

**A natural way  
to relieve  
hot flashes**

and all that comes with it

**Surviving the Change**

# Surviving the Change

## Hot Flashes

## Insomnia

## Weight Gain

## Depression

**Cooling Peppermint** - Hot Flashes are one of the most debilitating problems that women suffer when going through the various stages of the change. By adding a drop of peppermint to your water, it cools the body and relieves nausea.

**Hormone Balance** - When the delicate balance of our hormones is thrown into the chaos of menopause, women suffer unbearable symptoms, as early as age 30. Taking hormones adds the additional health risks of breast cancer, stroke, heart attacks, cervical cancer and dementia. Lamp Aire gives women a healthy alternative to the drugs and suffering with a delicate blend of oils that support hormone balance. Apply topically to abdominal area, throat and decollete(chest area below neckline)

**Soothing Lavender-Stay Calm.** Emotional ups and downs occur simultaneously with the intense internal heat experienced during hot flashes. Many women have completely eliminated the hot flashes and the emotional roller coaster with Lavender. Apply topically throughout the day or spray on a tissue and wear between the breasts in the bra. Soothes insect bites, cuts, sunburns, and bruises. Spray on mattresses, pillows, and bedding for a good night's rest. It can also rid any hotel room of "things that crawl in the night."

**Energy Spirit-** For a real burst of energy add one drop to a bottle of water, shake well, and sip throughout the day. One drop can be used to sterilize your hands when soap and water are not available. A drop on your toothbrush in the morning, will help to fortify your system. Do not use late in the day, it's very energizing!

**Energy Clarity- (The brain blend)** A crisp blend that contains oils that stimulate the mind and relax the body at the same time. It increases focus, mental alertness, clear thinking, the ability to concentrate and retain detailed information. This blend also relieves anxiety, mental fatigue, enhances memory and is great for reducing stress. Apply to forehead, neck, temples and breathe deeply from a tissue or palms of the hand.

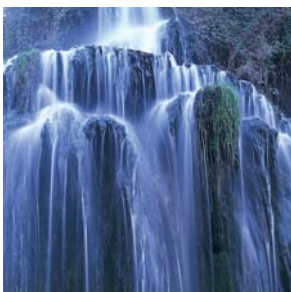
**Joyful Romance** - Hormone imbalance disrupts the body's perfectly tuned systems. Many women experience lack of sexual interest throughout the stages of pre-menopause and menopause as early as age 30. This blend combines oils known throughout history to be used as aphrodisiacs. Put the romance back into your life. Apply topically over heart, on temples and wrists. Contains soft floral notes. Can be worn as perfume.

**Joyful Laughter** - Depression or "the blues" can add an additional level of stress that seems unsurmountable when suffering from hormonal changes. The oils in this blend stimulate glands in the brain that cause you to "lighten up" similar to the effects of anti-depressants, without the side effects. A clean refreshing blend that is emotionally uplifting. Gives you a happy feeling. Apply topically to all pressure points. Inhale from the palms of your hands or a tissue. Can be worn as perfume.

**Migraine/Stress Relief-** This blend is used to relieve stress, tension, and migraine headaches. Inhale through the nose and mouth at the same time. It can be used topically on the area of stress, headache pain, or muscle/joint pain (not around the eyes) to speed up the relief time.

**Allergy Relief-** This amazing blend is for those who suffer from allergies on a regular basis. It helps with allergies to dust, mold, mildew or the smell of old cigarette smoke. Apply topically to the forehead, temples and under the nose. Inhale 20 deep breaths from the palm of your hand or tissue. Put on your pillow at night.

**Serenity Sweet Dreams** - Severe insomnia causes significant sleep deprivation. When you are unable to sleep, the body can not regenerate or rejuvenate. This inevitably causes lack of energy, focus, physical strength, & a healthy immune system. A calming blend that relaxes and helps promote sleep for a good night's rest. Apply to the forehead, temples, behind the ears, back of the neck, wrists and bottom of the feet.



**Cooling Peppermint**

Cools the body and relieves nausea



**Hormone Balance**

Levels & maintains hormonal balance



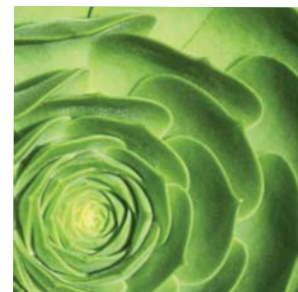
**Serenity Soothing Lavender**

Soothes the Mind, Body, and Spirit



**Energy Spirit**

A boost of energy



**Energy Clarity**

Promotes Clarity of Thought and Alertness

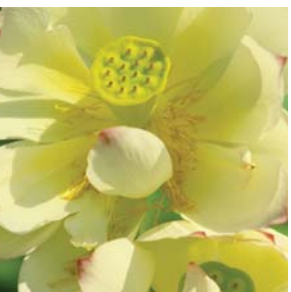




**Pure Essential Oils for all that ails you**



Cleans the air with decorative diffuser lamps, while healing what ails you



**Joyful Romance**

Inspires bliss, romance and confidence



**Joyful Laughter**

Refreshes, Uplifts & Inspires Happiness



**Relief Migraine/ Stress**

Helps Clear Migraines/ Stress & Pain



**Relief Allergy**

Breathe Easy - Aids Allergy Relief



**Serenity Sweet Dreams**

Encourages a Calm, Peaceful Spirit

# Technical Information

## The Catalytic Fragrancing Lamp for Home or Office

The first catalytic combustion lamp was patented in 1827 by two chemists and was designed to sterilize hospitals by releasing alcohol into the air. Lamp Aire alcohol based lamp fuels are fragranced with essential oils. In addition to the alcohol sterilizing the air, the essential oils are anti-bacterial, anti-fungal, anti-microbial and anti-infectious. The fragrancing lamp is the perfect way to purify and cleanse the air using Essential Aire's fuels made with 100% pure therapeutic-grade essential oils. As these lamps burn the fuel, the fragrance delicately scents the air, cleans the air and creates a naturally, healthy environment at home or office.

## What is Lamp Aire?

The Lamp Aire fragrancing diffuser lamp is designed using catalytic combustion technology that purifies and cleanses the air with 100% therapeutic essential oils. Essential oils of this quality were the medicines of hundreds of years ago. Essential oils are beneficial to the body in many ways:

- \*Protects the body from colds, flu and viruses
- \*Fortifies and strengthens the system
- \*Soothes the tired mind and aching body
- \*Relieves stress, allergies and migraines



### Relief Colds, Flu, Virus

“En Garde” Fortifies  
Against Infections  
A healthy alternative to  
the flu shot

The benefits of using Lamp Aire products are countless. Lamp Aire is committed to providing the customer with the purest essential oils in the world. It is in the best interest of the retailer to know these facts and to educate the consumer about the use of Lamp Aire's oils. There have been countless testimonials from consumers regarding the health restoration of the body, after using essential oils.

## What Does Therapeutic-Grade Mean?

Lamp Aire only uses the highest quality essential oils, known as therapeutic or medicinal grade oils. This is the foundation of medicinal aromatherapy.

When it comes to your health, the quality of your essential oils is everything! If you use poor-quality oil, you'll get poor-quality results - at best.

With reference to true aromatherapy, therapeutic-grade refers to essential oils that are complete in their chemical constituents and kinetically alive, able to affect the human body, restoring balance and normal function to weak body systems.

## A truly high-quality, therapeutic-grade essential oil will be noted for three properties:

**Its fragrance:** Research has shown that the actions of fragrance (which are produced by the combinations of aromatic compounds found in essential oils) on the sense of smell can exert powerful effects on the brain-especially on the hypothalamus (the hormone command center of the body) and the limbic system (the seat of emotions).

**Its chemistry:** Essential oils are very complex. Besides containing carbohydrates, proteins and fats, vitamins and minerals, and glycosides, even a fairly simple essential oil may contain anywhere from 80 to 300 different chemical constituents, or aromatic molecules. An essential oil like lavender is far more complex.

**Its frequency:** Therapeutic-grade essential oils are kinetically alive with vibratory energy. Because of this, experts agree that a key element in determining the effectiveness of health products is how "alive" they are, or by how much organic energy remains after natural substances have been processed into product form. Especially in terms of essential oils, they need to have active coenzymes, minerals and oxygenating molecules intact from processing, because this frequency, or the kinetic vibrations, plays a key role in their effectiveness as therapeutic agents.

The problem is: Most essential oil producers distill their oils more for perfume or flavoring and, as a result, take shortcuts in their production methods, or the oils are contaminated with chemicals-either of which effectively renders the oils inert (dead). They are not kinetically alive enough to vibrate at frequencies that affect the human body, restoring balance and normal function to weak body systems.