

# epoch<sup>®</sup>

## brisk

### essential oils blend

*Eucalyptus Pine Blend*



#### 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. With Epoch, 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 ethnobotanical oils from a company you know and trust. Epoch Essential Oils adhere to Nu Skin's rigorous 6S Quality Process to meet the highest quality standards. 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 Oils 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 POSITIONING

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

#### TARGET AUDIENCE

All adults seeking natural solutions to enhance their modern lives and surroundings.

#### PRODUCT EXPERIENCE

Diffuse or mix with Epoch Topical Blending Oil and apply topically to create a feeling of clear airways and easy breathing.

- Put directly on the soles of your feet
- Rub under your nose
- Rub on your upper chest
- Diffuse in an Epoch diffuser
- Drop in a hot bath and soak
- Drop in a steaming bowl of hot water and deeply inhale the vapors
- Diffuse near the bed
- Rub on the back of your neck
- Rub on your temples

#### PRODUCT USAGE

Use Epoch Brisk topically with Epoch Topical Blending Oil and aromatically with Epoch Mist or Epoch Mini Mist.

##### **Topical**

Though essential oils vary in intensity, as a general rule, use one to two drops of Epoch Brisk per teaspoon of Epoch Topical Blending Oil when applying to the skin.

**Sensitive Skin:** People with a stronger sensitivity to essential oils may need to use more topical blending oil.

##### **Aromatic Diffuser**

Mix Epoch Brisk with distilled water to use with Epoch Mist or Epoch Mini Mist. Add 15–20 drops of essential oil to the water reservoir in Epoch Mist. Add one drop of essential oil to the Epoch Mini Mist diffuser water bottle and fill the reservoir. See the diffuser user manuals for detailed directions.

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## BLEND INGREDIENTS

- Eucalyptus
- Pine
- Lemon
- Nutmeg
- Tea Tree
- Thuja
- Thyme

## COMPLEMENTARY PRODUCTS

Epoch Topical Blending Oil—Derived from natural coconut, palm, and soy oils, this silky mixture will heighten your topical experience with Epoch Essential Oils.

Epoch Mist and Epoch Mini Mist—Fill the air with the engaging aromas of Epoch Essential Oils with these Epoch diffusers.

## DID YOU KNOW?

Eucalyptus oil has been long used throughout Australia to help ease breathing. Aborigines traditionally used the eucalyptus leaf for its healthful properties. Native Americans used pine to treat pains.

## FREQUENTLY ASKED QUESTIONS

**How much essential oil should I use on my skin?**

When applying to the skin, always mix one or two drops of essential oils with one teaspoon of Epoch Topical Blending Oil. 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.

**Does Nu Skin test Epoch Essential Oils for quality?**

Yes. Nu Skin applies its rigorous 6S Quality Process and confirms each oil is pure and safe to use. This process includes specific attention to selection, sourcing, structure, standardization, safety, and substantiation.

**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.

**Can I ingest Epoch Brisk Essential Oil?**

No. Epoch Brisk Essential Oil is not a nutritional supplement and is for aromatic and topical usage only. Do not ingest Epoch Brisk.

## SAFETY AND CAUTIONS

- **Sensitive Skin Advisory:** May not be appropriate for individuals with sensitive skin. Please test in a small area before applying to a larger surface area.
- **Sunburn Alert:** Epoch Brisk contains 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 this product 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

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

