

# epoch®

## unwind

### essential oils blend

*Lavender Bergamot Blend*



#### SYSTEM OVERVIEW

Amid the rigors of a modern lifestyle, Nu Skin delivers Epoch Essential Oils—ethnobotanical solutions that create engaging human interactions and sensory experiences with your world. For centuries, indigenous cultures improved their lives with botanicals, from topical remedies to aromatherapy. With Epoch, Nu Skin has distilled centuries of plant wisdom and leveraged the expertise of world-renowned ethnobotanist Paul Cox. Now we can infuse this wisdom into your modern lifestyle with Epoch Essential Oils.

Experience ethnobotanical oils from a company you know and trust. Epoch Essential Oils adhere to Nu Skin's rigorous 6S Quality Process to meet the highest quality standards. Single oils and blends provide a variety of expressive aromas and solutions that uplift any routine or occasion. The delightful benefits of our essential oils make it natural to share them with others.

As part of Nu Skin's mission to improve lives, Nu Skin donates \$0.25 from each Epoch Essential Oils sale to the Nu Skin Force for Good Foundation—giving back to the communities that share their wisdom with us.

Enjoy rich connections with people and the world around you while giving back with Epoch Essential Oils.

#### PRODUCT POSITIONING

Quiet your mind and calm your spirit with Epoch Unwind, a centering blend of lavender, bergamot, and other balancing essential oils. With Epoch Unwind, you can create a feeling of harmony and peace even amid the most hectic day. Carry this essential oil blend with you in the car, at the airport, or any other place where your busy life takes you.

#### TARGET AUDIENCE

All adults seeking natural solutions to enhance their modern lives and surroundings.

#### PRODUCT EXPERIENCE

Diffuse or mix with Epoch Topical Blending Oil and apply topically to help achieve a feeling of balance.

- Apply to the bottom of your feet
- Use with bath salts for a luxurious bath
- Diffuse in an Epoch diffuser
- Apply to your body when restless
- Use when massaging your scalp
- Rub on your pillow before bed
- Spritz on the bed sheets as you make the bed in the morning
- Drop generously on your wrists
- Dab on the temples and back of the neck

#### PRODUCT USAGE

Use Epoch Unwind topically with Epoch Topical Blending Oil and aromatically with Epoch Mist or Epoch Mini Mist.

##### **Topical**

Though essential oils vary in intensity, as a general rule, use one to two drops of Epoch Unwind per teaspoon of Epoch Topical Blending Oil when applying to the skin.

**Sensitive Skin:** People with a stronger sensitivity to essential oils may need to use more topical blending oil.

##### **Aromatic Diffuser**

Mix Epoch Unwind with distilled water to use with Epoch Mist or Epoch Mini Mist. Add 15–20 drops of essential oil to the water reservoir in Epoch Mist. Add one drop of essential oil to the Epoch Mini Mist diffuser water bottle and fill the reservoir. See the diffuser user manuals for detailed directions.

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## BLEND INGREDIENTS

- Lavender
- Bergamot
- Eucalyptus
- Clary Sage
- Sandalwood
- Patchouli
- Vetiver
- Cistus

## COMPLEMENTARY PRODUCTS

Epoch Topical Blending Oil—Derived from natural coconut, palm, and soy oils, this silky mixture will heighten your topical experience with Epoch Essential Oils.

Epoch Mist and Epoch Mini Mist—Fill the air with the engaging aromas of Epoch Essential Oils with these Epoch diffusers.

## DID YOU KNOW?

Arabians tied fresh lavender leaves and flowers to the head or rubbed lavender on the forehead for wellness. On the island of Socotra, people used lavender for its healthful properties, and they rubbed it on hair and clothing for its fragrance. In Southern Italy, people have long used Bergamot (Citrus bergamia) for wellness and as a source of fragrance.

## FREQUENTLY ASKED QUESTIONS

### How much essential oil should I use on my skin?

When applying to the skin, always mix one or two drops of essential oils with one teaspoon of Epoch Topical Blending Oil. It is important to know how your skin will respond to essential oils. Test only one essential oil at a time. Mix one drop of Epoch Essential Oil with Epoch Topical Blending Oil and rub on an inconspicuous area of your body (e.g., under the forearm or the underside of the bicep). Wait 30 minutes. Continue using the product if you do not notice irritation. If irritation occurs, discontinue use immediately.

### Does Nu Skin test Epoch Essential Oils for quality?

Yes. Nu Skin applies its rigorous 6S Quality Process and confirms each oil is pure and safe to use. This process includes specific attention to selection, sourcing, structure, standardization, safety, and substantiation.

### Can I use essential oils on children?

Children are particularly sensitive to essential oils. Always consult a healthcare professional before using essential oils on children.

### Are there areas on the body where I should NOT apply essential oils?

Avoid the eyes, eye area, mouth, and other areas on the skin that are particularly sensitive.

### Can I ingest Epoch Unwind Essential Oil?

No. Epoch Unwind Essential Oil is not a nutritional supplement and is for aromatic and topical usage only. Do not ingest Epoch Unwind.

## SAFETY AND CAUTIONS

- **Sensitive Skin Advisory:** May not be appropriate for individuals with sensitive skin. Please test in a small area before applying to a larger surface area.
- **Sunburn Alert:** Epoch Unwind contains citrus oils that increase the skin's sensitivity to sun and particularly the possibility of sunburn. Wear protective clothing and avoid sun exposure while using this product topically. Wash thoroughly before UV exposure.
- Discontinue use if you experience any irritation or a reaction and consult a physician if necessary.
- Keep out of the reach of children.

## INGREDIENTS

Caprylic/Capric Triglyceride,\* Citrus Aurantium Bergamia (Bergamot) Fruit Oil, Eucalyptus Radiata Flower/Leaf/Stem Oil, Lavandula Angustifolia (Lavender) Oil, Glycine Soja (Soybean) Oil, Juniperus Virginiana Oil, Cananga Odorata Flower Oil, Citrus Limon (Lemon) Peel Oil, Pimenta Officinalis (Pimento) Leaf Oil, Salvia Sclarea (Clary) Oil, Santalum Spicata Wood Oil, Pogostemon Cablin Oil, Vetiveria Zizanioides Root Oil, Pelargonium Graveolens Flower Oil, Acacia Decurrens Flower Extract, Cistus Ladaniferus Resin, Evernia Prunastri (Oakmoss) Extract

\* Commonly known as Fractionated Coconut Oil.

