



YOUNG LIVING<sup>®</sup>  
ESSENTIAL OILS

Wellness

ESSENTIAL OILS

SHARING GUIDE



This guide is designed to work in conjunction with the Product Claims Pages (PCP) to help you share Young Living's complementary medicines compliantly. The PCPs detail information regarding the current products Young Living has listed with the Therapeutic Goods Administration (TGA). You can find further resources to help you share Young Living complementary medicines in your Virtual Office in YL Central.

When sharing a Young Living complementary medicines we must follow the Therapeutic Goods Advertising Code (TGAC), which sets the requirements advertisers must meet to ensure the marketing and advertising of their therapeutic good is conducted in a manner that promotes the quality use of the product, is socially responsible and does not mislead or deceive the consumer.

The Code should be followed when sharing Young Living complementary medicines either on social media, online, speaking face to face, in videos, webinars, in reference materials, or when creating any advertising material for a complementary medicine.

This is only a brief outline of a small portion of the TGAC, you are responsible for complying with the Code in its entirety. If there is ever any doubt always refer to the Code first.

Please note, this does not apply to New Zealand. Separate content should be created for NZ that does not contain therapeutic claims for these products.

## HOW TO USE THE PRODUCT CLAIM PAGES TO SHARE A COMPLEMENTARY MEDICINE

- Choose a claim/s from the list of Permitted Claims.
  - You can formulate the claim into a simple sentence however be mindful not to change or alter the meaning of the claim. Avoid elaborating on a claim or relating it to something else; share it as it appears.
  - Where there are multiple words divided by a forward slash e.g. "maintain/support" you may choose either word to use.
  - Where the word "mild" is used in a claim it must be included.
  - If the claim includes a tradition of use or a specifying qualifier this must be included, e.g.:
    - traditionally used in aromatherapy
    - in adults
    - after eating
- Look at the Product Representation Requirements to ensure that the overall wording and the way the claim/s are presented aligns with the outlined product presentation guidelines.
- Present the product to be used in accordance with its directions.
- Select the applicable statements and warnings to be included in what you have created.

## CHECKLIST OF WHAT TO INCLUDE:

The following checklist outlines what needs to be included when sharing a complementary medicine. You will find this information on the Product Claims Pages:

- The name of the product - e.g. Peppermint Wellness Essential Oil
- The dosage form - e.g. Topical / Inhalation
- The quantity of the product - e.g. 15 ml
- One or more of the approved claims for the product - e.g. Traditionally used in Aromatherapy to decrease headache symptoms
- A list of the active ingredients - e.g. Peppermint oil
- The applicable statements and warnings - e.g. Always read the label. Follow the directions for use. Not to be taken. If symptoms persist talk to your health professional.

## WHAT TO BE MINDFUL OF WHEN SHARING A COMPLEMENTARY MEDICINE

### Product Claims:

Always remember that Young Living products are not intended to diagnose, treat, cure, or prevent any illness or disease.

### Product comparisons:

Avoid directly or indirectly comparing a complementary medicine with a competing product. This includes making claims that the competing product may be harmful or ineffectual.

### Food comparisons:

Vitamin and mineral supplements are designed to complement a balanced lifestyle rather than replace it. When promoting a vitamin or mineral, do not suggest that the taking of supplements can replace a healthy diet.

Avoid claiming or implying that the supplements:

- Are a substitute for good nutrition or a balanced diet
- Are in any way superior to or more beneficial than dietary nutrients

### Terminology:

When referring to a complementary medicine, do not refer to it as a “TGA product”, “TGA Registered” or “TGA approved” etc. It is advisable that you avoid using the term “TGA” at all. Refer to the product by its name or as a complementary medicine.

### Testimonies and Endorsements:

When Sharing a Young Living complementary medicine, avoid using testimonies to promote the product as what you say about the product has the potential to impact the consumer’s decision. A testimony is a statement, written or spoken, made by someone who has used a therapeutic good. Instead, share the product by endorsing it. Endorsements are statements, written or spoken, and/or images that support or encourage the use of a therapeutic good. For example:

- “This product can relieve symptoms of heartburn”
- “I recommend this product; it’s traditionally used in aromatherapy to relieve the symptoms of an insect bite”

Our Conduct Team is always happy to answer any questions you may have. Feel free to email them at [conduct.au@youngliving.com.au](mailto:conduct.au@youngliving.com.au)



# BERGAMOT *WELLNESS ESSENTIAL OIL*

## PERMITTED CLAIMS:

- Traditionally used in Aromatherapy to antipyretic/febrifuge/relieve mild fever/reduce body temperature/body cooling
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of indigestion/dyspepsia
- Traditionally used in Aromatherapy to digestive tonic/Improve digestive weakness
- Traditionally used in Aromatherapy to adaptogen/Help body adapt to stress
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of stress
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of mild anxiety
- Traditionally used in Aromatherapy to soporific/induces sleep
- Traditionally used in Aromatherapy to decrease/reduce/relieve sleeplessness
- Traditionally used in Aromatherapy to enhance/promote/increase healthy sleep patterns
- Traditionally used in Aromatherapy to decrease/reduce/relieve the severity of symptoms of mild upper respiratory tract infections
- Traditionally used in Aromatherapy to relieve symptoms of mild upper respiratory tract infections
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of mild throat infection
- Traditionally used in Aromatherapy to relieve symptoms of sore throat/pharyngitis
- Traditionally used in Aromatherapy to vulnerary/wound healing
- Traditionally used in Aromatherapy to helps healing of mild skin burn/sunburns
- Traditionally used in Aromatherapy to antiseptic for minor cuts and abrasions
- Traditionally used in Aromatherapy to enhance/improve healing of minor skin wound/cuts/scratches/abrasions
- Traditionally used in Aromatherapy to maintain/support wound healing



## PRODUCT REPRESENTATION REQUIREMENTS:

- Product presentation must not imply or refer to serious infections.
- Respiratory tract infections must be qualified by 'mild'.
- Product presentation must only refer to mild anxiety.
- Product presentation must not imply or refer to mental illnesses, disorders or conditions.
- Product presentation must not imply or refer to gastro oesophageal reflux disease.
- Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
- Product presentation must only refer to 'mild' burns.

## ACTIVE INGREDIENTS - Active ingredients cannot be promoted individually with specific benefits:

- Bergamot oil cold pressed

## DOSAGE FORM:

- 5ml/15ml, liquid
- Topical, Inhalation

## DIRECTIONS:

- **Topical:** Dilute 1 drop with 1 drop of V-6™ or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed. Avoid direct sunlight or UV rays to the application area for up to 12 hours.
- **Inhalation:** Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.
- **Aromatic:** Diffuse up to 1 hour 3 times daily.

## STATEMENTS WHICH NEED TO BE INCLUDED IN YOUR ADVERTISEMENT:

**INCLUDE:** Always read the label. Follow the directions for use. Not to be taken. If symptoms persist talk to your health professional



# CEDARWOOD *WELLNESS ESSENTIAL OIL*

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## PERMITTED CLAIMS:

- Traditionally used in Aromatherapy to relieve weariness/tiredness/fatigue/feeling of weakness
- Traditionally used in Aromatherapy to relieve mild tissue oedema
- Traditionally used in Aromatherapy to adaptogen/Help body adapt to stress
- Traditionally used in Aromatherapy to aids/assists the body to cope with environmental stress
- Traditionally used in Aromatherapy to enhance/promote body adaptation to stress
- Traditionally used in Aromatherapy to support healthy body stress recovery
- Traditionally used in Aromatherapy to support healthy stress response in the body
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of stress
- Traditionally used in Aromatherapy to expectorant/clear respiratory tract mucous
- Traditionally used in Aromatherapy to antiseptic for minor cuts and abrasions

## PRODUCT REPRESENTATION REQUIREMENTS:

- Product presentation must not imply or refer to mental illnesses, disorders or conditions.
- Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
- Product presentation must not imply or refer to chronic fatigue syndrome.
- Product presentation must not imply or refer to serious infections.

## ACTIVE INGREDIENTS - Active ingredients cannot be promoted individually with specific benefits:

- Cedarwood bark oil

## DOSAGE FORM:

- 5ml/15ml, liquid
- Topical, Inhalation

## DIRECTIONS:

- **Topical:** Apply 2–4 drops directly to desired area. Dilution not required, except for sensitive skin. Test on small area of skin on the underside of arm.
- **Inhalation:** Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.
- **Aromatic:** Diffuse up to 1 hour 3 times daily.

## STATEMENTS WHICH NEED TO BE INCLUDED IN YOUR ADVERTISEMENT:

**INCLUDE:** Always read the label. Follow the directions for use. Not to be taken. If symptoms persist talk to your health professional.



# CLARY SAGE WELLNESS ESSENTIAL OIL

## PERMITTED CLAIMS:

- Traditionally used in Aromatherapy to relieve weariness/tiredness/fatigue/feeling of weakness
- Traditionally used in Aromatherapy to decrease/reduce/relieve excessive perspiration/sweating
- Traditionally used in Aromatherapy to decrease/reduce/relieve loss of appetite
- Traditionally used in Aromatherapy to maintain/support healthy appetite
- Traditionally used in Aromatherapy to decrease/reduce/relieve flatulence/carminative
- Traditionally used in Aromatherapy to help reduce occurrence of symptoms of indigestion/dyspepsia
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of indigestion/dyspepsia
- Traditionally used in Aromatherapy to antispasmodic/spasmolytic
- Traditionally used in Aromatherapy to decrease/reduce mental/cognitive fatigue
- Traditionally used in Aromatherapy to haemagogue/emmenagogue/promotes menstrual flow
- Traditionally used in Aromatherapy to maintain/support/regulate healthy menstrual cycle
- Traditionally used in Aromatherapy to decrease/reduce/relieve menstrual spasms/cramps
- Traditionally used in Aromatherapy to decrease/reduce/relieve menstruation pain/dysmenorrhea
- Traditionally used in Aromatherapy to decongestant/relieve nasal congestion
- Traditionally used in Aromatherapy to expectorant/clear respiratory tract mucous



## PRODUCT REPRESENTATION REQUIREMENTS:

- Product presentation must not imply or refer to eating disorders.
- Product presentation must not imply or refer to serious musculoskeletal or neurological conditions.
- Product presentation must not imply or refer to chronic fatigue syndrome.
- Product presentation must not imply or refer to mental illnesses, disorders or conditions.
- Product presentation must not imply or refer to gastro oesophageal reflux disease.
- Product presentation must not imply or refer to abortifacient action.
- Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.

## ACTIVE INGREDIENTS - Active ingredients cannot be promoted individually with specific benefits:

- Clary oil

## DOSAGE FORM:

- 5ml/15ml, liquid
- Topical, Inhalation

## DIRECTIONS:

- **Topical:** Dilute 1 drop with 1 drop of V-6™ or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed.
- **Inhalation:** Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.
- **Aromatic:** Diffuse up to 30 minutes 3 times daily.

## STATEMENTS WHICH NEED TO BE INCLUDED IN YOUR ADVERTISEMENT:

**INCLUDE:** Always read the label. Follow the directions for use. Not to be taken. If symptoms persist talk to your health professional.

# FRANKINCENSE *WELLNESS ESSENTIAL OIL*

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## PERMITTED CLAIMS:

- Traditionally used in Aromatherapy to nerve stimulant/enhance nerve function
- Traditionally used in Aromatherapy to decrease/reduce/relieve bronchial mucous congestion
- Traditionally used in Aromatherapy to decrease/reduce/relieve mild upper respiratory tract congestion

## PRODUCT REPRESENTATION REQUIREMENTS:

- Respiratory tract infections must be qualified by 'mild'.
- Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
- Product presentation must not imply or refer to mental illnesses, disorders or conditions.

## ACTIVE INGREDIENTS - Active ingredients cannot be promoted individually with specific benefits:

- Boswellia carterii

## DOSAGE FORM:

- 5ml/15ml, liquid
- Topical, Inhalation

## DIRECTIONS:

- **Topical:** Apply 2–4 drops directly to desired area. Dilution not required, except for sensitive skin. Test on small area of skin on the underside of arm.
- **Inhalation:** Apply 1–6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.
- **Aromatic:** Diffuse up to 1 hour 3 times daily.

## STATEMENTS WHICH NEED TO BE INCLUDED IN YOUR ADVERTISEMENT:

**INCLUDE:** Always read the label. Follow the directions for use. Not to be taken. If symptoms persist talk to your health professional.





# GINGER WELLNESS ESSENTIAL OIL

## PERMITTED CLAIMS:

- Traditionally used in Aromatherapy to sudorific/diaphoretic/enhance/promote sweating/perspiration
- Traditionally used in Aromatherapy to orexigenic/improve/promote healthy appetite
- Traditionally used in Aromatherapy to maintain/support healthy appetite
- Traditionally used in Aromatherapy to decrease/reduce/relieve flatulence/carminative
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of indigestion/dyspepsia
- Traditionally used in Aromatherapy to decrease/reduce/relieve nausea
- Traditionally used in Aromatherapy to helps reduce occurrence of symptoms of motion/travel/sea sickness
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of motion/travel/sea sickness
- Traditionally used in Aromatherapy to decrease/reduce/relieve common cold duration
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of head cold
- Traditionally used in Aromatherapy to decrease/reduce/relieve the severity of common cold symptoms



## PRODUCT REPRESENTATION REQUIREMENTS:

- Product presentation must not imply or refer to eating disorders.
- Product presentation must not imply or refer to gastro oesophageal reflux disease.
- Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.

## ACTIVE INGREDIENTS - Active ingredients cannot be promoted individually with specific benefits:

- Ginger oil

## DOSAGE FORM:

- 5ml, liquid
- Topical, Inhalation

## DIRECTIONS:

- **Topical:** Dilute 1 drop with 1 drop of V-6™ or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed.
- **Inhalation:** Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.
- **Aromatic:** Diffuse up to 30 minutes 3 times daily.

## STATEMENTS WHICH NEED TO BE INCLUDED IN YOUR ADVERTISEMENT:

**INCLUDE:** Always read the label. Follow the directions for use. Not to be taken. If symptoms persist talk to your health professional.

# LAVENDER WELLNESS ESSENTIAL OIL

## PERMITTED CLAIMS:

- Traditionally used in Aromatherapy to enhance/promote energy levels
- Traditionally used in Aromatherapy to decrease/reduce/relieve toothache
- Traditionally used in Aromatherapy to analgesic/Anodyne/relieve pain
- Traditionally used in Aromatherapy to decrease/reduce/relieve mild joint aches and pains
- Traditionally used in Aromatherapy to decrease/reduce/relieve mild rheumatic aches and pains
- Traditionally used in Aromatherapy to decrease/reduce/relieve colic (wind/gas pain)
- Traditionally used in Aromatherapy to decrease/reduce/relieve abdominal spasm
- Traditionally used in Aromatherapy to helps reduce occurrence of abdominal spasm
- Traditionally used in Aromatherapy to decrease/reduce/relieve digestive spasms
- Traditionally used in Aromatherapy to antispasmodic/spasmodolytic
- Traditionally used in Aromatherapy to helps decrease/reduce/relieve mild muscle spasms/twitches
- Traditionally used in Aromatherapy to helps decrease/reduce/relieve symptoms of muscle sprain/strain
- Traditionally used in Aromatherapy to adaptogen/Help body adapt to stress
- Traditionally used in Aromatherapy to enhance/promote body adaptation to stress
- Traditionally used in Aromatherapy to calms the mind
- Traditionally used in Aromatherapy to soothe/calm nerves
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of stress
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of mild anxiety
- Traditionally used in Aromatherapy to helps reduce occurrence of symptoms of mild anxiety
- Traditionally used in Aromatherapy to decrease/reduce/relieve headache symptoms
- Traditionally used in Aromatherapy to decrease/reduce headache duration
- Traditionally used in Aromatherapy to calmative/nervous system relaxant
- Traditionally used in Aromatherapy to decrease/reduce/relieve mild nerve pain/neuralgia
- Traditionally used in Aromatherapy to antiseptic for minor cuts and abrasions



## PRODUCT REPRESENTATION REQUIREMENTS:

- Product presentation must not imply or refer to mental illnesses, disorders or conditions.
- Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis. Note: this requirement is not intended to apply where the indications referring to osteoporosis specified in column 2 of Table 2 of this instrument are also used.
- Product presentation must only refer to mild rheumatic aches/pains.
- Product presentation must only refer to mild nerve pain/neuralgia.
- Product presentation must not imply or refer to serious musculoskeletal or neurological conditions.
- Product presentation must not imply or refer to chronic fatigue syndrome.
- Product presentation must only refer to mild joint symptoms.
- Product presentation must not imply or refer to gastro oesophageal reflux disease.
- Product presentation must only refer to mild anxiety.
- Product presentation must not imply or refer to serious infections.

## ACTIVE INGREDIENTS - Active ingredients cannot be promoted individually with specific benefits:

- Lavender oil

## DOSAGE FORM:

- 5ml/15ml, liquid
- Topical, Inhalation

## STATEMENTS WHICH NEED TO BE INCLUDED IN YOUR ADVERTISEMENT:

**INCLUDE:** Always read the label. Follow the directions for use. Not to be taken.

If symptoms persist talk to your health professional.

## DIRECTIONS:

- **Topical:** Apply 2–4 drops directly to desired area as needed. Dilution not required, except for sensitive skin. Test on small area of skin on the underside of arm.
- **Inhalation:** Apply 1–6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.
- **Aromatic:** Diffuse up to 1 hour 3 times daily.

# LEMON *WELLNESS ESSENTIAL OIL*

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## PERMITTED CLAIMS:

- Traditionally used in Aromatherapy to rubefaciant/stimulate blood flow to skin
- Traditionally used in Aromatherapy to decrease/reduce/relieve flatulence/carminative
- Traditionally used in Aromatherapy to reduce occurrence of nausea/vomiting
- Traditionally used in Aromatherapy to decrease/reduce/relieve nausea
- Traditionally used in Aromatherapy to antispasmodic/spasmolytic
- Traditionally used in Aromatherapy to enhance/improve/promote/increase mental endurance/stamina
- Traditionally used in Aromatherapy to enhance/improve/promote/increase mental alertness/wakefulness
- Traditionally used in Aromatherapy to support healthy emotional/mood balance

## PRODUCT REPRESENTATION REQUIREMENTS:

- Product presentation must not imply or refer to serious musculoskeletal or neurological conditions.
- Product presentation must not imply or refer to mental illnesses, disorders or conditions.

## ACTIVE INGREDIENTS - Active ingredients cannot be promoted individually with specific benefits:

- Lemon oil

## DOSAGE FORM:

- 5ml/15ml, liquid
- Topical, Inhalation

## DIRECTIONS:

- **Topical:** Dilute 1 drop with 1 drop of V-6™ or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed. Avoid direct sunlight/UV rays to the application area for up to 12 hours.
- **Inhalation:** Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.
- **Aromatic:** Diffuse up to 1 hour 3 times daily.

## STATEMENTS WHICH NEED TO BE INCLUDED IN YOUR ADVERTISEMENT:

**INCLUDE:** Always read the label. Follow the directions for use. Not to be taken. If symptoms persist talk to your health professional.





# LEMONGRASS WELLNESS ESSENTIAL OIL

## PERMITTED CLAIMS:

- Traditionally used in Aromatherapy to analgesic/Anodyne/relieve pain
- Traditionally used in Aromatherapy to antipyretic/febrifuge/relieve mild fever/reduce body temperature/body cooling
- Traditionally used in Aromatherapy to decrease/reduce/relieve mild rheumatic aches and pains
- Traditionally used in Aromatherapy to decrease/reduce/relieve flatulence/carminative
- Traditionally used in Aromatherapy to enhance/promote healthy digestion
- Traditionally used in Aromatherapy to maintain/support healthy digestion
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of indigestion/dyspepsia
- Traditionally used in Aromatherapy to decrease/reduce/relieve headache symptoms
- Traditionally used in Aromatherapy to decrease/reduce headache duration
- Traditionally used in Aromatherapy to decrease/reduce/relieve common cold duration
- Traditionally used in Aromatherapy to help decrease/reduce/relieve the severity of symptoms of common colds and flu
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of head cold
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of common cold



## PRODUCT REPRESENTATION REQUIREMENTS:

- Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
- Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
- Product presentation must only refer to mild rheumatic aches/pains.

## ACTIVE INGREDIENTS - Active ingredients cannot be promoted individually with specific benefits:

- Lemongrass oil

## DOSAGE FORM:

- 5ml, liquid
- Topical, Inhalation

## DIRECTIONS:

- **Topical:** Dilute 1 drop with 1 drop of V-6™ or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed.
- **Inhalation:** Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.
- **Aromatic:** Diffuse up to 30 minutes 3 times daily.

## STATEMENTS WHICH NEED TO BE INCLUDED IN YOUR ADVERTISEMENT:

**INCLUDE:** Always read the label. Follow the directions for use. Not to be taken. If symptoms persist talk to your health professional.

# ORANGE WELLNESS ESSENTIAL OIL

## PERMITTED CLAIMS:

- Traditionally used in Aromatherapy to decrease/reduce/relieve loss of appetite
- Traditionally used in Aromatherapy to maintain/support healthy appetite
- Traditionally used in Aromatherapy to help regulate appetite
- Traditionally used in Aromatherapy to decrease/reduce/relieve constipation
- Traditionally used in Aromatherapy to decrease/reduce/relieve flatulence/carminative
- Traditionally used in Aromatherapy to aid/assist/helps mind relaxation
- Traditionally used in Aromatherapy to enhance/improve/promote/increase body relaxation
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of mild anxiety
- Traditionally used in Aromatherapy to help reduce occurrence of symptoms of mild anxiety
- Traditionally used in Aromatherapy to calmative/nervous system relaxant
- Traditionally used in Aromatherapy to soporific/induces sleep
- Traditionally used in Aromatherapy to enhance/promote/increase refreshing sleep
- Traditionally used in Aromatherapy to decrease/reduce/relieve sleeplessness
- Traditionally used in Aromatherapy to decrease/reduce time to fall asleep
- Traditionally used in Aromatherapy to enhance/promote/increase healthy sleep patterns

## PRODUCT REPRESENTATION REQUIREMENTS:

- Product presentation must only refer to mild anxiety.
- Product presentation must not imply or refer to mental illnesses, disorders or conditions.
- Product presentation must not imply or refer to eating disorders.
- Product presentation must not refer to or imply weight loss.



## ACTIVE INGREDIENTS - Active ingredients cannot be promoted individually with specific benefits:

- Orange peel oil

## DOSAGE FORM:

- 5ml/15ml, liquid
- Topical
- Inhalation

## DIRECTIONS:

- **Topical:** Dilute 1 drop with 1 drop of V-6™ or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed. Avoid direct sunlight/UV rays to the application area for up to 12 hours. **Inhalation:** Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.
- **Aromatic:** Diffuse up to 1 hour 3 times daily.

## STATEMENTS WHICH NEED TO BE INCLUDED IN YOUR ADVERTISEMENT:

**INCLUDE:** Always read the label. Follow the directions for use. Not to be taken. If symptoms persist talk to your health professional.

# PEPPERMINT WELLNESS ESSENTIAL OIL

## PERMITTED CLAIMS:

- Traditionally used in Aromatherapy to decrease/reduce/relieve toothache
- Traditionally used in Aromatherapy to analgesic/Anodyne/relieve pain
- Traditionally used in Aromatherapy to antipyretic/febrifuge/relieve mild fever/reduce body temperature/body cooling
- Traditionally used in Aromatherapy to decrease/reduce/relieve mild rheumatic aches and pains
- Traditionally used in Aromatherapy to decrease/reduce/relieve loss of appetite
- Traditionally used in Aromatherapy to maintain/support healthy appetite
- Traditionally used in Aromatherapy to reduce occurrence of excess intestinal wind/gas
- Traditionally used in Aromatherapy to decrease/reduce/relieve colic (wind/gas pain)
- Traditionally used in Aromatherapy to decrease/reduce/relieve flatulence/carminative
- Traditionally used in Aromatherapy to helps reduce occurrence of symptoms of indigestion/dyspepsia
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of indigestion/dyspepsia
- Traditionally used in Aromatherapy to helps enhance/improve/promote/increase bile secretion/flow
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of stomach upsets
- Traditionally used in Aromatherapy to decrease/reduce/relieve nausea
- Traditionally used in Aromatherapy to antispasmodic/spasmodic
- Traditionally used in Aromatherapy to decrease/reduce/relieve headache symptoms
- Traditionally used in Aromatherapy to decrease/reduce/relieve mild migraine symptoms
- Traditionally used in Aromatherapy to decrease/reduce duration of mild migraine
- Traditionally used in Aromatherapy to decrease/reduce/relieve menstruation pain/dysmenorrhoea
- Traditionally used in Aromatherapy to antitussive/cough suppressant
- Traditionally used in Aromatherapy to decrease/reduce/relieve cough



## PRODUCT REPRESENTATION REQUIREMENTS:

- Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis. Note: this requirement is not intended to apply where the indications referring to osteoporosis specified in column 2 of Table 2 of this instrument are also used.
- Product presentation must not imply or refer to eating disorders.
- Product presentation must only refer to mild migraine.
- Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
- Product presentation must only refer to mild rheumatic aches/pains.
- Product presentation must not imply or refer to serious musculoskeletal or neurological conditions.
- Product presentation must not imply or refer to gastro oesophageal reflux disease.

## ACTIVE INGREDIENTS - active ingredients cannot be promoted individually with specific benefits:

- Peppermint oil

## DOSAGE FORM:

- 5ml/15ml, liquid
- Topical, Inhalation

## DIRECTIONS:

- **Topical:** Dilute 5 drops in 10 ml V-6™ or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed.
- **Inhalation:** Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.
- **Aromatic:** Diffuse up to 10 minutes 3 times daily.

## STATEMENTS WHICH NEED TO BE INCLUDED IN YOUR ADVERTISEMENT:

**INCLUDE:** Always read the label. Follow the directions for use. Not to be taken. If symptoms persist talk to your health professional.



# SACRED SANDALWOOD WELLNESS ESSENTIAL OIL

## PERMITTED CLAIMS:

- Traditionally used in Aromatherapy to antipyretic/febrifuge/relieve mild fever/reduce body temperature/body cooling
- Traditionally used in Aromatherapy to astringent/tightens tissues
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of mild varicose veins
- Traditionally used in Aromatherapy to decrease/reduce appearance of mild varicose veins
- Traditionally used in Aromatherapy to decrease/reduce/relieve flatulence/carminative
- Traditionally used in Aromatherapy to helps enhance/promote healthy digestive system function
- Traditionally used in Aromatherapy to relieve digestive discomfort
- Traditionally used in Aromatherapy to digestive tonic/Improve digestive weakness
- Traditionally used in Aromatherapy to helps enhance/promote healthy gallbladder function
- Traditionally used in Aromatherapy to helps enhance/promote healthy liver function
- Traditionally used in Aromatherapy to helps decrease/reduce/relieve mild muscle spasms/twitches
- Traditionally used in Aromatherapy to maintain/support muscle relaxation
- Traditionally used in Aromatherapy to decrease/reduce/relieve common cold duration
- Traditionally used in Aromatherapy to expectorant/clear respiratory tract mucous
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of common cold
- Traditionally used in Aromatherapy to decrease/reduce/relieve skin dryness



## PRODUCT REPRESENTATION REQUIREMENTS:

- Product presentation must only refer to mild varicose veins.
- Product presentation must not imply or refer to disease in any body organ.
- Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
- Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.

## ACTIVE INGREDIENTS - Active ingredients cannot be promoted individually with specific benefits:

- Sandalwood oil East Indian

## DOSAGE FORM:

- 5ml, liquid
- Topical, Inhalation

## DIRECTIONS:

- **Topical:** Dilute 1 drop with 4 drops of V-6™ or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed.
- **Inhalation:** Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.
- **Aromatic:** Diffuse up to 1 hour 3 times daily.

## STATEMENTS WHICH NEED TO BE INCLUDED IN YOUR ADVERTISEMENT:

**INCLUDE:** Always read the label. Follow the directions for use. Not to be taken. If symptoms persist talk to your health professional.

# TEA TREE *WELLNESS ESSENTIAL OIL*

## PERMITTED CLAIMS:

- Traditionally used in Aromatherapy to help decrease/reduce/relieve symptoms of mild fungal infection
- Traditionally used in Aromatherapy to expectorate/clear respiratory tract mucus
- Traditionally used in Aromatherapy to relieve symptoms of acne
- Traditionally used in Aromatherapy to relieve minor skin eruptions
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of acne blackheads
- Traditionally used in Aromatherapy to help reduce occurrence of symptoms of acne
- Traditionally used in Aromatherapy to decrease/reduce/relieve itchy/prickling skin associated with mild eczema/dermatitis
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of mild psoriasis
- Traditionally used in Aromatherapy to decrease/reduce/relieve skin peeling/cracking
- Traditionally used in Aromatherapy to decrease/reduce/relieve skin burning/itching associated with athlete's foot/tinea
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of athlete's foot/tinea
- Traditionally used in Aromatherapy to help decrease/reduce/relieve symptoms of minor skin wounds (cuts, scratches and abrasions)
- Traditionally used in Aromatherapy to vulnery/wound healing
- Traditionally used in Aromatherapy to cleanse minor skin wound/cuts/scratches/abrasions
- Traditionally used in Aromatherapy to enhance/improve healing of minor skin wound/cuts/scratches/abrasions
- Traditionally used in Aromatherapy to maintain/support wound healing
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of insect bite/sting



## PRODUCT REPRESENTATION REQUIREMENTS:

- Product presentation must only refer to mild psoriasis.
- Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
- Product presentation must only refer to mild eczema.
- Product presentation must not imply or refer to serious infections.

## ACTIVE INGREDIENTS - active ingredients cannot be promoted individually with specific benefits:

- Tea tree leaf oil

## DOSAGE FORM:

- 5ml/15ml, liquid
- Topical, Inhalation

## CAUTIONS RELATING TO THIS PRODUCT:

- Keep out of reach of children.
- Not to be taken.

## DIRECTIONS:

- **Topical:** Apply 2–4 drops directly to desired area as needed. Dilution not required, except for sensitive skin. Test on small area of skin on the underside of arm.
- **Inhalation:** Apply 1–6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.
- **Aromatic:** Diffuse up to 30 minutes 3 times daily.

## STATEMENTS WHICH NEED TO BE INCLUDED IN YOUR ADVERTISEMENT:

**INCLUDE:** Always read the label. Follow the directions for use. Keep out of reach of children. Not to be taken. If symptoms persist talk to your health professional.

# YLANG YLANG ESSENTIAL OIL

## PERMITTED CLAIMS:

- Traditionally used in Aromatherapy to antipyretic/febrifuge/relieve mild fever/reduce body temperature/body cooling
- Traditionally used in Aromatherapy to decrease/reduce/relieve mild rheumatic aches and pains
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of occasional episodes of gout
- Traditionally used in Aromatherapy to helps reduce the occasional occurrence of symptoms of gout
- Traditionally used in Aromatherapy to aperient/laxative
- Traditionally used in Aromatherapy to digestive tonic/Improve digestive weakness
- Traditionally used in Aromatherapy to enhance/ promote stomach health
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of stomach upsets
- Traditionally used in Aromatherapy to decrease/reduce/relieve symptoms of mild anxiety
- Traditionally used in Aromatherapy to helps reduce occurrence of symptoms of mild anxiety
- Traditionally used in Aromatherapy to decrease/reduce/relieve headache symptoms
- Traditionally used in Aromatherapy to decrease/reduce headache duration
- Traditionally used in Aromatherapy to helps decrease/reduce/relieve symptoms of mild tension headache
- Traditionally used in Aromatherapy to aphrodisiac/Enhance/improve/promote healthy libido
- Traditionally used in Aromatherapy to antipruritic/Relieves itchy skin



## PRODUCT REPRESENTATION REQUIREMENTS:

- Product presentation must only refer to mild rheumatic aches/pains.
- Product presentation must not imply or refer to mental illnesses, disorders or conditions.
- Product presentation must not refer to or imply weight loss.
- Product presentation must only refer to mild anxiety.
- Product presentation must not imply or refer to disease in any body organ.
- Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.

## ACTIVE INGREDIENTS - active ingredients cannot be promoted individually with specific benefits:

- Ylang Ylang oil

## DOSAGE FORM:

- 5ml/15ml, liquid
- Topical, Inhalation

## DIRECTIONS:

- **Topical:** Apply 2–4 drops directly to desired area as needed. Dilution not required, except for sensitive skin. Test on small area of skin on the underside of arm.
- **Inhalation:** Apply 1–6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.
- **Aromatic:** Diffuse up to 1 hour 3 times daily.

## STATEMENTS WHICH NEED TO BE INCLUDED IN YOUR ADVERTISEMENT:

**INCLUDE:** Always read the label. Follow the directions for use. Not to be taken. If symptoms persist talk to your health professional.