

## PRODUCT SUMMARY

R.C. essential oil blend is a powerful combination of Spruce, Cypress, and three types of Eucalyptus oils (E. citriodora, E. globulus, E. radiata). Diffuse it or apply its energizing aroma directly before, during, or after your workout to help you stay motivated.

You can also combine R.C. with V-6<sup>™</sup> Vegetable Oil Complex for an invigorating massage that creates a relaxing, spa-like experience or use its robust scent to help you find extra drive when you need to tackle a big day or nagging task.

## KEY INGREDIENTS

Black Spruce, Cypress, Eucalyptus Citriodora, Eucalyptus Globulus, Eucalyptus Radiata, Myrtle, Marjoram, Pine, Lavender, and Peppermint essential oils

## EXPERIENCE

R.C. has a cool and refreshing aroma that can help create the feeling of normal, clear breathing and create a refreshing respiratory experience when applied topically.

## PRODUCT BACKGROUND

Formulated by Young Living Founder and Chairman of the Board D. Gary Young, this blend contains carefully selected essential oils to help create a refreshing and invigorating experience.

Three of these oils are derived from different varieties of Eucalyptus, a tiny fraction of the more than 700 species in the world. This blend also contains Peppermint essential oil, which contains naturally occurring menthol for a cooling sensation when applied to skin.



Aromatic



Topical



Dilute

## BENEFITS & FEATURES

- 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

## SUGGESTED USE

- Rub R.C. on your chest and the back of your neck before an early morning workout to promote the sensation of deeper breathing.
- Use R.C. with V-6<sup>™</sup> Vegetable Oil Complex for a foot or back massage after your gym routine, outdoor adventure, or yoga practice to enjoy a refreshing scent.
- Add a few drops to a hot bath or shower. The warm water will calm and soothe you, and the oil will diffuse with the steam for an invigorating and empowering experience.
- Brighten your outlook during early morning errands by applying R.C. to your chest and wrists.
- Apply R.C. topically with V-6 oil to your chest in the evenings for a refreshing respiratory experience.

**DIRECTIONS**

Topical: Dilute 1 drop with 1 drop of V-6™ Vegetable Oil Complex or olive oil and apply to desired area as needed.

Aromatic: Diffuse up to 30 minutes 3 times daily.

**CAUTIONS**

Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.

**INGREDIENTS**

*Eucalyptus globulus*† leaf oil, *Myrtus communis*† (Myrtle) oil, *Origanum majorana*† (Marjoram) leaf oil, *Pinus sylvestris*† (Pine) leaf oil, *Eucalyptus radiata*† leaf oil, *Eucalyptus citriodora*† leaf oil, *Lavandula angustifolia*† (Lavender) oil, *Cupressus sempervirens*† (Cypress) leaf/nut/stem oil, *Picea mariana*† (Black Spruce) leaf oil, *Mentha piperita*† (Peppermint) oil

†100% pure, therapeutic-grade essential oil

**FREQUENTLY ASKED QUESTIONS**

**Q. Can R.C. be ingested?**

A. R.C. is labeled for topical use and is not intended for internal consumption. Be sure to always follow individual label instructions for Young Living products.

**Q. Does R.C. need to be diluted for topical application?**

A. Yes, dilution is required. Dilute 1 drop with 1 drop of V-6™ or olive oil and apply to desired area as needed.

**Q. What is the aroma of R.C.?**

A. R.C. has a cool, refreshing aroma that supports the feeling of normal, clear breathing.

**COMPLEMENTARY PRODUCTS**

Peppermint  
Essential Oil  
Item No. 3614



Eucalyptus Radiata  
Essential Oil  
Item No. 3538



Breathe Again™ Roll-On  
Item No. 3528



Desert Mist™  
Ultrasonic Diffuser  
Item No. 21558

