

# Wilderness Kit

This kit contains many oils that smell like the great outdoors. These oils were selected from plants that are native to Idaho and Utah. These oils have been used successfully to mask the human scent and improve the hunting experience. In addition this kit contains some basic first aid items you may need while enjoying the great outdoors. Each oil is bottled in a spray bottle for your convenience.

## LeBeGone

LeBeGone should be used as an insect repellent. Insect bites can be dangerous as well as just annoying, but slathering yourself with chemicals may not be the best solution. Essential oils make a viable alternative while providing other physical health benefits and emotional support. LeBeGone contains many oils used for depression, anger, and judgmental attitudes. Creates the feeling of being supported and loved. A great oil to diffuse in negative situations.

## Lavender

Lavender is a universal oil that has been shown to balance the body and to work wherever there is a need. It is called "the grandmother" of essential oils because it cares for and nurtures us through such a variety of physical and emotional stresses. If you don't know what essential oil to reach for, try lavender. Lavender can be used for nearly all skin conditions. It can be applied to cuts, sunburns, burns, rashes, dermatitis, eczema, and insect bites. Consistent use of lavender with burns and injuries minimizes scarring.

## Sage

Because sage is prevalent throughout the mid west it can be used as a cover scent in many locations. The Lakota Indians considered sage as the "master healer", as did the Romans. It has been a popular ingredient in nerve tonics throughout the ages. Sage is a good oil for alleviating the effects of prolonged stress on the body and the mind. Sage cleanses the energy grid and strengthens its ability to protect us from negative influences. Sage has a positive influence on intuition. Avoid in early stages of pregnancy.

## Fir Balsam

The wonderful aroma of Fir brings everything that is wonderful about the great outdoors to mind. Fir has an amazing ability to center and ground the emotions, and is an immune and endocrine stimulant. Fir, in any form, has been well regarded for many years and in many cultures for treatment of respiratory complaints and fevers. Fir essential oil is excellent for muscle pain relief and to loosen muscles before strenuous exercise. It is also soothing for overworked or tired muscles. Fir oil is useful for back pain.

## Bioplasma (BBCIOPLASX4)

### Blessed Water

Bioplasma is a combination of all twelve cell salts for relief of symptoms of minor bleeding, colds, simple nervous tension, fatigue and headaches. Place a few drops under the tongue. Do not eat before or after for a few minutes. You can add to a water bottle and sip all day or simply rub on the skin.

## Cedarwood

No outdoor experience would be the same without the smell of Cedarwood. Cedarwood was used traditionally by the Indian tribes of America to enhance spiritual communication. Like all conifer oils, cedarwood enhances feelings of security and protection. It helps us to feel, and return, the love of heaven. The aroma of cedarwood calms anger and relieves nervous tension. Cedarwood is useful for chest infections, asthma, and coughs. Avoid when pregnant.

## Juniper Berry

Juniper Berry is part of the conifer family making it a great oil for masking human odors. Juniper berry is said to improve mental clarity and memory without undue stimulation to the nervous system. In fact, juniper berry essential oil is quite relaxing. Juniper berry essential oil is suited for people who fear growing up or growing older. This oil helps us mature with wisdom and compassion. Juniper berry helps to elevate spiritual awareness and reverence for sacred things. Avoid when pregnant.

## Pine Needle

Pine is a very fresh crisp scent making it a great choice for masking odors. Pine helps us to establish a healthy respect for our own needs, including the need to rest and rejuvenate from time to time. When pine essential oil is massaged into the skin, it promotes healthy circulation and brings comfort to sore joints and muscles. Pine is an excellent massage oil for arthritis. The aroma of pine essential oil can bring us true wisdom through acceptance of what was and acknowledgment of what is and what can be.

## Yarrow, Blue

Yarrow is one of the truly great healing oils! Applied topically to a cut, even a very deep one, yarrow will pull the edges together and help the cut to heal almost miraculously. Yarrow's antiseptic properties are strong enough to prevent infection, no matter how dirty or contaminated conditions were at the time of the injury. Yarrow, known for centuries as an herb to stop bleeding, is even more effective in the concentrated essential oil form. Yarrow is native to temperate regions of the Northern Hemisphere in Asia, Europe, and North America, often making a great cover scent.

## Rescue Remedy (BRCESCUEREMX4)

### Blessed Water

Rescue Remedy is most effective when used on the occasion of any particular stress, trauma, or emergency. It is formulated to help a person cope with extreme circumstances and can be helpful when dealing with physical and emotional aspects of shock. Brings immediate calm and helps deal with pain. Rescue Remedy is most often taken internally. Simply place a few drops under the tongue. Do not eat anything for a few minutes before and after. You can add to a water bottle and sip all day or simply rub on the skin.