

PRODUCT INFO

CHILL

YOU GOT THIS

I know you have a lot on your plate this holiday season, and you need the energy to get it all done. That's why you have my buddy, BOOM, to help keep you going. But you gotta have balance in life. You have to step away from all that holiday madness, sit back, relax, and just chill. That's my department.

You'll be ready to release, rebalance, and reconnect with the aroma of calm and clean lavender, earthy clary sage, tangy grapefruit, and exotic copaiba.

Just CHILL—you got this!



DIRECTIONS

You know you got this so get ready to CHILL by applying topically or diffusing aromatically.

TOPICALLY

Apply 1-2 drops on your hands or flex points. Dilute as needed for skin sensitivity with It Works! Fractionated Coconut Oil by mixing 1-2 drops of CHILL with 1 teaspoon (5 ml) or more of Fractionated Coconut Oil and apply with a gentle massage. We recommend always patch testing an area of your inner arm first prior to applying topically. If you have sensitive skin, it is recommended to always use the It Works! Fractionated Coconut Oil. A good rule of thumb is to dilute whenever unsure.

AROMATICALLY

Sit back and breathe in CHILL anytime and anywhere with the Essential Diffuser. Fill the Essential Diffuser with 50ml of water. Add 2-3 drops of CHILL to the water in the Essential Diffuser. Replace the upper cover and press the power button. Take a deep breath as the ultra-fine, chillaxing mist fills the room!

INGREDIENTS

Citrus aurantium dulcis (Orange / Naranja) Peel Oil, *Lavandula hybrida* (Lavandin / Lavanda híbrida) Oil, *Citrus grandis* (Grapefruit / Pomelo) Peel Oil, *Salvia sclarea* (Clary Sage / Salvia Scarea) Oil, *Copaifera reticulata* (Copaiba / Copaiba) Balsam Oil.

Caution: Keep out of reach of children. For external use only, not for consumption.



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FREQUENTLY ASKED QUESTIONS

What are the It Works! Essential Oils?

Extracted directly from the bark, flower, fruit, leaf, seed or root of a plant or tree, all the oils in the plant are concentrated into a single essential oil. Each of the It Works! Essential Oils is a specially formulated blend of highly concentrated pure essential oils, selected for their unique aromas.

What is the CHILL essential oils blend?

CHILL is a soothing blend of calm and clean lavender, earthy clary sage, tangy grapefruit, and exotic copaiba.

What essential oils are in CHILL?

Citrus aurantium dulcis (Orange / Naranja) Peel Oil, *Lavandula hybrida* (Lavandin / Lavanda híbrida) Oil, *Citrus grandis* (Grapefruit / Pomelo) Peel Oil, *Salvia sclarea* (Clary Sage / Salvia Scarea) Oil, *Copaifera reticulata* (Copaiba / Copaiba) Balsam Oil.

Where do the essential oils found in CHILL come from?

The quality of our essential oils starts with the source! The essential oils found in our blends come from crops grown around the world in countries where the climate and soil are best for them. These crops are cultivated by established growers, many of them multigenerational family farmers.

CHILL Essential Oils	Country of Origin
<i>Lavandula hybrida</i> (Lavandin / Lavanda híbrida) Oil	France
<i>Citrus grandis</i> (Grapefruit / Pomelo) Peel Oil	United States
<i>Salvia sclarea</i> (Clary Sage / Salvia Scarea) Oil	France
<i>Copaifera reticulata</i> (Copaiba / Copaiba) Balsam Oil	Brazil
<i>Citrus aurantium dulcis</i> (Orange / Naranja) Peel Oil	Brazil

The ingredients list of CHILL says “lavandin.” Is this the same as lavender?

Cultivated in France, lavandin is a lavender hybrid plant that is heartier than lavender, yielding a far greater amount of oil, and easily cultivated in all kinds of soils. It has the same fragrance notes as lavender from a more versatile plant that is ideal for essential oils.

How should I use CHILL?

CHILL anytime by diffusing aromatically or applying topically.

Aromatically: Sit back and breathe in CHILL anytime and anywhere with the Essential Diffuser. Fill the Essential Diffuser with 50ml of water. Add 2-3 drops of CHILL to the water in the Essential Diffuser. Replace the upper cover and press the power button. Take a deep breath as the ultra-fine, chillaxing mist fills the room!

Topically: Apply 1-2 drops on your hands or flex points. Dilute as needed for skin sensitivity with It Works! Fractionated Coconut Oil by mixing 1-2 drops of CHILL with 1 teaspoon (5 ml) or more of Fractionated Coconut Oil and apply with a gentle massage. We recommend always patch testing an area of your inner arm first prior to applying topically. If you have sensitive skin, it is recommended to always use the It Works! Fractionated Coconut Oil. Rule of thumb, dilute whenever unsure.



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FREQUENTLY ASKED QUESTIONS CONT.

When should I use CHILL?

Use CHILL whenever you're ready to release, rebalance, and reconnect. Here's some ideas for when to CHILL:

- **Unwind after work!** Turn on the Essential Diffuser, sit back, breathe in, and just CHILL!
- **Whenever you need to just CHILL and unwind!** Dilute a few drops of CHILL with It Works! Fractionated Coconut Oil and place on your flex points for a sense of calm and balance.

What if I experience skin discomfort or irritation when applying any It Works! Essential Oils topically?

If discomfort or irritation occurs when applying the It Works! Essential Oils directly to your skin, discontinue use of It Works! Essential Oils immediately. Never use water in an attempt to flush the oil off the skin (water and oil don't mix!). This may increase discomfort.

Where can the It Works! Essential Oils be applied on the skin?

Apply 1-2 drops of It Works! Essential Oils to your hands or flex points—the feet, hands, and wrists. It's best to stay away from sensitive areas (such as eyes, ears, and mucous membranes) when applying the It Works! Essential Oils topically. If you have concerns about your skin's sensitivity, dilute your It Works! Essential Oils as needed with It Works! Fractionated Coconut Oil by mixing 1-2 drops of essential oil with 1 teaspoon (5 ml) or more of Fractionated Coconut Oil and apply with a gentle massage.

What is the grade/quality of the oils used in the It Works! Essential Oils?

All of the oils used within the It Works! Essential Oils

blends are 100% pure, unadulterated oils—meaning they are never extracted or “cut” with chemicals or substances, contain no synthetics, and the natural properties are never altered, added, or removed. Just like all It Works! products, our It Works! Essential Oils are held to the highest degree of quality for their botanical ingredients.

How do we ensure that we have the highest standards of sources, purity, and extraction for It Works! Essential Oils?

Our essential oils researchers and formulation experts have over a century's experience in essential oil production to ensure our oils are sourced from only the highest-quality botanical sources and go through a series of quality testing and verification before they ever make it into the bottle! All this ensures the It Works! Essential Oils are 100 % pure—never extracted or “cut” with chemicals or substances, contain no synthetics, and the natural properties are never altered, added, or removed.

Sourcing: The pure quality of our essential oils starts with the source! The essential oils found in our blends come from crops grown around the world in countries where the climate and soil are best for them. These crops are cultivated by established growers, many of them multigenerational family farmers. All these growers go through a qualification program which ensures source specifications, standards, and compliance.

Extraction: The extraction of our essential oils also starts with the source, as all of the oils are derived either by cold pressing straight from the field or by steam distilling right in the fields where their plant sources are harvested!

Testing: Each individual essential oil used in the It Works! Essential Oils blends goes through a five-step testing process to ensure it meets quality specifications for color, fragrance, density, and refractive index



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FREQUENTLY ASKED QUESTIONS CONT.

before finally going through Gas Chromatography/Mass Spectrometry testing for its natural chemical components. Then once blended together, each blend of It Works! Essential Oils—BOOM, CHILL, DEFEND, and CLEAR—goes through this same five-step testing process again, before it ever makes it into the bottle!

Why are It Works! Essential Oils not “therapeutic” grade?

There is no governmental regulating body that grades or certifies essential oils as “therapeutic grade” or “aromatherapy grade.” All of the oils used within the It Works! Essential Oils blends are 100% pure, meaning they are never extracted or “cut” with chemicals or substances, contain no synthetics, and the natural properties are never altered, added, or removed.

How should I store my It Works! Essential Oils?

Your It Works! Essential Oils are packaged in darkened glass containers, which are designed to block sunlight, as it can cause the natural properties of the It Works! Essential Oils to deteriorate. Exposure to heat and oxygen can also cause deterioration, so be sure you store them within their glass bottles with the lids tightly closed and in a cool place.

Will my It Works! Essential Oils expire?

The freshness and quality of your It Works! Essential Oils are guaranteed! Look on the bottom of each of your It Works! Essential Oils bottles and you’ll find an expiration date.

Can I use It Works! Essential Oils on children?

Our products are designed for adult use only. Always consult your pediatrician before giving any products to children.

Can I use It Works! Essential Oils if I have a medical condition or if I’m taking prescription medication?

If you have a medical condition, health concern, or are taking prescription medications, we strongly recommend you consult your physician before using It Works! Essential Oils.

Can I use It Works! Essential Oils if I am pregnant or nursing?

We suggest that you consult your physician prior to using any of our products if you are pregnant or nursing.

