



Instructions for Applying our Featured Blends!

Available in roll-on and dropper forms only.

Happy Joy

Popular citrus-based blend that inspires genuine positivity. Use for a mid-day reset while working from home or in the office to boost your mental morale. Apply oil blend to inner wrists and palms and inhale aroma deeply for notes of happiness to appear. Apply to the inner portions of your elbows and behind knees for heightened results.

*Headache Relief

Natural head tension calmer that helps ease common headaches & pains. Lightly massage oil blend into temples, pressure points in palms between your thumb and pointer finger, and massage into skin firmly for 1 minute. Allow 5 - 10 minutes for head pressure to subside. Safe to reapply oil every 30 minutes as needed for standard headache relief to stay at bay.

*Migraine Relief

Stronger, more complex formula than our Headache Relief. Use this oil in the similar manner to minimize migraine symptoms. Will ease head pain within 5-10 minutes of application. This blend is also safe to reapply to pressure points every 30 minutes as needed.

*Muscle Pain Relief

Customer Fave Alert! The blend that started it all! A true miracle worker that minimizes soreness and severe muscle tightness & fatigue almost instantly. Apply oil directly onto the area of your conventional sprain or strain and massage into area for fast relief. Keep reapplying & massaging oil on the injured area until pain dissipates. Recommended daily use on minor muscle tears as an alternative to surgery. For external use. Do not use on open wounds, cuts, or bruises with skin tears.

Nerve Calmer

Mixture created to ease nerves and lighten up your mental headspace. Provides calming relief from anxiety-inducing emotions. Get through anxiousness calmly by applying this blend at any time of the day. Apply and rub into inner palms with a light hand massage. Coat an adequate layer of oil on temples and inner wrist, massaging into pulse points for immediate calming relief.

Positive Energy

You will feel like you are surrounded with angels using this blend. Hints of Basil bring renewal to any space in need of revival. Change your attitude from negative to positive by applying this blend to inner wrists and by deeply inhaling within inner palms via aromatherapy.



Sinus Relief

Our Sinus Relief blend will get you back to breathing clearly in no time. Featuring healthy servings of Eucalyptus, a plant specifically known for its ability to provide respiratory support and used primarily in topical rubs or via aromatherapy. Apply to your face mask or directly to chest area to clear up common congestion immediately. Reapply once every 2 hours or more for best results. Safe for kids age 8 and older!

Stay Asleep

Liquid sleep in a bottle! Use this blend on the weekend, or whenever you have a minimum of 4 hours to dedicate to solid, uninterrupted deep sleep. Use generously on the bottoms of feet and on inner wrists before bedtime. Best results when used in conjunction with our Sweet Dreams oil blend, along with a black-out sleep mask to block out unwanted light throughout the night.

*Super Immune Booster

Potent immune system protectant in oil form. Apply on neck, back, and chest areas before going into highly publicized areas as an extra layer of defense. Use in conjunction with your face mask to stay safe from the Rona! Full of the highest quality of protective essential oils.

Sweet Dreams

Our personal fave! Lavender & Chamomile-infused, sleep-inducing blend made to provide peace and balance while you sleep. Massage into temples, upper chest area & inner wrists. Generously apply to the bottoms of your feet 10-15 minutes before bedtime for a soothing night of quality sleep. Safe to use every night as a natural sleep inducer. Expert tip: Having trouble staying asleep? Use in conjunction with our Stay Asleep Blend, along with a black-out sleep mask for an uninterrupted block of sleepy time.

Sweet Dreams for Kids!

Customer Fave Alert! Popular oil blend for the mommies & daddies out there! Consistently requested by kids 100% of the time after one use! Light sleep aid made to help your child achieve quality & restful sleep on a nightly basis, the natural way! Rub a light coating into child's back and collar bone area before bedtime to guarantee that they drift calmly into dreamland with the slightest ease. Diffuser blend in conjunction with this oil is recommended for the best results. Consists of: Organic Coconut & Sweet Almond Oils, as well as Lavender, Juniper Berry, Vetiver, and Cedarwood essential oils.

Uplift Energy Boost

Amp up your energy levels for the busy day ahead! Great energy booster to apply before any workout, as well as during meditation to invoke good vibrations all around! Best when inhaled on inner palms and then rubbed into forearms and nape of neck. Currently available in 4 different varieties: Pink Pepper Elevation, Lemongrass & Fennel, Spearmint & Tangerine, and Patchouli & Bergamot.

Visit us for newly added essential oil blends & other products at [EnjoyHikee.com!](https://www.enjoyhikee.com)