This blend is wonderfully supportive for times when increased mental alertness is required such as driving, studying, or taking tests. It is of great benefit when mental performance is required and extra concentration is needed. Focus helps to stimulate the logical left-brain thought processes, while preventing mental fatigue. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of basil, geranium, lemon, peppermint, rose and rosemary.* (10 ml)



### FYSICAL THERA P

When joints are inflamed and pain is restrictive, use Fysical Thera P with a hot or cold compress. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of birch, marjoram, clove bud, helichrysum, rosemary and jojoba.* (10 ml)



## GRATITUDE

Elevate the mood and support the experience and expression of feelings associated with thanksgiving and joy with Gratitude. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of rose, geranium, sandalwood, ylang ylang, pink grapefruit and jojoba.* (10 ml)



## GRIEF RELIEF

When we are unable to process grief, it stays raw; even years later it can feel as though it happened yesterday. Grief Relief helps keep the heart center open and processing. The bergamot essential oil in this blend resonates with the heart and acts as a soothing balm, allowing healing to take place. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of bergamot, cedarwood, clary sage, cypress, rose, spikenard and jojoba.* (10 ml)



## GUARDIAN

A strong antiseptic and powerful cleanser, great to diffuse or use in a mist for clearing the environment. Formulated to target accumulated stagnant or negative energy, it is also effective against mold, fungus, and bacteria, and makes a great antibacterial cleanser in the washer, dishwasher, and when traveling.

*Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of sage, lemon, ocean pine, eucalyptus citriodora, eucalyptus globulus, lemongrass, juniper berry, black spruce, cypress, tea tree, frankincense, thyme ct. linalool and jojoba.* (10 ml)



## HEALER'S HEART

Designed for caregivers and practitioners who nurture others in physical, emotional or spiritual needs. Supports the deepening of the caregiver's own intuition, enhancing their abilities. Most often used neat; Healer's Heart can be applied to the crown chakra and hands of the practitioner when preparing for hands-on work. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of spikenard, frankincense, cedarwood, elemi, cypress, sandalwood and jojoba.* (10 ml)



## HEPATOX

Hepatox is a daily habit in maintaining a healthy liver and bloodstream. *Ingredients: premium-grade, organic and wild-crafted essential oils of carrot seed, lemon, peppermint and rosehip seed.* (10 ml)



## HOPE

Use Hope to stimulate remembrance of the hopeful future you once envisioned for yourself and let it clear the

obstacles to realizing that goal. When we instill hope into our darkest times it shines a light that helps us find our way and allows miracles to happen. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of myrrh, frankincense, spikenard, sandalwood, rose, lavender, hyssop, jojoba.* (10 ml)



## JOY & ABUNDANCE

Use Joy & Abundance to energize your surroundings with the radiant and magnetic energy of prosperity. This blend has spices that in ancient times were considered more valuable than gold. This blend represents prosperity and abundance in all its forms – increased opportunity, financial gain, abundant friends, increased health and wellbeing. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of patchouli, black spruce, sweet orange, ginger, nutmeg, cinnamon bark and jojoba.* (10 ml)



## KIDS' WELLNESS

This immune-boosting blend is formulated to help keep your child healthy during cold and flu season with a variety of monoterpene alcohols that are non-toxic while being antiviral and antibacterial. It can be diffused, applied to the feet, or add 3-4 drops to the bath.

*Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of thyme ct. linalool, ravensara, eucalyptus radiata, tea tree and lemon. (10 ml)*



### MOON (HERS)

Blended from the most delightful feminine oils, Moon stimulates the limbic areas of the brain responsible for balancing female emotions and moods. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of geranium, blood orange, pink grapefruit, lavender, green mandarin and jasmine. (10 ml)*



### ONE VISION

Our signature blend, One Vision represents the ForeverGreen way of being. The evergreen trees represented in this signature blend come from all parts of the world, and join together to mirror and support our mission. One Vision is mentally and physically uplifting, inspiring a sense of empowerment and identity, and providing a spiritual connection to see beyond that which is to that which could be. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of cedarwood, cypress, balsam fir, siberian fir, scotch pine, ocean pine and black spruce. (10 ml)*



### PASSION

This blend strengthens the heart-mind, the source of sensitive awareness and the root of joy and love. Passion can be a potent aphrodisiac, particularly for the habitually self-restrained or emotionally inhibited. It helps one to express warmth freely, feel less vulnerable, and more self-confident. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of jasmine, neroli, patchouli, rose, rosewood, sandalwood and jojoba. (10 ml)*



### QUIESCENT

A blend of calming oils to help you unwind and feel at peace, diffuse to help you escape the neuro-chatter of a busy life. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of lavender, sandalwood, neroli, vetiver, patchouli, basil and spruce. (10 ml)*



### SPICE OF LIFE

After extensive research on how spice traders could survive the plagues of the 14th and 15th century, we bring their secrets to you with this immune system enhancing blend. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of cinnamon bark, clove bud and thyme ct. thymol. (10 ml)*



### SUN (HIS)

Designed as a natural, masculine blend, Sun stimulates the limbic areas of the brain responsible for emotions and moods, and helps soften aggressive tendencies. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of spikenard, frankincense, cedarwood, elemi, cypress, sandalwood, coriander and ginger. (10 ml)*



### TLC

TLC is found to be effective in supporting physical relaxation and is soothing for all. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of tangerine, sweet orange, pink grapefruit, ylang ylang, tanacetum annuum, rose damascena and rosewood. (10 ml)*



### TRANSFORMATION

Transformation moves us to evolve and grow. It is a catalyst to empower you to take action, even when afraid. This blend focuses the mind on moving forward in a meaningful and joyous way. *Ingredients: 100% pure, premium-grade, organic and wild-crafted essential oils of Dolphin Spirit, Compassion, balsam fir, black spruce, elmi, clary sage, inula, cistus landiferous, Gratitude, pachouli, spikenard, lavender and jojoba. (10 ml)*



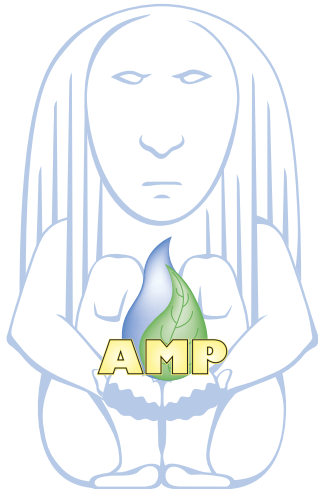
## GENERAL RESPONSIBLE CAUTIONS FOR USING ESSENTIAL OILS:

- Keep out of reach of children and away from the eyes and mucous membranes.
- If you feel sensitivity or uncomfortable warmth, dilute with vegetable oil or Massage Oil rather than water.
- Store oils tightly closed, at room temperature, and away from direct sunlight.
- Do not use oils near fire, flame, heat, or sparks.
- If you are under a doctor's care and/or are pregnant, please consult your health care professional prior to use.
- Note specific cautions on individual bottles of oil prior to use.
- Consult your health care professional prior to using on infants, small children, or pets.

*The statements in this catalog have not been evaluated by the Food and Drug Administration. The products in this catalog are not intended to treat, diagnose, cure or prevent any disease. Please consult your health care provider prior to making any dietary, nutritional, or exercise lifestyle changes.*

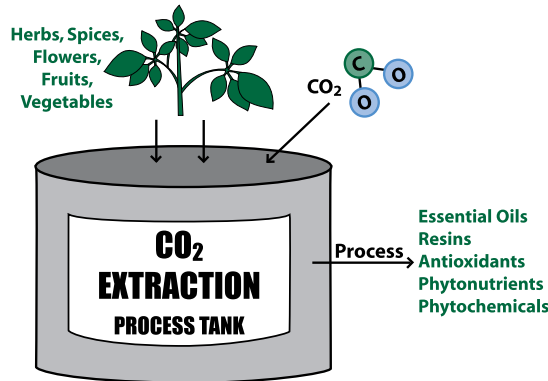
## HYDRESSENCE PLANT LIFE CONCENTRATES

The modern term “pharmacy” originates from the word “farmacy.” When a person needed something medicinal, they went to the farm or garden and picked it. The plant kingdom offers an abundance of our best medicines. These products are the quintessential offering of nature’s medicine cabinet. They are manufactured with the Aqueous Molecular Partitioning (AMP) process to provide a highly concentrated liquid that preserves the nutrients of the entire plant, rendered water-soluble.



### CO<sub>2</sub> Extraction

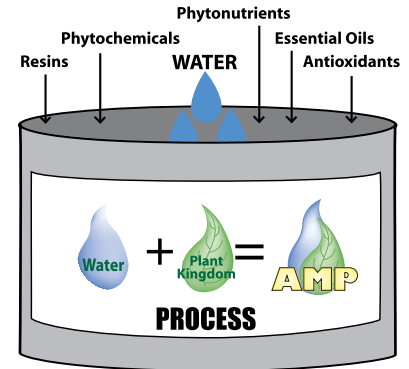
Through CO<sub>2</sub> Extraction (Supercritical Fluid Extraction), the full range of plant life elements in flowers, roots, herbs, leaves, foods, spices and any other botanicals can be extracted in their full and complete integrity! This process is done without the use of heat or hazardous solvents. Supercritical Fluid Extraction uses CO<sub>2</sub> gas as the solvent. Under high pressure, CO<sub>2</sub> gases will reach a “supercritical fluid” state and become a liquid form which helps break down the whole plant.



### AMP Process

#### (Aqueous Molecular Partitioning)

After the oleoresins (a combination of the essential oil and plant resin), phytonutrients, antioxidants, fixatives, vitamins and volatiles are extracted out from the plants, they are then put through our AMP process. This exclusive proprietary process renders our plant life concentrates water soluble, and therefore instantly bio-available! The combination of the CO<sub>2</sub> process and the AMP process emulsifies the whole plant kingdom in its integrity, in water, without the use of any chemicals or heat, making AMP the leading edge of the next generation of health and wellness!



### YELLOW DRAGON™

This special blend contains astaxanthin, an energizing superfood from Mother Nature's ocean garden. For mental stamina, try mixing in water with Rainmaker™. (1.5 ml)



### RED DRAGON™

This special blend contains astaxanthin, an energizing superfood from Mother Nature's ocean garden. For mental stamina, try mixing in water with Rainmaker™. (1.5 ml)



### GREEN DRAGON™

Symbolic of the life force that comes from the plant kingdom, greens are amazingly nutritious with vast health benefits. One squirt makes a wonderful herbal tea, chilled or hot. (1.5 ml)



### BLACK DRAGON™

This special blend contains astaxanthin, an energizing superfood from Mother Nature's ocean garden. For mental stamina, try mixing in water with Rainmaker™. (1.5 ml)



### WHITE DRAGON™

Feel the warming, immune-supporting power as cinnamon, cloves, and nutmeg spread instantly through your body. (1.5 ml)



### RAINMAKER™

This remarkable blend of floral flavors will infuse a life force throughout your body almost instantly. Distance yourself from the frequency of empty nutrition by adding Rainmaker™ to your drinking water or tea. (1.5 ml)





## TRUeSSENCE APOTHECARY PROTECT

Protect yourself and those you love with this anti-bacterial all natural pure essential oil hand sanitizer. Simply pump gel onto hands and rub in gently. Breathe in the cleansing aroma of rosemary, peppermint and lavender. Perfect for those on the go! Keep in your purse, at the office, in your car and of course at home. (2 oz.)



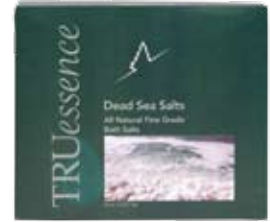
## TOUCH

Touch is an all-natural, antibacterial soap presented naturally and safely in a clean, white foam. You will love washing your hands. Touch Antibacterial Foaming hand Soap leaves no film or sticky mess and has an enlivening aroma. (6 oz.)



## DEAD SEA SALTS

Bring the properties of your favorite essential oils to life by blending them in your bath with Dead Sea Salts. People from around the world have sought out the salts from the Dead Sea for centuries. Whether it is for relaxation and tranquility or for revitalization of the mind and body, Dead Sea Salts are a great place to start. (32 oz.)



## HYGIEAN SPA – GRATITUDE

Hygiean Spa is perfect for relaxation and tranquility, this type of herbal salt bath was often used by people in ancient times for revitalization of the mind and body. Feel your stress and tension slip away as you soak in this luxurious salt bath, infused with the pure-premium grade wild-crafted and organic essential oil blend Gratitude. (32 oz.)





## ESCAPE STRESS RELIEVER

Escape the worries and stress of life with the new Escape Pure Essential Oil Stress reliever from our TRUessence Apothecary. Just roll a little Escape on your neck and rub it in while heating up your neck wrap in the microwave for a minute and a half. Then, wrap up and let your stress melt away! (10 ml)



## THERMA-PEUTIC NECK WRAP

Heat up your neck wrap in the microwave for a minute and a half. Then, wrap up and let your stress melt away! Use with the Escape Stress Reliever or your favorite TRUessence oils.



## RENEW CHOCOLATE MARSHMALLOW SCRUB

This exclusive natural body exfoliant acts as a detoxifying and re-mineralizing treatment, improving uneven skin texture, and dullness. Renew leaves the skin silky soft and lightly scented. You'll instantly see the difference in your skin. It will appear younger and feel much softer. (8 oz.)



## SILK™

Silk is an all-purpose, clean and/or organic, pH-balanced body wash for face, body, and bath. Feel the difference. Skin care never felt so good! (16 oz.)



## JUICE CITRUS SQUEEZE SHAMPOO

Juice Citrus Squeeze Shampoo is a moisturizing, nourishing hair cleanser. Pamper your hair with salon-quality shampoo without any of the chemical side effects. (16 oz.)



## JUICE YLANG Y' COLADA™ CONDITIONER

Naturally balanced with safe, clean and/or organic plant-based ingredients, this conditioner is biodegradable. Acting as a health deposit for your hair and scalp, Juice Ylang Y' Colada Conditioner will leave your hair soft, smooth and manageable. (16 oz.)



## BALANCE™

This mineral-fortified multipurpose gel is made from all-natural ingredients. Ideal for daily use on face, skin and hair. Use it after sun as a moisturizer, for children's sensitive skin, and more. (8 oz.)



## HOUSE KEEPER™

An all-in-one cleaner with multiple uses ranging from removing oil stains on the driveway to a safe, gentle, pet shampoo and everything inbetween. This product is 100 percent biodegradable. (16.9 oz.)



## TOOTH POWDER

No synthetic chemicals, no preservatives, and no poison control or safety warnings on the label. This fast-acting oral hygiene product contains essential oils that freshen your breath while cleaning. Available in mint and clove. (4 oz.)



## QUENCH™

Quench is a multi-purpose, topical moisturizing spray formulated with the highest quality all-natural active, clean and/or organic ingredients. Use it as a body and face moisturizer, to soothe burns and bites, as an ointment for foot and body irritations, as an insect repellent, or as an aid for massage and reflexology. (2.78 oz.)



## SILVER AIRE™

Silver Aire™ contains distilled water, sand-free salt, chelated silver, eucalyptus oil, walnut oil, and grape seed oil. Use one or two bursts as needed to help drain, moisturize, and soothe nasal and sinus cavities. (30 ml)



*The statements in this catalog have not been evaluated by the Food and Drug Administration. The products in this catalog are not intended to treat, diagnose, cure or prevent any disease. Please consult your health care provider prior to making any dietary, nutritional, or exercise lifestyle changes.*



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