



Solle Essentials™ Lift



Solle Essentials™ Lift helps bring to mind feelings of optimism and hope. Enhance your self-image and confidence by boosting your immune system and helping your body regulate blood sugar levels. Lift helps you become yourself again.

Cinnamon, *Cinnamomum zeylanicum*

Leaf & Bark, grounding and completeness

Like giving yourself a big hug

Safety, comfort, security; combats feelings of abandonment

Blood sugar management; sweetness in life; inspires joy

Immune boosting – stops spread of infection

Gives strength of purpose, enhances creativity

Blood Orange, *Citrus sinensis*

Immune support and booster – contains vitamins C and B.

Lymphatic decongestant; increases chi and energy flow

Lifts mood, energy level, focus, awakens creativity and inspiration

Cheerfulness, radiance, happiness, joy, positivity

Recharges, unwinds and revitalizes the mind, body and spirit

Antidepressant, antispasmodic, carminative, digestive, stimulant, tonic

Pink Grapefruit, *Citrus paradisi*

Lymphatic decongestant; reduces stuck fluids and emotions

Combats bitterness, resentment, fatigue, jet lag

Evokes joy, happiness and contentment

Combats self-doubt, disappointment

Raises connectivity to self and enriches spirituality

Nutrients - Vitamins A, B, C, tryptophan and lysine

Euphoric effect on psyche promoting freedom to be

Antidepressant, antibiotic, antiseptic, diuretic, stimulant, tonic

Lime, *Citrus aurantifolia*

Immune support/booster – vitamin C, A, B1, B2, B3

Digestive health – acid reflux, hiatal hernia, indigestion

Reduces heat – headaches, hot flashes, excessive perspiration

Helps one adapt and adjust to changes, transitions

Nervousness, anxiety, depression, tired mind

Increases focus, awareness, energy, fun

Restores, calms, balances emotions and encourages

compassion and self-love

Antiviral, alkalizer, antiseptic, astringent, anti-arthritis,

disinfectant, insecticide

Ravintsara, *Cinnamomum camphora*

Great respiratory support, congestion, stagnation

chronic fatigue, Epstein-Barr, shingles, fibromyalgia, nervous

exhaustion, mental/physical fatigue

Helps release feelings of grief, guilt, sadness, defeatedness,

confusion, anguish

Immune supportive - helps fight off foreign invaders

The Solle Difference

- 100% pure, unadulterated essential oils (ecocert when possible)
- Sourced from a certified organic laboratory with Eco-Certification and USDA Organic Certified
- Sourced from sustainable, environmentally conscious harvesting practices and reputable suppliers
- Specifically formulated to complement Solle's Lifting Products

Three Home Uses

Homework/Late night: Diffuse or use inhaler (10 drops for both), then drink hot mug of CinnaMate with Almond Milk as creamer. Sip as you study.

Awaken (anytime): Roll-on pressure points – Temples, ear region, inside of wrists, inside of knees.

Cold/Flu Immune: Roll on back of neck, sides of nose, and bottom of feet. (10-15 drops in 5 ml bottle). Or use an aromatic mist – spray on you, surrounding area to disinfect (20-22 drops per 2 oz. spray bottle).

Product Use

- For topical use only.
- Add several drops of the Solle Essentials® Lift to a carrier or diffuser.
 - Roll-on (.33oz) – 10-15 total drops in carrier
 - Spray (2oz.) – 15-30 total drops in a carrier
 - Diffuser – 5-15 total drops (depending on size of area)
 - Aromatherapy inhaler – 1-5 total drops
- Keep out of the reach of children.
- Use caution if serious health issues exist or if pregnant.

Complementary Product

Try using Solle Essentials™ Lift with CinnaMate™ as part of an overall program to increase stamina, improve endurance and balance blood sugar.

