



# R.C.™ essential oil blend

Breathe deep with R.C. essential oil blend.

## SUGGESTED USES

- Add 1–3 drops to V-6™ Vegetable Oil Complex and rub it on your chest and the back of your neck before an early-morning workout to promote the sensation of deeper breathing.
- Diffuse 8–20 drops to experience the relaxing aroma in any stuffy environment.
- Use R.C. blend with V-6 complex for a foot or back massage after your gym routine, outdoor adventure, or yoga practice to enjoy a refreshing scent.
- Apply R.C. blend topically with V-6 complex to your chest in the evenings for a refreshing breathing experience.

**Product Size:** 15 ml

**Item No.:** 3405

R.C. essential oil blend combines invigorating, herbaceous scents like Pine, Peppermint, Cypress, and Blue Spruce oils with three different varieties of Eucalyptus, plus others like Lavender for a scent that makes every breath feel deep and restorative. During cold-weather season, diffuse, dilute, and apply to the chest or use it in the shower to create a refreshing breathing experience in stuffy environments or during workouts.

## FEATURES & BENEFITS

- Provides a refreshing breathing experience
- May support a feeling of deep breathing
- Creates an invigorating experience when added to a bath or shower
- Can be diffused during the cold-weather season
- Provides the soothing and cooling effect of menthol

## CERTIFICATIONS



# R.C.<sup>™</sup> essential oil blend

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## DIRECTIONS

**Topical:** Dilute 1 drop with 1 drop of V-6<sup>™</sup> Vegetable Oil Complex or olive oil and apply to desired area as needed.

**Aromatic:** Diffuse up to 30 minutes 3 times daily.

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## KEY CONSTITUENTS

Eucalyptol, Limonene, Alpha-pinene, Citronellal

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## SAFETY

Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health care professional prior to use.

## INGREDIENTS

*Eucalyptus globulus*<sup>†</sup> leaf oil, *Myrtus communis*<sup>†</sup> (Myrtle) oil, *Origanum majorana*<sup>†</sup> (Marjoram) leaf oil, *Pinus sylvestris*<sup>†</sup> (Pine) leaf oil, *Eucalyptus radiata*<sup>†</sup> leaf oil, *Eucalyptus citriodora*<sup>†</sup> oil, *Lavandula angustifolia*<sup>†</sup> (Lavender) oil, *Cupressus sempervirens*<sup>†</sup> (Cypress) leaf/nut/stem oil, *Picea mariana*<sup>†</sup> (Black spruce) leaf oil, *Mentha piperita*<sup>†</sup> (Peppermint) oil

<sup>†</sup>Premium essential oil

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## PAIRS WELL WITH

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Peppermint  
essential oil  
Item No. 3614



Breathe Again<sup>™</sup>  
Roll-On  
Item No. 3518



Young Living  
Stress Away<sup>™</sup>  
essential oil blend  
Item No. 4630



Season Essentials<sup>™</sup>  
essential oil blend  
Item No. 43941

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