

## Golden Touch 1

The Golden Touch 1 Kit is here to winterize Your body from head to toe. From the digestive system to the immune system

### Essential Oils

Melrose

Melaleuca alternifolia, Naouli, Rosemary, and Clove

Raven

Ravintsara, Peppermint, Eucalyptus Radiata, Lemon, and Wintergreen essential oils

R.C.

Eucalyptus globulus, Myrtle, Marjoram, Pine, Eucalyptus radiata, Eucalyptus citriodora, Lavender, Cypress, Black spruce, Peppermint

DiGize Vitality

Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise, and Patchouli

EndoFlex Vitality

Sesame seed oil, Spearmint, Sage, Geranium, Myrtle, Nutmeg, and German Chamomile

Thieves Vitality

Lemon, Clove, Eucalyptus Radiata, Cinnamon Bark, and Rosemary

JuvaFlex Vitality

Sesame seed oil, Fennel, Geranium, Rosemary, Roman Chamomile, Blue tansy, Helichrysum

### Benefits

Melrose

- Melrose is a blend of essential oils with powerful cleansing properties that supports the appearance of skin.

Raven

- Has a cool, minty eucalyptus aroma
- Can be diffused or inhaled directly for a refreshing respiratory experience
- Brings a sense of calm and relaxation to any stuffy environment
- Can be used as part of your exercise routine to promote the sensation of deeper breathing

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### R.C.

- Supports the feeling of normal, clear breathing
- Promotes restful sleep and provides a relaxing aroma in a stuffy environment
- Creates an invigorating experience when added to a bath or shower
- Can be used as part of an exercise routine to promote the sensation of deeper breathing
- Can be diffused during the cold-weather season
- Provides a refreshing respiratory experience when applied to the chest

### DiGize Vitality

- Helps support and cleanse the digestive system
- Is a great companion to Essentialzymes-4 when taken with meals to support your wellness regimen
- Includes antioxidant properties

### EndoFlex Vitality

- General wellness support

### Thieves Vitality

- Immune system support
- Cleansing to the digestive system
- Antioxidant properties
- General wellness support

### JuvaFlex Vitality

- General wellness support

### A Daily Routine

Melrose: Diffuse, inhale directly, or dilute with V-6 Vegetable Oil Complex to apply topically.

Raven: Diffuse, inhale directly, or dilute with V-6 Vegetable Oil Complex to apply topically.

RC: Dilute 1 drop with 1 drop of V-6™ or olive oil and apply to desired area as needed. Diffuse up to 30 minutes 3 times daily.

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DiGize Vitality: Dilute 1 drop with 4 drops of carrier oil. Put in a capsule and take 1 daily.

EndoFlex Vitality: Dilute 1 drop with 1 drop of carrier oil. Put in a capsule and take up to 3 times daily.

Thieves Vitality: Dilute 1 drop with 4 drops of carrier oil. Put in a capsule and take 1 daily.

JuvaFlex Vitality: Put 2 drops in a capsule. Take 3 times daily or as needed.