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Ardent Naturals provides health and wellness products for men and women using 100% pure essential oils and the finest ingredients.

We handcraft Essential Oil Blends, Shave Oil and Beard Oil with the goal of helping you to achieve wellness naturally.



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## Essential Oil Blends

Essential Oils are made from distilling or extracting different parts of plants, and have been used for thousands of years as a natural health alternative.

Ardent Naturals carefully selects essential oils that target specific health and wellness needs naturally, using 100% pure essential oils and the highest quality vegetable and nut-based oils as carriers. The blends are pre-diluted in amber glass roller bottles for ease-of-use, safety, and to protect the precious oils for months to come.

### Essential Oil Blend Overview

If You Are Interested In	Try These Essential Oil Blends
Respiratory Support	Head-Ease Relief Breatheasy Roller Ball Breatheasy Nasal Inhaler with Dead Sea Salt
Digestion Support	Digest-Ease
Head & Sinus Support	Head-Ease Relief Migrain-Ease
Female Hormone Support	Femin-Aid Relief Rest Calm Bright
Appetite & Metabolism Support	Crave-Less
Lymphatic & Immune Support	Flow Bright
Sleep Support	Sleepy Rest
Skin Support	Restore
Uplifting & Energizing Mood Support	Bright
Calming Mood Support	Restore Rest Calm

# Essential Oil Blend Details

<p><b>“Breatheasy” Nasal Inhaler with Dead Sea Salt</b></p> <p>\$7 Big (10 mL) \$3 Small (2 mL)</p>	<p>Supports the body’s sinuses. Powerful oils that naturally reduce inflammation, irritation and pain. This nasal inhaler with the “Breatheasy” Blend of essential oils has the added benefit of mineral-rich Dead Sea Salt, which helps to balance your histamine response, decrease inflammation and dry the respiratory tract. The pleasant aroma promotes relaxation and recovery.<sup>1</sup></p> <p><b>Ingredients:</b> Contains Dead Sea Salt, Peppermint, Eucalyptus Radiata, Pine - Scots, Lavender, Spruce - Hemlock, Cypress, Spanish Marjoram, and Tangerine Essential Oils.<sup>2</sup> Tocopherol (Vitamin E), Fractionated Coconut Oil.</p> <p><b>Directions for Use:</b> Before removing the lid, shake the bottle. Remove cap, place bottle under one nostril (while holding the other nostril closed) and inhale deeply for 1-2 minutes (or 5 breaths per nostril). Repeat as needed. <b>Do not ingest.</b> External use only!</p> <p><b>Safety:</b> Avoid if you have Cardiac Fibrillation (Peppermint). Test before using if you are allergic to Conifer Trees or have Asthma (Pine). See additional safety information below.<sup>3</sup></p>
<p><b>“Breatheasy” Roller Bottle Respiratory Support</b></p> <p>\$7 Big (10 mL) \$3 Small (2 mL)</p>	<p>Supports the body’s respiratory system. Powerful oils naturally ease breathing, reduce inflammation and pain, boost the immune system and comfort body aches. Features a pleasant aroma that promotes relaxation and recovery.<sup>1</sup></p> <p><b>Ingredients:</b> Contains Peppermint, Eucalyptus Radiata, Pine - Scots, Lavender, Spruce - Hemlock, Cypress, Spanish Marjoram, and Tangerine Essential Oils.<sup>2</sup> Tocopherol (Vitamin E), Fractionated Coconut Oil. Dead Sea Salt (inhaler only).</p> <p><b>Directions for Use:</b> For topical use only, apply this potent blend of essential oils to your chest, shoulders, head, neck and/or bottoms of feet to support the respiratory system. <b>Do not ingest.</b> External use only!</p> <p><b>Safety:</b> Avoid if you have Cardiac Fibrillation (Peppermint). Test before using if you are allergic to Conifer Trees or have Asthma (Pine). See additional safety information below.</p>
<p><b>“Bright” Uplifting &amp; Energizing Blend</b></p> <p>\$7 Big (10 mL) \$3 Small (2 mL)</p>	<p>Promotes happiness and a sense of calm. An uplifting blend that naturally energizes your mind, brings comfort, and brightens your mood.<sup>1</sup></p> <p><b>Ingredients:</b> Contains Mandarin, Orange - Sweet, Tangerine, Lemongrass, Spruce - Hemlock, Spearmint, Lavender, and Vanilla CO2 Essential Oils.<sup>2</sup> Tocopherol (Vitamin E), Fractionated Coconut Oil.</p> <p><b>Directions for Use:</b> Apply to skin on wrists, temples, back of neck. Inhale directly from the bottle. <b>Do not ingest.</b> External use only!</p> <p><b>Safety:</b> Avoid if you have Cardiac Fibrillation (Peppermint). See additional safety information below.<sup>3</sup></p>

<p style="text-align: center;"><b>“Calm” Relaxing Blend</b></p> <p style="text-align: center;">\$7 Big (10 mL) \$3 Small (2 mL)</p>	<p>Promotes a sense of relaxation and peace. An uplifting blend that naturally calms your mind and helps your body to rest.<sup>1</sup></p> <p><b>Ingredients:</b> Contains Juniper Berry (<i>Juniperus communis</i>), Rosewood (<i>Aniba rosaeodora</i>), and Lavender (<i>Lavandula angustifolia</i>) Essential Oils.<sup>2</sup> Tocopherol (Vitamin E), Fractionated Coconut Oil.</p> <p><b>Directions for Use:</b> Apply to skin on wrists, temples, back of neck. Roll into palms, close your eyes and inhale deeply for 1-2 minutes. Inhale directly from the bottle. <b>Do not ingest.</b> External use only!</p> <p><b>Safety:</b> Avoid if you have Kidney or Lung Damage (Juniper Berry). See additional safety information below.<sup>3</sup></p>
<p style="text-align: center;"><b>“Crave-Less” Appetite and Metabolic Blend</b></p> <p style="text-align: center;">\$7 Big (10 mL) \$3 Small (2 mL)</p>	<p>Supports your existing weight management efforts by distracting hunger sensations and enhancing feelings of fullness after meals. This powerful blend of essential oils activates the enzymes that support metabolism and acts as an excellent diuretic and lymphatic stimulant for detoxification.</p> <p><b>Ingredients:</b> Contains Grapefruit, Lemongrass, Ginger, Peppermint, Patchouli and Cinnamon Bark Essential Oils.<sup>2</sup> Tocopherol (Vitamin E), Castor Oil, Fractionated Coconut Oil.</p> <p><b>Directions for Use:</b> Apply generously to wrist, under the nose, back of neck, and/or temples. Roll the blend into your hands, close your eyes and hold your hands to your nose. Inhale deeply for 1-2 minutes. <b>Do not ingest.</b> External use only!</p> <p><b>Safety:</b> Avoid if you have Cardiac Fibrillation (Peppermint), or have a Blood Clotting Disorder (Cinnamon Bark). See additional safety information below.<sup>3</sup></p>
<p style="text-align: center;"><b>“Digest-Ease” Digestion Support Blend</b></p> <p style="text-align: center;">\$7 Big (10 mL) \$3 Small (2 mL)</p>	<p>Supports a healthy digestive system. Helps to relieve nausea and eases gastrointestinal discomfort. The aroma is warm, with hints of citrus and spice.<sup>1</sup></p> <p><b>Ingredients:</b> Contains Ginger, Peppermint, Mandarin, Fennel – Sweet, Grapefruit, and Dill Weed Essential Oils.<sup>2</sup> Tocopherol (Vitamin E), Fractionated Coconut Oil.</p> <p><b>Directions for Use:</b> Apply generously to abdomen, wrists, under the nose, back of neck, and/or temples. Roll the blend into your hands, close your eyes and hold your hands to your nose. Inhale deeply for 1-2 minutes.</p> <p><b>Safety:</b> Avoid if you have Cardiac Fibrillation (Peppermint). See additional safety information below.<sup>3</sup></p>

<p><b>“Femin-Aid” Female Hormone Blend</b></p> <p>\$7 Big (10 mL) \$3 Small (2 mL)</p>	<p>Supports a woman’s hormonal balance and menstruation cycle. This potent blend of essential oils aids a wide variety of discomforts and mood imbalances before and during menstruation. Pleasant citrus and floral scents dominate this aroma, which promotes feelings of calm and happiness.<sup>1</sup></p> <p><b>Ingredients:</b> Contains Mandarin, Peppermint, Lavender, Fennel - Sweet, Clary Sage, Spanish Marjoram, Geranium, and Cypress Essential Oils.<sup>2</sup> Tocopherol (Vitamin E), Fractionated Coconut Oil.</p> <p><b>Directions for Use:</b> Apply generously to abdomen, wrists, under the nose, back of neck, and/or temples. Roll the blend into your hands, close your eyes and hold your hands to your nose. Inhale deeply for 1-2 minutes. <b>Do not ingest.</b> External use only!</p> <p><b>Safety:</b> Avoid if you have Cardiac Fibrillation (Peppermint). Use caution if you have a high risk of Breast Cancer or need to carefully regulate hormone levels (Clary Sage). See additional safety information below.<sup>3</sup></p>
<p><b>“Flow” Immune &amp; Lymphatic Support Blend</b></p> <p>\$7 Big (10 mL) \$3 Small (2 mL)</p>	<p>Supports a healthy Lymphatic System. This blend boosts immunity, helps to remove toxins, and promotes a healthy flow of Lymphatic Fluids. Because of its lymphatic detoxification properties, "Flow" may also be used as a natural deodorant.<sup>1</sup></p> <p><b>Ingredients:</b> Contains Peppermint, Lemongrass, Grapefruit, Lavender, Sweet Orange, Rosemary, Myrtle, Geranium, Spruce, Spanish Marjoram, and Cypress Essential Oils.<sup>2</sup> Tocopherol (Vitamin E), Castor Oil, Fractionated Coconut Oil.</p> <p><b>Directions for Use:</b> Apply to skin on lymph node regions (under the arms, on chest, over stomach, on the ankles and back of the neck). Inhale directly from the bottle. <b>Do not ingest.</b> External use only!</p> <p><b>Safety:</b> Avoid if you have Cardiac Fibrillation (Peppermint). See additional safety information below.<sup>3</sup></p>
<p><b>“Head-Ease” Head &amp; Sinus Support Blend</b></p> <p>\$7 Big (10 mL) \$3 Small (2 mL)</p>	<p>Increases circulation and relieves pressure, tension and nausea. Provides a warm, tingling sensation and a pleasant menthol aroma.<sup>1</sup></p> <p><b>Ingredients:</b> Contains Peppermint, Eucalyptus Globulus, Ginger, Lavender, and Rosemary Essential Oils.<sup>2</sup> Tocopherol (Vitamin E), Fractionated Coconut Oil.</p> <p><b>Directions:</b> Rub the blend on your wrists, your temples, forehead, the back of your neck, and/or shoulders. Inhale directly from the bottle. Avoid contact with eyes and mucous membranes. <b>Do not ingest.</b> External use only!</p> <p><b>Safety:</b> Avoid if you have Cardiac Fibrillation (Peppermint). See additional safety information below.<sup>3</sup></p>

<p><b>“Migrain-Ease” Relief Blend</b></p> <p>\$7 Big (10 mL) \$3 Small (2 mL)</p>	<p>Naturally reduces tension, inflammation and nausea. Increases circulation and boosts immunity to support healing. The pleasant aroma promotes relaxation and recovery.<sup>1</sup></p> <p><b>Ingredients:</b> Contains Peppermint, Rosemary, Roman Chamomile, Ginger, Lavender, Melissa, and Eucalyptus Radiata Essential Oils<sup>2</sup>. Tocopherol (Vitamin E), Fractionated Coconut Oil.</p> <p><b>Directions for Use:</b> Generously apply to shoulders, back of neck, temples, forehead, and affected areas of the head/scalp. Inhale directly from the bottle. Avoid contact with eyes and mucous membranes. <b>Do not ingest.</b> External use only!</p> <p><b>Safety:</b> Avoid if you have Cardiac Fibrillation (Peppermint). See additional safety information below.<sup>3</sup></p>
<p><b>“Relief” “Aaaahh...Blend”</b></p> <p>\$9 Big (10 mL) \$4 Small (2 mL)</p>	<p>Warms muscles and soft tissue to help you feel better quickly. Particularly effective on the head, neck, shoulders and upper back. This blend naturally reduces pain and inflammation, increases circulation, and boosts immunity to support healing. The pleasant menthol sensation feels wonderfully tingly, while numbing discomfort and promoting recovery.<sup>1</sup></p> <p><b>Ingredients:</b> Contains Peppermint, Eucalyptus Radiata, Spearmint, Lavender, Palo Santo, Black Pepper, Camphor, Rosemary, and Spanish Marjoram Essential Oils.<sup>2</sup> Tocopherol (Vitamin E) and Fractionated Coconut Oil.</p> <p><b>Directions for Use:</b> Generously apply to skin in affected areas. Inhale directly from the bottle. Avoid contact with eyes and mucous membranes. <b>Do not ingest.</b> External use only!</p> <p><b>Safety:</b> Avoid if you have Cardiac Fibrillation (Peppermint). See additional safety information below.<sup>3</sup></p>
<p><b>“Rest” Calming &amp; Sleeplessness Blend</b></p> <p>\$7 Big (10 mL) \$3 Small (2 mL)</p>	<p>Gently eases your body and mind, and promotes quality sleep. The combination of “sleepy oils” relaxes both the body and mind, while driving away tension, and improving the quality of sleep. Has an uplifting effect on mood and induces feelings of joy and hope.<sup>1</sup></p> <p><b>Ingredients:</b> Contains Mandarin, Lavender, Ylang Ylang, Tangerine, Clary Sage, Roman Chamomile, and Melissa Essential Oils.<sup>2</sup> Tocopherol (Vitamin E), Fractionated Coconut Oil.</p> <p><b>Directions for Use:</b> Apply generously to skin on wrists, temples, back of neck, and/or the bottoms of your feet. Inhale directly from the bottle. <b>Do not ingest.</b> External use only!</p> <p><b>Safety:</b> Use caution if you have a high risk of Breast Cancer or need to carefully regulate hormone levels (Clary Sage). See additional safety information below.<sup>3</sup></p>

<p style="text-align: center;"><b>“Restore” Skin Support Blend</b></p> <p style="text-align: center;">\$7 Big (10 mL) \$3 Small (2 mL)</p>	<p>Long heralded as the “Swiss Army Knife” of the essential oil world, Lavender is known for its ability to promote calm and relaxation, and to heal a variety of minor skin issues (among many other things). When mixed with 100% cold pressed Hemp Seed Oil, this combination can help to reduce the appearance of scars, wrinkles, soothe alterations in skin integrity (such as mild irritations and burns, redness, sun exposure), and help the skin to appear clear and healthy.<sup>1</sup></p> <p><b>Ingredients:</b> Contains Lavender (<i>Lavandula angustifolia</i>) Essential Oil<sup>2</sup> and Hemp Seed Oil.</p> <p><b>Directions for Use:</b> Apply to skin on affected areas. To promote relaxation and calm nervousness, apply to wrists, temples and the back of the neck. Inhale directly from the bottle.</p> <p><b>Safety:</b> See safety information below.<sup>3</sup></p>
<p style="text-align: center;"><b>“Sleepy” Sleep Support Blend</b></p> <p style="text-align: center;">\$7 Big (10 mL) \$3 Small (2 mL)</p>	<p>Encourages a restful night of sleep. Powerful mix of “sleepy oils” relaxes both the body and mind, while driving away tension, and improving the quality of sleep. Induces feelings of calm and peace.<sup>1</sup></p> <p><b>Ingredients:</b> Contains Mandarin, Lavender, Vetiver, Ylang Ylang, Bergamot, Roman Chamomile and Valerian Essential Oils.<sup>2</sup> Tocopherol (Vitamin E), Fractionated Coconut Oil.</p> <p><b>Directions for Use:</b> Apply generously to skin on wrists, temples, back of neck, and/or the bottoms of your feet. Inhale directly from the bottle. <b>Do not ingest.</b> External use only!</p> <p><i>Important Note: This blend contains Valerian Root, which is an effective sleepy oil, but may have an unpleasant aroma upon application. It fades after approximately 5-10 minutes.</i></p> <p><b>Safety:</b> Possible sensitivity to the sun up to 12 hours after application (Bergamot). See additional safety information below.<sup>3</sup></p>

<sup>1</sup>This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

<sup>2</sup>Contains 100% pure and natural essential oils.

<sup>3</sup>Safety: For external use only. Keep out of reach of children and pets. Discontinue if irritation occurs. Avoid using if pregnant or nursing. If under a doctor's care, consult your physician.

## Essential Oil Blend Kits

### **Calm & Bright Kit**      \$12 (save \$2)

Includes the following 10 ml Essential Oil Blends: CALM, BRIGHT

### **Sleepy Time Kit**      \$18 (save \$3)

Includes the following 10 ml Essential Oil Blends: REST, CALM, SLEEPY

### **Head & Sinus Kit**      \$26 (save \$4)

Includes the following 10 ml Essential Oil Blends: HEAD-EASE, MIGRAINE-EASE, RELIEF, BREATHEASY INHALER (WITH DEAD SEA SALT).

### **Natural First Aid Oil Kit**    \$46 (save \$8)

Includes the following 10 ml Essential Oil Blends: FLOW, DIGEST-EASE, HEAD-EASE, RELIEF, FEMIN-AID, RESTORE, BREATHEASY INHALER WITH DEAD SEA SALT

Includes the following 2 ml Essential Oil Blends: BREATHEASY ROLLER BOTTLE, MIGRAIN-EASE

### **Women's Monthly Friend Kit**    \$38 (save \$6)

Includes the following 10 ml Essential Oil Blends: CRAVE-LESS, DIGEST-EASE, BRIGHT, CALM, FEMIN-AID, RELIEF

Note: Each kit comes packaged in a lovely Burlap Bag or a clear silver fabric bag (*while supplies last*).

## Beard Oil

### **Peace, Man**

A blend of six fabulously nourishing oils, combined with Lavender and Spruce Essential Oils and a splash of fragrance. This luscious blend is a Beard Oil – Cologne hybrid.<sup>1,2</sup>

1 fl. oz. \$7.50/1 bottle    \$7/2+ bottles

### **Happy Man**

A combination of Orange Essential Oil, Spruce Essential Oil, and a hint of fragrance. A light, fresh, masculine aroma compliments our six quality oils to nourish facial hair and the skin below.<sup>1,2</sup>

1 fl. oz. \$7.50/1 bottle    \$7/2+ bottles

### **Morning Man**

Orange Essential Oil, Coffee Oil, Vanilla CO2 are combined with six nourishing oils for the face and beard. The scent brings to mind warm, bright, happy Sunday mornings.<sup>1,2</sup>

1 fl. oz. \$7.50/1 bottle    \$7/2+ bottles

# Shave Oil

## Original Shave Oil

A blend of essential oils and nourishing oils that provide maximum protection between the skin and the razor, giving a super smooth, irritation-free shave. <sup>1,2</sup>

*1 fl. oz. \$7.50/1 bottle \$7/2+ bottles*

<sup>1</sup>This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

<sup>2</sup>Contains 100% pure and natural essential oils.

<sup>3</sup>Safety: For external use only. Keep out of reach of children and pets. Discontinue if irritation occurs. Avoid using if pregnant or nursing. If under a doctor's care, consult your physician.