

A woman wearing a dark blue and green patterned headscarf is shown in profile, holding a sprig of fresh mint leaves near her nose. The background is dark, and the lighting highlights the woman's face and the green leaves of the mint.

# 4Life<sup>®</sup>

## Essential Oils

BREATHE IN, AND BEGIN...<sup>®</sup>

**TAKING OUR FIRST BREATH  
MARKS A BASIC, YET  
PROFOUND BEGINNING  
FOR EACH OF US.  
WE TAKE THOUSANDS  
OF BREATHS EACH DAY, AND  
THE AROMAS AROUND US  
AFFECT US EMOTIONALLY  
AND PHYSIOLOGICALLY.**





**THIS IS WHY AROMATHERAPY  
RESONATES WITH US.  
AROMATHERAPY IS  
THE PRACTICE OF USING  
ESSENTIAL OILS IN A VARIETY  
OF WAYS TO ENHANCE YOUR  
SENSES AND YOUR LIFE.**



## WHAT ARE ESSENTIAL OILS?

Plants, like animals, have properties that protect them against a variety of environmental threats. They're the plant's essences, or essential oils. These essences provide chemical protection against invaders like insect predators by throwing off a distinct aroma and taste.<sup>1</sup> Many of these

plant essential oils are aesthetically pleasing and have been used for centuries in foods, perfumes, and have even been used medicinally. Essential oils come from many different places around the world.



## HOW DO THEY WORK?

Plant essences can influence the central nervous system and can be classified as calming or energizing. Simply put, when you smell an essence, it affects your brain.<sup>2</sup>

When you diffuse an essential oil, the aroma carries molecules that can solicit a bodily response. Inside your nose, the neurons detect these molecules. These neurons then communicate with the limbic system: the control center for your deepest emotions.

While oral supplementation has been a primary research focus and wellness strategy, science now recognizes the profound positive effects that inhaled aromas can have on your brain, emotions, and potentially your physical health and well-being.<sup>3</sup>

1. Aharoni, A. "Terpenoid Metabolism in Wild-Type and Transgenic Arabidopsis Plants." *The Plant Cell* 15, no. 12 (December 2003): 2866–884.

2. Jones, Nick, and David Rog. "Olfaction: A Review". *The Journal of Laryngology & Otology* 112, no. 1 (January 1998): 11–24.

3. Lehrner, J., G. Marwinski, S. Lehr, P. Jöhren, and L. Deecke. "Ambient odors of orange and lavender reduce anxiety and improve mood in a dental office." *Physiology & Behavior* 86, no. 1–2 (September 2005): 92–95.

## ESSENTIAL OILS VS. AROMAS

Air fresheners and body sprays often contain synthetic fragrance components that can cause side effects in some people.

Pure essential oils provide pleasant scents, plus additional benefits that come from 100% natural components. When it comes to aromatherapy, it pays to use the highest quality ingredients and products.





## WHY 4LIFE ESSENTIAL OILS?

Since 1998, 4Life has harnessed the power of nature's wisdom present in animals. We do this with transfer factors, powerful molecules present in cow colostrum (a mother's first milk) and chicken egg yolks, which provide foundational support for overall wellness. Now, 4Life Essential Oils harness the power of nature's wisdom found in plants through aromatherapy.

4Life Essential Oils are powerful, unique, natural, and 100% pure oils. We source essential oils from all over the world to give you the best aromatic experience for your body, soul, and life. All 4Life Essential Oils are extracted from plants, trees, or fruits, using the best methods for obtaining the pure oil.

Our essential oils offer various aromatic experiences and can be applied topically, diffused, combined, and certain oils can be ingested.

### FOUR EASY WAYS TO USE 4LIFE ESSENTIAL OILS:

1.

Diffuse into the air. Enjoy a wonderful sensory experience with diffused essential oils.

2.

Dilute oil with 4Life Carrier Oil. Apply diluted oil to your skin. Add diluted essential oils to your wrists, ear lobes, the sides of your neck, or the soles of your feet. Test a small area of your skin first to make sure your skin isn't too sensitive.





### 3.

Massage diluted oil onto your body. Treat yourself or someone you love to a massage with diluted essential oils.

### 4.

Some of our essential oils can be ingested. See the individual oil pages for information on which oils can be ingested.

On the following pages, each essential oil will have a symbol next to it to denote whether it is for topical use or if it is ingestible.

†: Essential oils that are for topical use


















§: Essential oils that have an ingestible formula






**HERE ARE SOME WAYS YOU  
CAN USE 4LIFE ESSENTIAL OILS!**

What do you want to experience?

	SCENTED PILLOW BEFORE BED	CALMING AROMATIC EXPERIENCE OR MASSAGE	BEAUTIFYING EXPERIENCE FOR YOUR COMPLEXION	CENTERING AROMATIC EXPERIENCE OR MASSAGE	UPLIFTING AROMATIC EXPERIENCE	DYNAMIC HEATING AND COOLING EFFECT	INVIGORATING MASSAGE
CALMAVIDA®							
PEPPERMINT							
LEMON							
COOLTOUCH®							
BRISA®							

VIGORATING SAGE	FRESHEN HOUSEHOLD SURFACES	TONIC EXPERIENCE FOR YOUR LUNGS	TRANQUIL MEDITATION	FOCUSED BREATHWORK MEDITATION	INVIGORATED BODY WASH/LOTION	ADDED FRAGRANCE TO A ROOM/ FRESH-SMELLING LAUNDRY	IMPROVED SHOWER/BATH/ FOOT SOAK
							
							
							
							
							

# WHAT DO YOU WANT TO SUPPORT?

	Immune system*	Metabolism and energy levels*	Digestion*
TForce <sup>®§</sup>			
Digestive Blend <sup>§</sup>			
SweetShape <sup>®§</sup>			

§new ingestible formula!



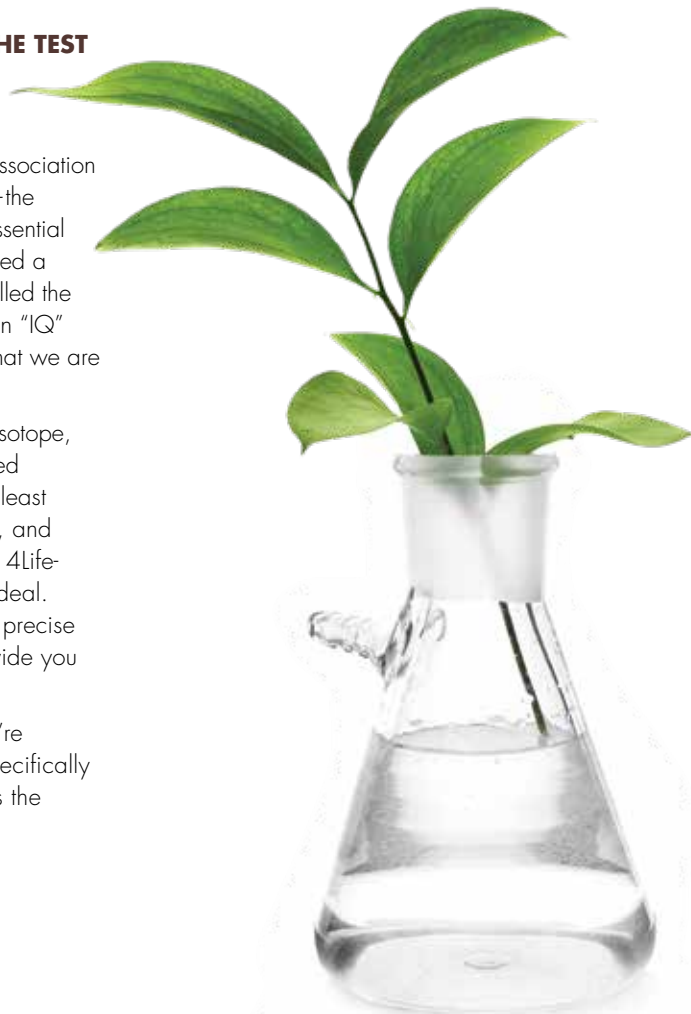
## 4LIFE-PIQ

### OUR 4LIFE-PIQ™ ESSENTIAL OILS PASS THE TEST

4Life Essential Oils comply with the International Organization for Standardization (ISO) and the Association Française de Normalisation (AFNOR) standards—the industry's two top organizations for determining essential oil quality. We went one step further and developed a proprietary scoring system for our essential oils called the 4Life-PIQ. PIQ stands for "Plant IQ." Plants have an "IQ" which can help them survive and thrive. This is what we are measuring with the 4Life-PIQ scoring system.

The 4Life-PIQ is determined by a combination of isotope, chirality, DNA, and ISO/AFNOR standards-based component testing. The overall score includes at least six factors, all centered on the authenticity, purity, and potency of the oil. All 4Life Essential Oils have a 4Life-PIQ score higher than 90, which is considered ideal. We carefully screen each oil for the presence of precise components at their peak levels so they can provide you with the ideal experience.

4Life-PIQ testing is lengthy and expensive, but we're committed to carefully analyzing each oil for specifically identified chemical components before it carries the 4Life Essential Oils name.





**TAKE A JOURNEY  
AROUND THE WORLD  
AS YOU  
DISCOVER THE DIVERSE  
ORIGINS OF  
4LIFE ESSENTIAL OILS.**

# LEMON<sup>†</sup>

## 100% PURE ESSENTIAL OIL

4Life® Essential Oils Lemon is 100% pure and exclusively sourced. Lemon offers bright, vibrant top notes with a brilliantly robust base note to impart an energized attitude and fresh environment. This timeless scent will bring exhilaration to your mental outlook and environment. Apply topically or diffuse.

### AROMATIC EXPERIENCE:

Fresh, clean, bright, uplifting, pure, citrus, and fruity

### ORIGINS:

4Life Essential Oils Lemon comes from Argentina for the ideal scent and therapeutic composition. These lemons are considered the highest quality.

<sup>†</sup> for topical use only



# PEPPERMINT†

## 100% PURE ESSENTIAL OIL

4Life® Essential Oils Peppermint is created through a proprietary fractional distillation method, which makes it more potent than other peppermint oils. This essential oil is 100% pure and proprietary, offering a brisk, cool, and invigorating fragrance. It cools and refreshes the skin and evokes feelings of freshness and peace. The fragrant top notes are light and delicious to experience, while powerful and earthy base notes make this essential oil even sweeter. Diffuse in any environment or apply topically for an experience that whisks you away!

### AROMATIC EXPERIENCE:

Brisk, cool, centering, invigorating, sweet, and green

### ORIGINS:

4Life Essential Oils Peppermint comes from Yakima Valley in Washington, USA. Yakima peppermint oil is considered one of the best peppermint oils commercially available.

† for topical use only





# BRISA<sup>†</sup>

## 100% PURE ESSENTIAL OIL BLEND

4Life® Essential Oils Brisa® is a proprietary blend that provides strong aromatic notes that act as an uplifting tonic for your lungs. Brisa combines the power of eucalyptus, peppermint, clove, wintergreen, frankincense, thyme, and camphor that freshen the air, elevate your senses, and invigorate your outlook.

### AROMATIC EXPERIENCE:

Uplifting, spicy, camphor, and woody

### ORIGINS:

Eucalyptus Essential Oil – from China

Peppermint Essential Oil – from Washington, USA

Clove Essential Oil – from Indonesia

Wintergreen Essential Oil – from China

Frankincense Essential Oil – from Somalia

Thyme Essential Oil – from France

Camphor White Essential Oil – from China

<sup>†</sup> for topical use only



# CALMAVIDA<sup>†</sup>

## 100% PURE ESSENTIAL OIL BLEND

Did you know that CalmaVida means “the calm life” in Spanish? Its aromatically bold and earthy notes impart a warm sense of tranquility to you and your environment. 4Life® Essential Oils CalmaVida® is a 100% pure and proprietary essential oil blend that bolsters the best benefits of lavender by isolating and utilizing the key components responsible for lavender’s aroma power. Think of this unique blend as elevated lavender! Bring a calming scent to your home using CalmaVida.

### AROMATIC EXPERIENCE:

Fresh, brisk, heady, floral, grounding, beautifying, and calming

### ORIGINS:

Lavender Essential Oil – from Bulgaria

Lavandin Essential Oil – from France

<sup>†</sup> for topical use only



# COOLTOUCH<sup>†</sup>

## 100% PURE ESSENTIAL OIL BLEND

4Life® Essential Oils CoolTouch® is a 100% pure, potent, and proprietary blend that cools, settles, and beautifies. This powerful oil creates a dynamic heating and cooling effect when used in massage. Dilute CoolTouch with the Carrier Oil and apply to the skin in a deep massaging motion for a cooling experience that will put a spring in your step, especially after a hard workout.

### AROMATIC EXPERIENCE:

Brisk, restorative, refreshing, sweet, fruity, and floral

### ORIGINS:

Chamomile Essential Oil – from Egypt

Camphor White Essential Oil – from China

Peppermint Essential Oil – from India

Sweet Osmanthus Essential Oil – from China

Wintergreen Essential Oil – from China

<sup>†</sup> for topical use only





# CARRIER OIL<sup>†</sup>

## COMPLEMENT TO 4LIFE ESSENTIAL OILS

Carrier Oil is the perfect companion to 4Life Essential Oils. Its subtle, dreamy coconut aroma blends beautifully with our pure essential oils. Use Carrier Oil to dilute our powerful essential oils and safely apply them to the skin. Our carrier oil is also great for massage.

### AROMATIC EXPERIENCE:

Light, hint of coconut, elegant, neutral, and gentle

<sup>†</sup> for topical use only





# DIGESTIVE BLEND<sup>§</sup>

## 100% PURE ESSENTIAL OIL BLEND

4Life® Essential Oils Digestive Blend is an ingestible blend that supports healthy digestion and relieves digestive discomfort. Digestive Blend combines 100% pure essential oils like peppermint, fennel, coriander, and ginger to soothe, relax, and calm an upset stomach.\*

### AROMATIC EXPERIENCE:

Gentle, soothing, calming, mint, ginger, herbaceous, and licorice

### ORIGINS:

Fennel Essential Oil – from Holland

Peppermint Essential Oil – from Washington, USA

Ginger Essential Oil – from China

Anise Essential Oil – from China

Coriander Essential Oil – from Russia

Tarragon Essential Oil – from Hungary

Caraway Essential Oil – from Hungary

<sup>§</sup> for ingestion only



\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

# SWEETSHAPE®§

## 100% PURE ESSENTIAL OIL BLEND

4Life® Essential Oils SweetShape® is an ingestible blend that promotes healthy metabolism and energy levels and targets fat metabolism to support healthy weight management. This energizing blend combines lemon, peppermint, grapefruit, bergamot, clove, juniper, cinnamon, and ginger essential oils to help jumpstart your metabolism and assist in healthy weight management.\*

### AROMATIC EXPERIENCE:

Energizing, stimulating, refreshing, citrus, spicy, and green

### ORIGINS:

Lemon Essential Oil – from Argentina

Peppermint Essential Oil – from the United States

Grapefruit Essential Oil – from Germany

Bergamot Essential Oil – from Italy

Clove Essential Oil – from Indonesia

Juniper Essential Oil – from France

Cinnamon Essential Oil – from Madagascar

Ginger Essential Oil – from China

§ for ingestion only



# TFORCE®§

## 4LIFE TRANSFER FACTOR® IN A 100% PURE INGESTIBLE ESSENTIAL OIL BLEND

4Life® Essential Oils TForce® is the only essential oil in the world that features patented 4Life Transfer Factor in a 100% pure essential oil blend. This powerful blend combines sweet orange, thyme, clove, clary sage, patchouli, and cinnamon essential oils. Add three drops of this warm and welcoming essential oil to 8 oz or more of liquid for phenomenal benefits and immune system support!\*

### AROMATIC EXPERIENCE:

Peaceful, fresh, sweet, citrus, woody, minty, nutty, and spicy

### ORIGINS:

Sweet Orange Essential Oil – from Brazil

Thyme Essential Oil – from France

Clove Essential Oil – from Indonesia

Clary Sage Essential Oil – from Moldova

Patchouli Essential Oil – from Indonesia

Cinnamon Essential Oil – from Madagascar

§ for ingestion only



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THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

**WHAT ARE YOU WAITING FOR?**  
**EXPERIENCE 4LIFE ESSENTIAL OILS TODAY!**

 BREATHE IN,  
AND BEGIN...®

To learn more, visit [4life.com](http://4life.com).

