



**ECO.**  
Modern essentials

CHEMO  
EMOTIONAL  
SUPPORT



## **LEMON ESSENTIAL OIL**

Light, refreshing and incredibly versatile. Well known for its cleansing properties, may assist in improving circulation, decongesting the lymphatic system and is a diuretic. Can help with feeling nauseous and has a nice clean scent.

## **FRANKINCENSE ESSENTIAL OIL**

Healing for body and spirit. Can reduce stress and ease the mind and body into a state of relaxation. Both Lemon & Frankincense help to stimulate the immune system.

## **SLEEP ESSENTIAL OIL BLEND**

Combining mandarin, lavender, frankincense, ylang ylang & chamomile. Create a restful atmosphere by adding a few drops to your diffuser before you go to bed.

## CALM & DESTRESS ESSENTIAL OIL BLEND

Specially formulated with orange, patchouli & sandalwood essential oils to help ease the stresses and bring calm to the mind and body.

### RECOMMENDATIONS

During chemotherapy, it is recommended to use a very low dilution of essential oil, around the 1% level.

Full body massage isn't recommended because it may release too many chemo toxins and contribute to feelings of sickness. Foot or scalp massage could be suitable or using the essential oils in a diffuser is helpful.

Preparing the oils into a blend and using a variety of oils throughout the treatment is recommended to prevent associating any scent to with this difficult phase in the future.





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