

Epoch® ESSENTIAL OILS



DIFFUSION

Connect with your senses

Size:

15 ml

SYSTEM OVERVIEW

Our modern lifestyles can detract from meaningful connections with the world, leaving us feeling unbalanced. These days, many of us are actively looking to rediscover natural and experiential ways to live better. Amid our daily rigors, we want more meaningful connections with people, cultures, and the world around us. Nu Skin® delivers Epoch® Essential Oils, ethnobotanical solutions that enhance human interaction and create sensory experiences within your world. Epoch® Essential Oils are not only about a fragrance, they also add quality to your life. Use what fits your needs best, a single essential oil or a blend. They all provide a variety of expressive aromas, which can be used with any routine or occasion.

Essential oils can be obtained from plants and contain volatile aromas, which give them their characteristic odour. They are extracted from plants through steam distillation or expression (pressing the rinds). To obtain these oils, Nu Skin® is committed to maintain tight quality controls through all stages of product development. This is what we call the 6S Quality Process, which has been used to produce Epoch® Essential Oils. Additionally, Nu Skin® has collaborated with one of the world's leading ethnobotanists, Dr Paul Cox, who has been studying the usage of botanicals by indigenous cultures and searching for ways to infuse this wisdom into our modern lifestyle.

TARGET AUDIENCE

Adults who are seeking for:

- Natural solutions to enhance their modern lifestyles and surroundings.
- A superior product experience.
- Ethnobotanical solutions that enhance human interactions and create sensory experiences with their world.
- A way to give something back with the Epoch® Essential Oils. As part of the company's mission to improve lives, Nu Skin® donates US\$0.25 from each Epoch® Essential Oil sale to the Nu Skin Force for Good Foundation®.

PRODUCT DESCRIPTIONS

SINGLE OILS

EPOCH® LEMON – is distilled from the lemon fruit peel of the Citrus limon. Lemon was prized for its many virtues in Egypt and Syria. Early lemon fruit first became popular among people in Asia and Arabia. Like the zest of a lemon peel, Epoch® Lemon is vibrant, light and gives you a feeling of crisp freshness that will surprise and delight your senses. Epoch® Lemon can also be used to remove unwanted odours, **for a real garden-fresh feeling.**

Perfect to use when:

- Give your kitchen or storage room that fresh feeling
- Indulging your laundry room with a clean feeling

EPOCH® LAVENDER – is obtained by steam distillation from the flowering tips of Lavendula angustifolia. Many cultures used lavender as a relaxing form of aromatherapy and today it is used as a basic ingredient for many fragrances. The natural, floral aroma of Epoch® Lavender Essential Oil provides a sense of tranquility. **Connect with yourself and enjoy a relaxing moment,** even on the busiest day with our Epoch® Lavender.

Perfect to use when:

- After a stressful day when you feel the need to calm down
- Before you go to sleep to have that feeling of tranquility
- On a me-time day when you want to pamper yourself

EPOCH® PEPPERMINT – is obtained by steam distillation from the fresh, aerial parts of the flowering plant of Mentha piperita. The Native American Cherokee and Mohegan used peppermint for its various qualities.. Dive into the refreshing, sharp aroma of Epoch® Peppermint Essential Oil, it will provide you with an **exhilarating sensation while creating a positive refreshing feeling.**

Perfect to use when:

- You need to refresh while studying, during a brainstorm or active work session
- When doing fitness exercises at home

OIL BLENDS

EPOCH® HARMONY – Cinnamon Clove Blend

Cinnamon (bark) oil is obtained by steam distillation from the cortex of the Cinnamomum. Clove essential oil is obtained by steam distillation from the dried flower buds of Syzygium aromaticum. Cinnamon and clove were used in the Imperial Courts of China and Japan as incense to impart a sense of cleanliness. Epoch® Harmony is a potent blend of cinnamon and clove. Thanks to its powerful aromas, Epoch® Harmony is a nice combination of scents to enjoy, **for a warm and cosy feeling.**

Perfect to use when:

- You want to give your house a cosy, and safe feeling
- You want to welcome guests warmly

EPOCH® CHILL – Eucalyptus Pine Blend

Eucalyptus oil is obtained by steam distillation and rectification of the fresh leaves or fresh terminal branchlets of various Eucalyptus species, Eucalyptus globulus. Pine oil is extracted by steam distillation of the twigs and buds or the needles of the Abies sibirica. Australians traditionally used eucalyptus to help them breathe easily. Native Americans used pine for its scent.

Boost your senses with Epoch® Chill and catch the wonderful aromas of a pine and eucalyptus forest after a cleansing rainfall. The potent aroma of Epoch® Chill comes from eucalyptol, a naturally forming plant chemical. Eucalyptol has a fresh camphor-like smell, for a feeling of **easy breathing and a cooling sensation.**

Perfect to use when:

- You want a feeling of easy breathing during yoga or stretching exercises
- Going out from a sauna or Hammam to extend the feeling of an easy breathing

EPOCH® SUNSHINE – Citrus Mint Blend

Within Epoch® Sunshine, the citrus oils (grapefruit, lime, blood orange and tangerine) are cold pressed from Citrus spp., lime, orange and tangerine. Mint oil is obtained by steam distillation from the fresh aerial parts of the flowering plant of garden mint, *Mentha viridis*. Spaniards brought citrus to Florida in the early 1600s. Enjoy the zest of Epoch® Sunshine, a balanced blend of citrus and mint essential oils. Try to pick up from it the subtle notes of fresh grapefruit, tangerine, lime, and the Mediterranean bergamot fruit. This exotic essential oil blend will make you feel refreshed, a **perfect everyday start-up**.

Perfect to use when:

- Having the Monday morning blues
- Searching for a summer feeling all year long

EPOCH® PEACE – Lavender Bergamot Blend

Lavender oil is obtained by steam distillation from the flowering tips of *Lavendula angustifolia*, and bergamot oil is obtained by rasping and cold pressing the fruit peel of the *Aurantium bergamia*. Arabians tied fresh lavender leaves and flowers to their heads or rubbed lavender on the forehead for wellness. In the southern Italy, people have long used bergamot as a source of fragrance. Quiet your mind and calm your spirit with Epoch® Peace, a centering blend of lavender, bergamot, and other balancing essential oils. Epoch® Peace will give you that feeling of peace, **all what you need to regain your balance**. Carry this essential oil blend with you wherever your busy life takes you.

Perfect to use when:

- Searching for a spiritual moment to purify your mind and soul
- Doing meditation

PRODUCT USAGE

Epoch® Essential Oils are formulated for aromatic purposes only. Enjoy their diffusion in the air using the Epoch® Diffusers. Both Epoch® Diffusers and Epoch® Aromatic Stone diffuse essential oils coldly, which is the best way to keep all the benefits of the oils properties.

Epoch® Diffuser:

The ultrasonic Epoch® Diffuser vibrates to instantly vaporise water and essential oil into an ultra-fine mist. The essential oils will turn your environment into an engaging oasis of your choice. With its customisable look and small size, it perfectly and easily fits into the different rooms of your home. All you need is your Epoch® Diffuser plugged into an electrical outlet, deionised water and 3 to 6 drops of Epoch® Essential Oils. See the diffuser user manual for detailed directions.

Dimensions: Ø 13.6 x H 14 cm



Epoch® Aromatic Stone:

Enjoy your favourite Epoch® Essential Oils wherever you go and whenever you want in a natural way. Simply pour 5 drops of essential oil directly on the stone and it will get diffused naturally in the air. The compact box where it is placed makes it easy and discreet to use, like for example in your car, at your desk, on your nightstand or in your bag.

Dimensions: Ø 5 x H 2 cm



SAFETY AND CAUTIONS

Essential oils are highly concentrated. It is important to respect the indicated dosage, usage and take specific cautions;

- Keep out of the reach of children.
- Always follow the product usage that is recommended by Nu Skin® when using Epoch® Essential Oils.
- Never use them pure in a higher amount than recommended.
- Discontinue use if you experience any irritation or a reaction and consult a physician if necessary.
- Do not bring Epoch® Essential Oils in direct contact with the skin.
- Do not bring Epoch® Essential Oils in direct or indirect contact with the eyes.
- Please read carefully hazard and precautionary statements and other safety information on the label and carton.
- Store Epoch® Essential Oils in their well closed bottle away from air and light.

FREQUENTLY ASKED QUESTIONS

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 around children?

Children are particularly sensitive to essential oils. Always consult a healthcare professional before using essential oils around children.

Can I ingest Epoch® Essential Oils?

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

INGREDIENTS

Epoch® Lemon Essential Oil

Citrus Limon Peel Oil, Limonene, Citral.

Epoch® Lavender Essential Oil

Lavandula angustifolia Oil.

Epoch® Peppermint Essential Oil

Mentha piperita Oil, Limonene.

Epoch® Harmony Essential Oil Blend

Cinnamomum zeylanicum ext, Eugenia caryophyllus oil, Cinnamal, Limonene, Eugenol, Linalool.

Epoch® Chill Essential Oil Blend

Eucalyptus globulus Oil, Limonene, Citral.

Epoch® Sunshine Essential Oil Blend

Citrus grandis (Grapefruit) Peel Oil.

Epoch® Peace Essential Oil Blend

Citrus aurantium bergamia (Bergamot) Fruit Oil, Eucalyptus radiata Flower/Leaf/Stem Oil, Limonene, Linalool, Eugenol, Farnesol.

Epoch® Essential Oils at a glance

Oil	Visual	Benefits	Usage
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<p>Epoch® Lemon Essential Oil</p>		<p>Feeling of crisp freshness that will surprise and delight your senses. And remove odours for a real garden-fresh feeling.</p>	<p>Diffusion</p>
<p>Epoch® Lavender Essential Oil</p>		<p>Provides a sense of tranquility. Connect with yourself and enjoy a relaxing moment.</p>	<p>Diffusion</p>
<p>Epoch® Peppermint Essential Oil</p>		<p>Provides you with an exhilarating sensation, which gives you a positive refreshing feeling throughout the day.</p>	<p>Diffusion</p>
<p>Epoch® Harmony Essential Oil Blend</p>		<p>For a warm and cosy feeling.</p>	<p>Diffusion</p>
<p>Epoch® Chill Essential Oil Blend</p>		<p>For a feeling of easy breathing and a cooling sensation.</p>	<p>Diffusion</p>

<p>Epoch®Sunshine Essential Oil Blend</p>		<p>Makes you feel refreshed, a perfect everyday start-up.</p>	<p>Diffusion</p>
<p>Epoch® Peace Essential Oil Blend</p>		<p>Gives you a feeling of peace, all what you need to regain your balance.</p>	<p>Diffusion</p>