

Nature

Was man's first remedy.

EVERYTHING

We need can be found there.

PRODUCT GUIDE | 2019

 **red fox**
naturals

What Is Red Fox Naturals

Red Fox Naturals is a small online shop that features essential oil blends for every day life. From a sleep aid to a pain reliever, we have a blend for you. We also carry diffuser jewelry that can help you use your blends aromatically.

Red Fox Naturals has many different product types. In this catalog, you'll find

- 1) Aromas - used aromatically via a diffuser or diffuser jewelry,
- 2) Roll On - used topically via rolling directly onto the skin as directed,
- 3) Lotion - used topically via rubbing into spot of need or into skin as you would with normal lotion.

Here at Red Fox, we use the purest of all essential oil brands: Doterra.

To find out more about Doterra Essential Oils, please visit my.doterra.com/redfoxnaturals or contact me at info@redfoxnaturals.com

Skyler's Essential Oil Story

My name is Skyler. I've been using essential oils for my every day life problems since 2016. My journey with essential oils started when I was in so much pain that my doctor didn't have a stronger perscription drug to give me. She basically told me my only choice was to deal with the pain. A close friend brought me to a class that talked about the benefits of essential oils. At the time, I was such a non-believer. During this class, I was given a pain reliever lotion that had been made with essential oils. I was told to use it once at night and once in the morning on my knee where the pain was. So I did; And when I did, I was pain free after only those 2 uses of this lotion. I immediately started to research more about essential oils and fell in love with what I found. Ever since, I've used essential oils for everything from allergy relief and a sleep aid to pain relief. I even have made my own natural cleaning supplies to use around the house. My hope is that Red Fox Naturals can give you an affordable way to make your life more natural just as I did.



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What are **ESSENTIAL OILS?**

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant. If you have ever enjoyed the gift of a rose, a walk by a field of lavender, or the smell of freshly cut mint, you have experienced the aromatic qualities of essential oils. Essential oils can lift the mood, calm the senses, and elicit powerful emotional responses. Yet the use of essential oils goes well beyond their fragrant appeal.

Essential oils have been used throughout history in many cultures for their health-promoting properties. Modern trends toward more holistic approaches to self care and growing scientific validation of alternative health practices are driving a rediscovery of the profound health benefits of essential oils.

Red Fox Naturals Allergy Blend



Seasonal allergies, every day allergies and even some sinus issues may be eased by this blend of 3 popular essential oils.

Ingredients:

■ Peppermint ■ Lemon ■ Lavender ■ Coconut Oil

Products:

10ml Aroma	blearoall0010018	\$14.00
10ml Roll On	blerollall0010011	\$12.00

Benefits:

- Helps ease allergy symptoms
- Promotes easier breathing



Red Fox Naturals Anxiety Blend



Anxiety can show in many ways. Panic attacks and anxiety attacks are signs of severe anxiety, but it can also show through loss of appetite, withdrawal from the world around them and many other ways. This blend has been known to help calm the mind and emotions of someone who is suffering from anxiety.

Ingredients:

■ Frankincense ■ Bergamot ■ Lavender ■ Coconut Oil

Products:

2oz Lotion	blelotanx0010043	\$17.00
10ml Roll On	blerolanx0010042	\$12.00

Benefits:

- Helps ease anxiety symptoms
- Promotes positivity
- Lifts mood
- May give energy



Red Fox Naturals Energy Blend



Every one needs that boost of energy every once in a while. Whether it is to avoid the mid-day slump or you are trying to pull an all nighter, this blend can help keep you alert and ready to take on life's challenges.

Ingredients:

■ Lime ■ Wild Orange ■ Lemon ■ Coconut Oil

Products:

2oz Lotion	blelotene0010035	\$17.00
10ml Roll On	blerolene001004	\$12.00
10ml Aroma	blearoene0010015	\$14.00

Benefits:

- May help you through that mid-day slump
- Promotes energy
- Lifts mood



Red Fox Naturals Happiness Blend



Happiness is one of our top sellers. This blend lifts spirits and adds positivity to anyone's day. The 4 essential oils in this blend all have their own life changing health benefits and when combined, create a wonderful aroma for everyone nearby.

Ingredients:

■ Lavender ■ Frankincense ■ Cinnamon Bark ■ Lemon ■ Coconut Oil

Products:

2oz Lotion	blelothap0010036	\$17.00
10ml Roll On	blerolhap001001	\$12.00
10ml Aroma	blearohap0010014	\$14.00

Benefits:

- Promotes positivity
- Lifts mood

“The happy blend uplifts my spirit every time I use it. If that isn't reason enough to use it, I also receive compliments from others when I wear it.”



Red Fox Naturals Headache Blend



Every one gets headaches. Instead of popping over-the-counter pills, try this blend. Simply, rub it into your temples or put 4 drops into a diffuser. This blend of two powerful essential oils may help relieve many types of headaches.

Ingredients:

■ Peppermint ■ Lavender ■ Coconut Oil

Products:

10ml Roll On	blerolhea001005	\$12.00
10ml Aroma	blearohea0010017	\$14.00

Benefits:

- May help ease many types of headaches
- Promotes easy breathing
- May relieve tension and reduce stress



Red Fox Naturals Migraine Blend



If you know the pain of a migraine, you know it can be quite difficult to relieve that pain. This blend, either used as an aroma in a diffuser or topically on the temples, has been known to take the edge off, if not relieve the pain completely.

Ingredients:

■ Peppermint ■ Frankincense ■ Coconut Oil

Products:

10ml Roll On	blerolmig001006	\$12.00
10ml Aroma	blearomig0010019	\$14.00

Benefits:

- May help ease many types of headaches, including migraines
- May relieve tension and reduce stress
- May cause drowsiness

Red Fox Naturals Muscle Relaxer Blend



After a hard work out, during a massage, or just because. This blend will help relax your muscles and relieve some of that tension.

Ingredients:

■ Peppermint ■ Lavender ■ Deep Blue ■ Vetiver ■ Coconut Oil

Products:

10ml Roll On	blerolmus0010010	\$12.00
2oz Lotion	blelotmus0010037	\$17.00

Benefits:

- May help ease tension in muscles from hard workouts
- Promotes relaxation
- May reduce stress



Red Fox Naturals Pain Relief Blend



Everyday aches and pains can become hard to deal with. If you have an injury, pain is guaranteed. This blend, either used as a roll on or a lotion, can help relieve some of that pain.

Ingredients:

■ Peppermint ■ Deep Blue ■ Ginger ■ Clove ■ Coconut Oil



“I’ve had knee problems for years and am very clumsy. This blend has removed my pain completely! I never imagined it would work this well!”

Products:

10ml Roll On	blerolpai001003	\$12.00
2oz Lotion	blelotpai0010038	\$17.00

Benefits:

- Promotes pain relief from injuries
- Induces pain relief from every day aches and pains
- May reduce stress

Red Fox Naturals Sciatica Relief Blend



Sciatica is caused by a pinched nerve in your lower back. This can be caused by and may even cause other health issues. This blend of two very powerful essential oils helps relieve symptoms of Sciatica.

Ingredients:

■ Clove ■ Lime ■ Coconut Oil

Products:

10ml Roll On	blerolhea001007	\$11.75
2oz Lotion	blelothea0010039	\$17.00

Benefits:

- May help ease tension in muscles in lower back
- Promotes relief from symptoms of sciatica
- May reduce numbness and tingling in back, leg and feet.



Red Fox Naturals Sinus Relief Blend



Sinus pain can be caused by the common cold, flu and can cause sinus congestion and sinus headaches. This blend has been known to help relieve sinus pain and all its' side effects.

Ingredients:

■ Peppermint ■ Breathe ■ Coconut Oil

Products:

10ml Aroma	blearosin0010013	\$14.00
10ml Roll On	blerolsin001008	\$12.00

Benefits:

- Features Peppermint and Doterra Breathe
- Helps ease cold symptoms
- Promotes easier breathing



Red Fox Naturals Sleep Aid Blend



When you have a lot on your mind, or you are in pain from an injury, or even if you suffer from mild insomnia, this blend may help you ease your thoughts and fall to sleep.

Ingredients:

- Lemon
- Lavender
- Coconut Oil

Products:

10ml Roll On	blerolhea001009	\$11.75
10ml Aroma	blearosle0010016	14.00
2oz Lotion	blelothea0010040	\$17.00

Benefits:

- May calm mind and emotions
- Promotes a good nights' sleep



Red Fox Naturals Stress Relief Blend



Stress is something that every single person has in their life in one way or another. Finding relief for your stress can be difficult and can seem impossible. Not anymore. This blend is known to reduce stress.

Ingredients:

- Peppermint
- Lavender
- Melaleuca (tea tree)
- Coconut Oil

Products:

10ml Roll On	blerolhea001002	\$12.00
10ml Aroma	blearosle0010012	14.00
2oz Lotion	blelothea0010041	\$17.00

Benefits:

- May calm mind and emotions
- Promotes healthy blood pressure due to reduced stress
- Assists the mind in reducing stress levels



dōTERRA[®]

To find out more about Doterra Essential Oils, please visit
my.doterra.com/redfoxnaturals
 or contact Skyler at
info@redfoxnaturals.com

Essential oils are used for a very wide range of emotional and physical wellness applications. They can be used individually or in complex blends depending on user experience and desired benefit. Essential oils are usually administered by one of three methods: diffused aromatically, applied topically to the skin, or taken internally as dietary supplements. Using essential oils can be both profoundly simple and life changing at the same time. Working with someone who has used essential oils before will help first-time users have a more beneficial and enjoyable experience.

Essential oils are naturally safe and have few, if any, undesirable side effects when used as directed. They are, however, powerfully concentrated and should be used with care. Be sure to use only pure essential oils and follow all label warnings and instructions. Essential oils should never be used in the eyes or inside the ear canal. If redness or irritation occurs when using essential oils topically, apply a vegetable oil such as Fractionated Coconut Oil to the affected area—water will not dilute essential oils. Consult your physician before using essential oils if you are pregnant or under a doctor's care.

Look for the following symbols by the essential oil product descriptions in this product guide to help you with your oil selection. (Use instructions and appropriate cautions included on individual essential oil labels.)

Application Methods

-  Aromatically
-  Topically
-  Internally

Skin Sensitivity

-  Topically with no dilution (NEAT)
-  Dilute for young or sensitive skin (SENSITIVE)
-  Dilute before using topically (DILUTE)

Doterra Essential Oil Single Oils List

The dōTERRA® collection of single essential oils represents the finest aromatic extracts available in the world today. Each oil provides the living essence of its source botanical, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil passes strict standards of purity and potency. A beautiful palette of botanical energies, they can be used individually or blended for personalized essential oil benefits.

Arborvitae *Thuja plicata*

Doterra: 49360001 | Red Fox: oil-100149 | 5ml | \$29.33



Basil *Ocimum basilicum*

Doterra: 30010001 | Red Fox: oil-100150 | 15ml | \$26.67



Bergamot *Citrus bergamia*

Doterra: 30790001 | Red Fox: oil-100151 | 15ml | \$36.67



Black Pepper *Piper nigrum*

Doterra: 41040001 | Red Fox: oil-100152 | 5ml | \$29.33



Cardamom *Elettaria cardamomum*

Doterra: 49350001 | Red Fox: oil-100154 | 5ml | \$34.67



Cassia *Cinnamomum cassia*

Doterra: 30020001 | Red Fox: oil-100155 | 15ml | \$25.33



Cedarwood *Juniperus virginiana*

Doterra: 49300001 | Red Fox: oil-100157 | 15ml | \$13.00



Cilantro *Coriandrum sativum*

Doterra: 41850001 | Red Fox: oil-100156 | 15ml | \$34.67



Cinnamon Bark *Cinnamomum zeylanicum*

Doterra: 30030001 | Red Fox: oil-100158 | 5ml | \$28.00



Clary Sage *Salvia sclarea*

Doterra: 30420001 | Red Fox: oil-100160 | 15ml | \$48.67



Clove *Eugenia caryophyllata*

Doterra: 30040001 | Red Fox: oil-100159 | 15ml | \$28.00



Copaiba *Copaifera reticulata, officinalis, coriacea, and langsdorffii*

Doterra: 60202178 | Red Fox: oil-100161 | 15ml | \$46.67



Coriander *Coriandrum sativum*

Doterra: 30420001 | Red Fox: oil-100162 | 15ml | \$48.67



Cypress *Cupressus sempervirens*

Doterra: 30050001 | Red Fox: oil-100163 | 15ml | \$20.67



Douglas Fir *Pseudotsuga menziesii*

Doterra: 31590001 | Red Fox: oil-100164 | 5ml | \$20.67



Eucalyptus *Eucalyptus radiata*

Doterra: 30060001 | Red Fox: oil-100165 | 15ml | \$14.00



Fennel *Foeniculum vulgare*

Doterra: 41290001 | Red Fox: oil-100166 | 15ml | \$20.00



Frankincense *Boswellia carterii*

Doterra: 30070001 | Red Fox: oil-100167 | 15ml | \$93.00



Geranium *Pelargonium graveolens*

Doterra: 30090001 | Red Fox: oil-100168 | 15ml | \$36.00

**Ginger** *Zingiber officinale*

Doterra: 31630001 | Red Fox: oil-100169 | 15ml | \$52.00

**Grapefruit** *Citrus x paradisi*

Doterra: 30100001 | Red Fox: oil-100170 | 15ml | \$21.33

**Helichrysum** *Helichrysum italicum*

Doterra: 30410001 | Red Fox: oil-100172 | 5ml | \$100.00

**Juniper Berry** *Juniperus communis*

Doterra: 49290001 | Red Fox: oil-100174 | 5ml | \$25.33

**Lavender** *Lavandula angustifolia*

Doterra: 30110001 | Red Fox: oil-10012 | 15ml | \$28.00

**Lemon** *Citrus limon*

Doterra: 30120001 | Red Fox: oil-100178 | 15ml | \$13.33

**Lemongrass** *Cymbopogon flexuosus*

Doterra: 30130001 | Red Fox: oil-100169 | 15ml | \$13.33

**Lime** *Citrus aurantifolia*

Doterra: 30870001 | Red Fox: oil-100180 | 15ml | \$17.00

**Marjoram** *Origanum majorana*

Doterra: 30140001 | Red Fox: oil-100118 | 15ml | \$25.33

**Melaleuca (tea tree)** *Melaleuca alternifolia*

Doterra: 30150001 | Red Fox: oil-100119 | 15ml | \$25.33

**Melissa Essential Oil** *Melissa officinalis*

Doterra: 30850001 | Red Fox: oil-100120 | 5ml | \$180.00

**Myrrh** *Commiphora myrrha*

Doterra: 30160001 | Red Fox: oil-100121 | 15ml | \$69.33

**Oregano** *Origanum vulgare*

Doterra: 30180001 | Red Fox: oil-100122 | 15ml | \$32.00

**Patchouli** *Pogostemon cablin*

Doterra: 30890001 | Red Fox: oil-100123 | 15ml | \$39.33

**Peppermint** *Mentha piperita*

Doterra: 30190001 | Red Fox: oil-10011 | 15ml | \$27.33

**Roman Chamomile** *Anthemis nobilis*

Doterra: 30800001 | Red Fox: oil-100126 | 5ml | \$60.00

**Rosemary** *Rosmarinus officinalis*

Doterra: 30200001 | Red Fox: oil-100128 | 15ml | \$18.67

**Sandalwood** *Santalum album*

Doterra: 30210001 | Red Fox: oil-100129 | 5ml | \$82.33

**Siberian Fir** *Abies sibirica*

Doterra: 60203125 | Red Fox: oil-100130 | 15ml | \$26.67

**Spearmint** *Mentha spicata*

Doterra: 31610001 | Red Fox: oil-100131 | 15ml | \$38.67

**Spikenard** *Nardostachys jatamansi*

Doterra: 49510001 | Red Fox: oil-100132 | 5ml | \$66.00

**Tangerine** *Citrus reticulata*

Doterra: 49440001 | Red Fox: oil-100133 | 15ml | \$20.00

**Thyme** *Thymus vulgaris*

Doterra: 30220001 | Red Fox: oil-100134 | 15ml | \$36.67



Vetiver *Vetiveria zizanioides*

Doterra: 30430001 | Red Fox: oil-100136 | 15ml | \$46.00

**Wild Orange** *Vetiveria zizanioides*

Doterra: 30170001 | Red Fox: oil-100137 | 15ml | \$14.00

**Wintergreen** *Gaultheria fragrantissima*

Doterra: 31620001 | Red Fox: oil-100138 | 15ml | \$25.33

**Ylang Ylang** *Cananga odorata*

Doterra: 30240001 | Red Fox: oil-100140 | 15ml | \$47.00



Proprietary Essential Oil Blends

dōTERRA® essential oil blends are proprietary formulas for targeted wellness applications. They represent the converging wisdom of many years of essential oil experience and validation of a growing body of research and scientific study. Harnessing the inherent living energies of plants, each formula is synergistically balanced to enhance product potency and benefits and contains only CPTG Certified Pure Therapeutic Grade® essential oils.

Aromatouch *Massage Blend*

Doterra: 31200001 | Red Fox: dbl-10013 | 15ml | \$34.67

**dōTERRA Balance** *Grounding Blend*

Doterra: 31010001 | Red Fox: dbl-10014 | 15ml | \$26.67

**dōTERRA Breathe** *Respiratory Blend*

Doterra: 60200190 | Red Fox: dbl-10015 | 15ml | \$26.66

**Citrus Bliss** *Invigorating Blend*

Doterra: 31020001 | Red Fox: dbl-10016 | 15ml | \$20.00

**Clarycalm** *Monthly Blend for Women*

Doterra: 49480001 | Red Fox: dbl-10017 | 10ml | \$32.67

**Deep Blue** *Soothing Blend*

Doterra: 60200143 | Red Fox: dbl-10018 | 5ml | \$42.67

**DigestZen** *Digestive Blend*

Doterra: 31030001 | Red Fox: dbl-10019 | 15ml | \$41.33

**Elevation** *Joyful Blend*

Doterra: 31040001 | Red Fox: dbl-100110 | 15ml | \$49.33

**Immortelle** *Anti-Aging Blend*

Doterra: 60202652 | Red Fox: dbl-100111 | 10ml | \$92.67

**Intune** *Focus Blend*

Doterra: 41840001 | Red Fox: dbl-100112 | 10ml | \$46.00

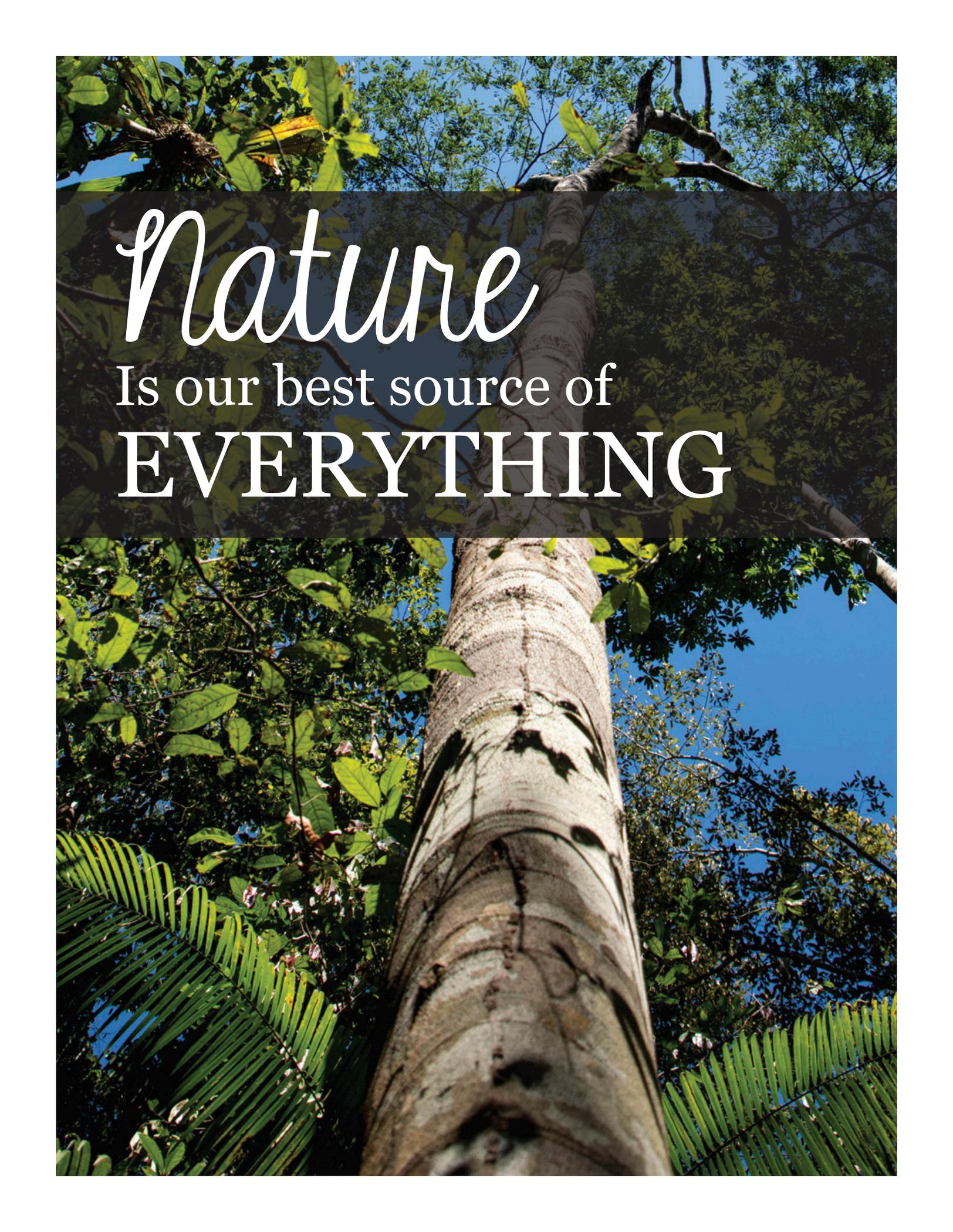
**Pastense** *Tension Blend*

Doterra: 31350001 | Red Fox: dbl-100114 | 10ml | \$24.67

**Purify** *Cleansing Blend*

Doterra: 31060001 | Red Fox: dbl-100115 | 15ml | \$24.00





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