

epoch® ESSENTIAL OILS



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. Since Epoch launched in 1996, 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 pure ethnobotanical oils from a company you know and trust. 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 Oil 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 DESCRIPTIONS

EPOCH LAVENDER—*Lavandula Angustifolia*

The natural, floral aroma of Epoch Lavender essential oil provides a sense of tranquility and peace. Enjoy a relaxing end to even the busiest day with the calming benefits of Epoch Lavender. Put a few drops in a warm bath or rub this oil on your pillow at night to calm and soothe.

EPOCH LEMON—*Citrus Limon*

Like the zest of a lemon peel, this vibrant, light essential oil gives any space a feeling of crisp freshness that will surprise

and delight. Epoch Lemon can be used as a natural cleaner to help remove odors and spots.

EPOCH PEPPERMINT—*Mentha Piperita*

Dive into the refreshing, sharp aroma of Epoch Peppermint essential oil at home or on the go. Apply Epoch Peppermint on your skin with Epoch Topical Blending Oil or diffuse in the air for a wonderful, exhilarating sensation that will motivate you throughout your day.

EPOCH ASSURE—*Cinnamon Clove Blend*

Epoch Assure is a potent blend of cinnamon, clove, and other pure essential oils that help the air and surfaces feel exceptionally clean. It is an ideal essential oil blend for neutralizing odors or elevating your surroundings. Cinnamon and clove are known for their powerful aromas and this blend delivers an engaging combination of enjoyable scents.

EPOCH BRISK—*Eucalyptus Pine Blend*

Boost your senses with Epoch Brisk essential oil blend and catch the wonderful scents of a pine and eucalyptus forest after a cleansing rain. The potent aroma of Epoch Brisk comes from eucalyptol, a naturally forming plant chemical. Eucalyptol has a fresh camphor-like smell, which gives this essential oil blend a strong, penetrating, and pleasant aroma.

EPOCH BURST—*Citrus Mint Blend*

Enjoy the zest of Epoch Burst—an energetic blend of citrus and mint essential oils. Pour a drop of Epoch Burst into an Epoch diffuser and breathe in the aroma. Try to pick up the subtle hints of fresh grapefruit, tangerine, lime, and the exotic Mediterranean bergamot fruit. Through the citrus, notes of spearmint help to carry that energetic feel of Epoch Burst straight to your senses.

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EPOCH MOVE—*Wintergreen Juniper Blend*

Epoch Move is an invigorating topical blend of wintergreen and juniper essential oils. During moments of discomfort, mix Epoch Move with Epoch Topical Blending Oil and generously apply to your skin. When applied to your skin, this blend offers a soothing, cooling sensation to your body.

EPOCH UNWIND—*Lavender Bergamot Blend*

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 EXPERIENCES

- **Epoch Lavender**—Diffuse or mix with Epoch Topical Blending Oil and apply topically for relaxation.
- **Epoch Lemon**—Diffuse for freshness or mood elevation.
- **Epoch Peppermint**—Diffuse or mix with Epoch Topical Blending Oil and apply topically for enhanced concentration and mental alertness.
- **Epoch Assure**—Diffuse or mix with Epoch Topical Blending Oil and apply topically to neutralize odors or use to clean surfaces.
- **Epoch Brisk**—Diffuse or mix with Epoch Topical Blending Oil and apply topically to create a feeling of clear airways and easy breathing.
- **Epoch Burst**—Diffuse or mix with Epoch Topical Blending Oil and apply topically to feel energized and refreshed.
- **Epoch Move**—Mix with Epoch Topical Blending Oil and apply topically to temporarily cool and soothe your body.
- **Epoch Unwind**—Diffuse or mix with Epoch Topical Blending Oil and apply topically to help achieve a feeling of balance.

TOPICAL

Though essential oils vary in intensity, as a general rule, use 1–2 drops of Epoch Essential Oil per teaspoon of Topical Blending Oil when applying to the skin. Sensitive Skin: For people with a stronger sensitivity to essential oils, more Topical Blending Oil may be needed.

PRODUCT USAGE

Use Epoch Essential Oils topically with Epoch Topical Blending Oil and aromatically with Epoch Mist or Epoch Mini Mist diffusers.

AROMATIC DIFFUSER

Mix Epoch Essential Oil with water in the reservoir of Epoch Mist or Epoch Mini Mist diffuser. Add 15–20 drops of essential oil to the water reservoir in the Epoch Mist diffuser. Add 10–15 drops of essential oil to the Epoch Mini Mist diffuser water bottle and fill the reservoir. See the diffuser user manuals for detailed directions.

COMPLEMENTARY PRODUCTS

Epoch Topical Blending Oil—Mix Epoch Essential Oils with Epoch Topical Blending Oil for topical application and benefits.

Epoch Mist Diffuser and Epoch Mini Mist Diffuser—Fill these diffusers with water and essential oil to enjoy the aromatic qualities of Epoch Essential Oils.

FREQUENTLY ASKED QUESTIONS

How much essential oil should I use on my skin?

When applying to the skin, always mix essential oils with Epoch Topical Blending Oil. Start out mixing one or two drops of essential oil with Epoch Topical Blending Oil and work up from there. 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.

Can I use essential oils while pregnant or nursing?

Always consult a healthcare professional before using essential oils when pregnant or nursing.

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.

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Can I ingest Epoch Essential Oils?

Epoch Essential Oils are not nutritional supplements. They are for aromatic and topical usage only. Do not ingest Epoch Essential Oils.

SAFETY AND CAUTIONS

- **Sensitive Skin Advisory:** May not be appropriate for individuals with sensitive skin. Please test in a small area (e.g. the inside of the arm or behind the ear) before applying to a larger surface area.
- **Sunburn Alert:** Epoch Lemon, Epoch Unwind, Epoch Assure, Epoch Brisk, and Epoch Burst contain 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 these products 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

Epoch Lemon Essential Oil

Citrus Limon (Lemon) Peel Oil

Epoch Lavender Essential Oil

Lavandula Angustifolia (Lavender) Oil

Epoch Peppermint Essential Oil

Mentha Piperita (Peppermint) Oil

Epoch Assure Essential Oil Blend

Caprylic/Capric Triglyceride*, Cinnamomum Zeylanicum Bark Oil, Glycine Soja (Soybean) Oil, Eugenia Caryophyllus (Clove) Flower Oil, Citrus Limon (Lemon) Peel Oil, Eucalyptus Globulus Leaf Oil, Rosmarinus Officinalis (Rosemary) Leaf Oil, Citrus Aurantium Dulcis (Orange) Peel Oil, Elettaria Cardamomum Seed Oil, Zingiber Officinale (Ginger) Root Oil, Cinnamomum Cassia Leaf Oil, Citrus Aurantium Bergamia (Bergamot) Fruit Oil, Citrus Aurantifolia (Lime) Oil, Schinus Molle Oil

Epoch Brisk Essential Oil Blend

Eucalyptus Globulus Leaf Oil, Menthol, Citrus Limon (Lemon) Peel Oil, Mentha Arvensis Leaf Oil, Abies Sibirica Oil, Myristica Fragrans (Nutmeg) Kernel Oil, Melaleuca Alternifolia (Tea Tree) Leaf Oil, Eucalyptus Radiata Flower/Leaf/Stem Oil, Thuja Occidentalis Leaf Oil, Thymus Vulgaris (Thyme) Flower/Leaf Oil

Epoch Burst Essential Oil Blend

Caprylic/Capric Triglyceride*, Citrus Grandis (Grapefruit) Peel Oil, Citrus Limon (Lemon) Peel Oil, Citrus Reticulata (Tangerine) Peel Oil, Citrus Aurantifolia (Lime) Peel Oil, Citrus Aurantium Bergamia (Bergamot) Fruit Oil, Citrus Aurantium Dulcis (Orange) Peel Oil, Mentha Viridis (Spearmint) Leaf Oil, Lavandula Hybrid Oil, Canarium Luzonicum Gum Nonvolatiles, Pelargonium Graveolens Flower Oil, Ribes Nigrum (Black Currant) Bud Extract, Cistus Ladaniferus Oil

Epoch Move Essential Oil Blend

Gaultheria Procumbens (Wintergreen) Leaf Oil, Eucalyptus Globulus Leaf Oil, Mentha Piperita (Peppermint) Oil, Menthol, Rosmarinus Officinalis (Rosemary) Leaf Oil, Abies Sibirica Oil, Mentha Viridis (Spearmint) Leaf Oil, Juniperus Communis Fruit Oil

Epoch Unwind Essential Oil Blend

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 Zizanoides Root Oil, Pelargonium Graveolens Flower Oil, Acacia Decurrens Flower Extract, Cistus Ladaniferus Resin, Evernia Prunastri (Oakmoss) Extract

* Commonly known as Fractionated Coconut Oil.