



moon haven

## PULSE POINT POTIONS

NATURAL AROMATHERAPY FACT SHEET

Moon Haven's Pulse Points are conveniently packaged in a roll-on bottle – so keep one in your pocket or purse and apply to temples, base of neck and or wrists whenever you feel you could use a boost. Formulated by our clinical aromatherapist, these Pulse Point Potions are ready to use straight from the bottle. These Pulse Point Potions are diluted to allow use directly onto the skin.

Each Pulse Point is made with a base of jojoba oil, isopropyl myristate (derived from vegetable oils), to which our specially formulated essential oil blend has been added. See individual listings for information on the essential oils used.

### How to use:

Apply a small amount of Pulse Point Potion to the temples, either side of the jaw line and at the base of the neck.

If using Pulse Point Potions on babies or young children, to avoid applying to the face where they may rub the potion in the eyes apply a small amount of the potion to the collar of their clothes or on a tissue tucked into their pillowcase etc.



Apply Pulse Point Potion in these places

**Breathe Easy Pulse Point Potion** – Sinus & Hay Fever assistance- perfect for headaches and snoring.

Perfect to assist with congested airways, sinus conditions as well as help deal with hay fever, flu and cold symptoms. Helps clear the head after a heavy night out on the town, as well as assists with the treatment of headaches. Perfect to use through out the day and especially at night when symptoms can be most severe.

Essential Oils include Peppermint, Eucalyptus, Basil and Lemon.

**Deep Sleep Pulse Point Potion** – Aromatherapy for a good nights sleep.

Formulated for those times when sleep does not come easily.

Deep Sleep Pulse Point Potion is helpful for those suffering from insomnia – those of us who lie awake at night waiting for sleep to take us over.

Our most popular Pulse Point, used by thousands of Moon Haven Clients who have battled with insomnia. To get a good nights sleep we recommend:

1. Apply only when ready for sleep and about to turn out the light.
2. Apply as per the diagram above and breathe in the herbal aromas to allow your mind to drift.
3. Re-apply if you wake during the night
4. Use every night for a minimum of 3 weeks initially (this help to train the brain to associate Deep Sleep with the act of sleeping.

Essential Oils used include Basil, Sweet Marjoram and Roman Chamomile.

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**Focus Pulse Point Potion** – Aromatherapy assistance for study and concentration.

Practical Aromatherapy you can carry with you.

Moon Haven's Focus Pulse Point Potion is a perfect memory enhancer. Use Focus to help concentrate when studying, working on important projects or cramming for a critical presentation.

Use the principles of Conditioned Response to help when preparing for exams & other stressful situations.

Use Focus Pulse Point when studying or practicing for a big event or exam.

At the beginning of each session:

1. Apply Focus Pulse Point Potion as per the diagram over page.
2. Close your eyes and take 3 long deep breaths, visualising what you would like to achieve in your study session.
3. Study for no longer than 45 minutes in each session before having a 10 minute break, and studying for no more than 3 sessions at a time.
4. Apply the Pulse Point Potion and repeat this process when sitting for exams and tests.

By doing this you are creating a specific learning situation which reinforces your response of attentiveness and retention of knowledge.

Essential oils used include Rosemary, Juniperberry, Lemon and Lime.

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**Meditate Pulse Point Potion** – Blended to relax and enhance your experience.

Formulated to take you away from the here and now.

With incredible, precious Roman Chamomile and Marjoram essential oils, this Pulse Point will assist you to deepen and enrich your meditative experiences. Also fantastic for use when performing yoga, thai Chi and other esoteric practices.

Essential oils used include Roman Chamomile and Sweet Marjoram, Lavender.

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**Relax Pulse Point Potion** – Breathe your stress away.

Help combat everyday stresses and anxieties. With relaxing Rose geranium and beautiful Lavender essential oils this Pulse Point Potion is a must have for everyday use. For best results we recommend you learn Moon Haven's 'Pattern Interrupt' technique (Refer to the Pattern Interrupt Fact Sheet for details.)

Essential oils include Lavender and Rose Geranium

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**Uplift Pulse Point Potion** – Nature's antidepressant.

Perfect to help dispel the blues and bring a lighter complexion to the day. Helpful for dispelling negativity this convenient Pulse Point Potion can be used everyday. For best results we recommend you learn Moon Haven's 'Pattern Interrupt' technique (Refer to the Pattern Interrupt Fact Sheet for details.)

Essential oils used include uplifting citrus oils like orange, lemon and stress busting Lavender.

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