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*Practitioner & New Customer*  
GUIDE

*to*



**WELLSCENT**

A HOLISTIC APOTHECARY



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# THE ART AND SCIENCE OF BOTANICAL MEDICINE

*Practitioner and New Customer Guide to Well Scent*

WELL SCENT . ORGANIC AND WILDCRAFTED . SUPPORTED BY DOCTORS: MD, ND, DDS



*welcome!*

My name is Stacy Shuman, and I am the owner and founder of Well Scent, an Austin-based apothecary of organic aromatic medicine. I created the foundation of this line to support my healing from Late Stage Lyme Disease. Our company is supported by a [team of women](#) that are also healing from Lyme Disease. We focus on creating content to educate, uplift, and inspire others to become empowered so that they will find more peace and feel more supported in their own journey towards optimal mind-body health.

[BIO](#) . [LINKEDIN](#) . [STACY'S LYME TREATMENT](#)

## TOPICS OF PERSONAL INTEREST

Lyme as a medium for mind-body transformation, spiritual growth, energy medicine, tools for holistic healing, empowering language, reconnecting with the earth and her people, kindness and forgiveness, bravery and courage, altruism, self-acceptance, grace.

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# Q & A WITH WELL SCENT

*Get to know us!*

## **How would you describe your services and products?**

We are a physician supported holistic apothecary. We provide organic and wildcrafted essential oil blends imprinted for healing, with a focus on supporting those with Lyme Disease and complex chronic illness. Through our social media platform, we offer daily inspiration, as well as holistic health information for those striving to maintain their health naturally.

## **How long have you been in business? How has your company and brand changed?**

We have been in business for 3 years and have grown exponentially through referrals and word of mouth. We have stepped into our light as a beacon of hope for the Lyme community and as emotional and spiritual support for women facing unique challenges in their lives. We network with bloggers, foundations and other social media personalities to grow and expand our reach. We envision continuing this effort over the next 2 to 3 years. We hope to continue to gain more exposure, perhaps land ourselves in a few more celebrities' homes, and continue to raise our level of visibility through connections with others who focus on living an organic lifestyle.

## **How are you different from your competitors?**

We are a small business run solely by 6 empowered and spiritually connected women. Each one of us is actively working to heal from Lyme Disease. [Meet the Well Scent Team!](#)

We run our business with intention. We post with intention, we create our products with intention (and imprint them for healing), and interface with our customers with intention. When you contact Well Scent, you are speaking directly with one of us. We engage with our fans and our customers in ways that a large multi-level company cannot. Rather than just providing a product to our consumers, we aim to provide an experience. To see more of what makes us different, here is a blog post we shared, "What Makes Well Scent Special".

We also work directly with integrative physicians, biological dentists, wellness practitioners, patients and customers. We have an ongoing dialogue with this community which guides us in content and product development. We know what is working because of this shared interaction.

## **What is it that makes your products ideal for people suffering with Lyme Disease?**

There are four main reasons why this line is ideal for this patient population.

Allopathic and even many holistic treatment models focus solely on the pathogen, the microbe, the fungus, the infection, etc., The blends I am creating, on the other hand, are still antimicrobial in nature but they are also balanced with other oils that support the many other, and some would posit equally important, factors contributing to complex or chronic illnesses. For example, we include oils that support lymphatic drainage and circulation (important for detoxification), organ health (can be compromised in this patient population), emotional health (oils that balance the autonomic nervous system, for example) and immune health. Having blends on the market that are really balanced in this way is unique, the physicians we work with agree. That would be the first distinction I would make.

The second reason our products are important for this patient population is a little more technical but it is really important. An exceptionally unique advantage to using essential oils relates to how they interact with biofilms (a way that bacteria hides). Using essential oils breaks up these biofilm communities so that the bacteria are exposed. It allows for people to more successfully treat the infections, whether the infections is local (as in a dental infection or with halitosis) or a systemic infection (such as with reactivated viruses, Lyme, etc.,).

Adding to that, some of our blends were developed as a result of direct communication I shared with doctors treating Lyme Disease. One doctor gave me notes from a training he had attended on oils that were helpful with Lyme Disease. I used that education to create two blends that are not routinely written into patient protocols (Balance and Renew).

The fourth and last distinction I would make is that my products have been written into hundreds of patient protocols by some of the nation's leading and most esteemed Lyme-Literate physicians. Many of these doctors are also customers of mine. They have seen the benefit in their patient population and have been extremely impressed with the blends, notably the dental line, as well as a few others that are well suited to everyone, but particularly those with Lyme and other complex or chronic health challenges.



## QUICK FACTS

- 1 -

Despite the lack of corporate interest (essential oils are non-patentable), a sound body of knowledge about verifiable effects of essential oils was compiled even before cellular and evolutionary biology revealed the new dimensions of aromatherapy knowledge. - Kurt Schnaubelt, Ph.D.

- 2 -

Aromatherapy has its basis in the plant organism and its constituent molecules, which possess a chemical intelligence that speaks directly to the human organism. Aromatherapy provides an entirely different outlook on treating disease than the conventional system. Whereas current medicine is highly alienating, fear-based, and believes in the separation of body and soul, aromatherapy seeks to unite body and soul, healing our whole being. - Kurt Schnaubelt, Ph.D. Medical Aromatherapy

- 3 -

Aromatherapy is the fastest growing complementary healthcare modality of the 21st century yet it continues to be one of the least understood, not only among health practitioners but particularly within the mainstream.



# ESSENTIAL OILS

- Essential oils disrupt biofilm communities and the communication between pathogenic bacteria while simultaneously being nutritive to the good bacteria.
- Stimulate detoxification
- Contain anti-oxidant properties
- Contain hundreds of individual compounds that work synergistically to produce long term immunological protection and decrease the likelihood of microbial resistance
- Offer an alternative to antibiotics without the risk of developing antibiotic resistance
- Cross the blood-brain barrier (due to size of molecules)

## [REFERENCE 1](#) . [REFERENCE 2](#) . [REFERENCE 3](#)

- Inhibit bacterial pathogens
- Nutritive to good bacteria
- Contain the ancient immunological intelligence of the whole plant organism
- Support adaptive immunity
- Disrupt biofilms
- Disrupt communication between bacteria
- Bypass the gut when used topically or through inhalation
- Tissue regenerating (with inhalation)

- Mucous membrane balancing (with inhalation)
- Stimulate and support the body's own natural healing abilities
- Holistic; holding that all parts are supported
- Supports self-healing
- Antimicrobial (unlike antibiotics, which are active due to inhibiting an easily identifiable single target, essential oils impact a bacterium in multiple physiological systems as in member functionality), antiviral, antifungal (studies demonstrate efficacy with fungi and yeasts but the mechanism is not clearly understood), anti-inflammatory (essential oils dissipate free radicals), supports the Autonomic Nervous System and corrects imbalances (heat flashes, anxiety, nervousness, heart palpitations)
- Lipophilic messengers - receptor research may support that aromatic medicine directly impacts neurotransmitter health
- High-tolerability when used appropriately
- Immediacy of action
- Moves away from a scientific model using male-dominated language around medicine, (i.e. "the cancer war", "killing germs", "developing new weapons against", etc.)
- Increases consciousness, works on all planes (i.e. material, vital, mental, spiritual, psychosocial)
- United body and soul, human and plant

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## AUTHENTIC ESSENTIAL OILS

- Essential oils are often produced for food manufacturing and are over-processed and lacking in quality.
- Authentic essential oils initiate processes designed by evolution arising at the level of the whole plant organism. Adulterated essential oils initiate processes arising at the interface of smart engineering and the corporate objective to cut cost. The best way to ascertain a genuine and authentic essential oil is to know the source. Kurt Schnaubetlt, Ph.D.
- Authentic essential oils are less likely to cause a dermal reaction or allergy.
- Choosing organic and wildcrafted essential oils promotes organic agriculture and sustainable farming practices. Herbicides, pesticides and chemical fertilizers are toxic to our body and planet. Organic agriculture works in harmony with nature as opposed to dominating it. Using safer methods to develop healthy fertile soil and growing and rotating several crops, the farm remains biologically balanced. This in turn encourages a wide variety of beneficial insects and wildlife that will act as natural predators to crop pests and enrich the soil with micro-organisms.



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# BENEFITS OF OLFACTORY AROMATHERAPY



- Reduce or alleviate stress and anxiety
- Reduce pain by altering pain perception (in the brain)
- Induce sleep or relaxation
- Increase alertness and overall performance
- Relieve depression
- Treat neurological degeneration and olfactory disorders
- Enhance concentration, memory and learning
- Help alleviating nausea
- Help shape our impression of self and others

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# FACTS ABOUT THE SENSE OF SMELL

- The average healthy person can distinguish between ten and forty thousand odors, many on a subliminal level.
- Smell relays messages from outer world directly to the brain, influencing the physical body, mind and emotions.
- Olfactory nerve cells regenerate every thirty to sixty days, clearly underlining their importance.
- The amygdala receives stimuli from the five senses, but none so directly as the sense of smell. Unlike other sensory experiences, olfactory stimuli reach directly the amygdala without first going through the thalamus for relaying. Signals that are received by the amygdala have far-reaching effects on the autonomic nervous systems as well as the endocrine system.



## GUIDE TO USING THE WELL SCENT BLENDS

BLEND	LINE	FUNCTION / KEY WORDS	APPLICATION
<b>Watch Your Mouth</b> or <b>Just for Grins</b>	 Dental Care Line	Localized and general infections, biofilms, inflammation, halitosis, use around surgeries	Apply 2-3 drops to dry toothbrush, add Shine or Sparkle, brush.
<b>Shine</b> <i>Remineralizing Polish</i>	 Dental Care Line	Exfoliant, remineralizer, polish, highly nutritive	Dab onto brush after first using Watch Your Mouth or Just for Grins
<b>Sparkle</b> <i>Dental Whitening + Herbal Detox</i>	 Dental Care Line	Teeth Whitening and Herbal Detox Support	Use as needed to detox mouth and whiten teeth.
<b>Balance</b> <i>Proprietary blend, multipurpose</i>	 Health & Wellness	Lyme, immune, biofilm, organ health, antimicrobial, emotionally grounding	Topical/ dermal, inhalation, internal. See product page for suggestions.
<b>Renew</b> <i>Proprietary blend, multipurpose</i>	 Health & Wellness	Lyme, immune, biofilm, inflammation, antiviral, antifungal	Topical/ dermal, inhalation, internal. See product page for suggestions.
<b>Release</b> <i>Lymphatics, Circulation, Detox</i>	 Health & Wellness	Lymph support, varicose veins, promote circulation	Apple around neck, clavicle are, under armpits, along groin area. May be used with skin brushing or, our preference, with a Clarisonic
<b>Relieve</b> <i>Pain &amp; Inflammation</i>	 Health & Wellness	Helps with arthritis, inflammation and pain	Apply as needed for muscle pain, tension, arthritis. Can be diluted further for massage or apply 3-5 drops undiluted as needed. Can also be used in rotation with Balance, Protect and Renew to support the spine and central nervous system.



## GUIDE TO USING THE WELL SCENT BLENDS CONT'D

BLEND	LINE	FUNCTION / KEY WORDS	APPLICATION
<b>Crystal Clear</b> <i>Tonsil + Lymph Tissue Support Detox</i>	 Health & Wellness	Tonsil, throat, brain, lymph tissue support	Apply to neck around lymph nodes or directly to the back of the throat by dabbling with finger. Or add 2-3 drops to 2 oz. of water with a pinch of sea salt, shake vigorously and gargle.
<b>Protect</b> <i>Antiinfectious, flu prevention &amp; support, sacred oil for protection</i>	 Health & Wellness	Useful around flu season for prevention and treatment. I recommend this particularly those susceptible to negative energies or bad dreams.	Hand sanitizer, use on scarf during travel, chest and neck rub during flu season and to support treatment. Very sacred oil for protection against negative energy.
<b>Resolve</b> <i>Herpes &amp; Canker Sore Support</i>	 Wellscrip <i>Single Focused Blends</i>	Herpes and canker sore prevention and treatment	Herpes is a condition that responds extremely and particularly well to essential oils. Apply neat (undiluted) several times a day.
<b>Rejuvenate</b> <i>Liver, Detoxification &amp; Digestion Support</i>	 Wellscrip <i>Single Focused Blends</i>	Liver support, detoxification support, digestion support	Apply directly over liver or use in compresses. May be taken
<b>Headache Relief</b>	 Wellscrip <i>Single Focused Blends</i>	Relieves headaches, improves mental alertness	Apply to neck, temples, shoulders to help with headaches and migraines.
<b>Mold Plus</b>	 Wellscrip <i>Single Focused Blends</i>	Immune support, antiinfective, mold, candida.	Use in diffusers (mold), to clean counters, inhalation (directly from bottle) or take with honey or water for internal use.



# WELL SCENT DENTAL HEALTH CARE LINE

TOOTHPASTE AND MOUTHWASH REPLACEMENT SYSTEM



- Strong anecdotal support from patients amassed over three years, read our patient and practitioner testimonials
- Doctor-supported (M.D., N.D., D.D.S.) - Notably recognized by the esteemed Dr. Dietrich Klinghardt and Klinghardt-trained physicians at Sophia Health Institute
- Safe and effective alternative to toxic toothpastes and mouthwashes
- Antimicrobial, antifungal, analgesic, antiviral, antibacterial, anti-inflammatory
- Organic plant-based support for Inflammation, gingivitis, receding gums, cavity prevention and treatment (inhibits plaque), halitosis, bad breath, sensitivity, canker sores, inhibits biofilm activity and contains antioxidants.

“Even if there has been massive damage, the teeth can be repaired. In fact, research tells us that teeth with early cavitation damage can heal themselves once disease is eliminated from the oral environment.”

*Dr. Robert O. Nara*

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## *Your teeth are alive!*

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- Teeth contain craniosacral fluid, blood vessels and dentinal fluid. These fluids are intimately connected with other physiological functions in the body. Each tooth also relates to different meridians which are part of the overall energy field of the entire body.
- Many experts have suggested that up to 80% of autoimmune disorders and imbalances in the body begin with bacteria in the mouth.
- Holistic dental care: Manage insulin, avoid processed food, GMO's, additives, artificial sweeteners and refined sugar, manage stress and hormonal shifts, exercise to support your lymphatic system, eat a wholesome plant-based diet.



# YOUR NEW DENTAL CARE ROUTINE

*Your teeth are alive!*

- Avoid: fluoride, propylene glycol, Triclosan, FD&C color pigments, ethanol, glycerin, Trisodium phosphate, Carrageenan.
  - Floss at least once daily.
  - Use a salt water rinse daily with non-fluoridated, non-chlorinated water.
  - Brush your gums and teeth with a soft toothbrush at least twice daily.
  - Consider oil-pulling, the ancient ayurvedic technique used to heal gums, whiten teeth and gently detoxify the mouth and teeth. Add one drop of WatchYour Mouth or Just for Grins to a 1-2 teaspoons of organic coconut or olive oil and swish in mouth for ten minutes before spitting into the sink.
- \* For extremely inflamed gum, try the following from Dr. Weston Price - Dissolve ½ tsp. of sea salt in a glass of purified hot water. Use this salt-rinse by swishing around in mouth every hour for two days. On the half-hour, rinse with vitamin C powder (sodium ascorbate) also dissolved in hot water.

## WELL SCENT DENTAL HEALTH CARE LINE

*Organic and wildcrafted plant-based remedies for halitosis and bad breath, gingivitis, inflammation, sensitivity, infections, biofilms, acute local and systemic support cavity prevention*



### **Watch your Mouth**

*Extreme Clean Toothpaste & Mouthwash Replacement*

### **Just for Grins**

*Gentle Toothpaste & Mouthwash Replacement  
(peppermint free; homeopathic friendly)*

### **Shine**

*Mineral rich dental brightener & polish  
(inspired by Weston Price, D.D.S.)*

### **Sparkle**

*Natural teeth whitening system & herbal detox*



## A LOWDOWN ON JUST A FEW OF OUR PRIZED DENTAL CARE INGREDIENTS

- Niaouli is an endocrine tonic with a special affinity to the pituitary gland which is located at the base of the brain. It is locally and systemically a very strengthening essential oil that can support gum tissue, bone/ joint and ligament health, as well as supporting the body overall. Niaouli is one of the most important anti-allergens in aromatherapy

- Studies have shown that Neem Oil can benefit oral health by reducing plaque and bacteria. It is antioxidant and mineral-rich (zinc, magnesium, copper, iron, phosphorus and potassium) and is generally well tolerated and particularly useful in cases of gingivitis.

- Peppermint has a wide range of actions (antiviral, antifungal, anti-infectious, antispasmodic, analgesic and others). It is a tonic to the liver, heart, stomach and pancreas. It acts specifically against *Bacillus subtilis*, *Candida albicans*, *E. Coli*, *Staphylococcus* and many others.

- Baking soda has been shown to neutralize acids in the mouth which reduces the amount of acid-loving bacteria that cause cavities. Baking soda has also been shown to reduce dental plaque. It will naturally and gently remove surface stains.

- MSM primarily impacts your health by reducing inflammation. It appears to improve cell wall permeability, so it can be used to help deliver other active ingredients. Perhaps most important, MSM helps protect against oxidative damage.

- Green Living Clay is a rare desert clay that has been protected from contaminants and leaching by the climate. Sealed away and isolated from natural elements by a cap of zeolite minerals for forty-three million years, this highly charged Calcium Bentonite Clay has tremendous drawing power, making it useful as a gentle mouth detox.

- Activated charcoal has been heated in the presence of steam so as to increase its adsorptive properties. Activated charcoal works through the principle mechanism of adsorption. It acts by electrostatically binding molecules to the surfaces of the charcoal particle. One teaspoon of activated charcoal powder has about the same surface area as a football field. This expansive surface area translates into a tremendous potential to adsorb toxicity. Charcoal has been found more than capable of disarming the lethal properties of thousands of man-made pollutants and is a key ingredient in many detoxification protocols.

- Myrrh has been used as a healing plant for thousands of years. It is an excellent antiseptic with high concentrations of volatile oils. It helps increase macrophage activity, thereby raising the potency of our protective shield (surface immune system). Myrrh is particularly effective for sore throats and infections of the mouth, gums, sinuses and upper respiratory system. Myrrh also appears to have an affinity with receptor sites in the brain and is therefore an excellent essential oil for pain relief. It is an anti-inflammatory and anti-viral essential oil that is generally tonifying and very well tolerated.



## A LOWDOWN ON JUST A FEW OF OUR PRIZED DENTAL CARE INGREDIENTS

CONT'D

- Plantain is an herbalist favorite for its wide range of uses. It is highly nutritive plant that contains fiber, potassium, calcium, magnesium, sodium, phosphorus, zinc and copper, as well as vitamins A, C and K. It is also a rich source of numerous phytochemicals, including allantoin, glycosides, phenols, salicylic acid and tannins. Phytochemicals are antioxidant compounds found naturally in plants that prevent free radical induced damage in the body and thereby help to prevent and treat disease in humans. The International College of Herbal Medicine states that plantain leaf has anti-inflammatory, analgesic, antibiotic and immune-stimulating properties.

- Red Root helps facilitate the clearing of dead cellular tissue from the lymph system which enhances the healing process. This herb has a strong affinity for the lymphatic system to include the lymph nodes, tonsils and entire back of throat, spleen, appendix and liver. Several of the compounds found in Red Root have been found active against various oral pathogens including *Streptococcus mutans*, *Actinomyces viscosus*, *Porphyromonas gingivalis* and *Prevotella intermedia*.

- Studies have shown that Neem can benefit oral health by reducing plaque and bacteria. It is antioxidant and mineral-rich (zinc, magnesium, copper, iron, phosphorus and potassium) and is generally well tolerated and particularly useful in cases of gingivitis.

- Echinacea has an extremely broad spectrum of actions (analgesic, antibacterial, anti-inflammatory, antiviral, immune modulator, immune stimulant, stimulates antibody production) and extensive studies have shown that it can have a powerful impact on the activity of viruses (HIV

and certain strains of influenza), and bacteria (numerous strains of *Candida*, *Streptococcus pyogenes*, *Haemophilus influenzae*, *Propionibacterium* and *Legionella pneumophila*).





## HOW TO USE

- DABBING - Ideal for herpes and acne; use q-tip or finger
- CLEANSERS - Add 1-3 drops of essential oil to ½ cup of live unsweetened yogurt
- COMPRESSES - Hot or cold
- MASSAGES - Stress, anxiety, insomnia, chronic or acute pain, enhances immunity, relieves muscle spasms, relaxes and soothes nervous system
- INHALATION - Diffuser, direct palm, from bottle, steam inhalation  
- Nose, throat and lung disorders respond well to this application. See expanded section on potential benefits of Olfactory Aromatherapy (below).
- INTERNALLY - Add to water and shake vigorously or add directly to a teaspoon of honey
- SUPPOSITORIES (rectal or vaginal) - Cocoa butter, sesame oil, essential oils
- SALT SCRUB
- BATHS - Add epsom salt and / or sea salt with 10 drops of an essential oil, soak for at least 20 minutes or longer

- FOOT BATH

1) Hot | 100-110 degrees F

Balance circulation by the dilation of blood vessels of the legs, relieves congestion of the brain and other organs, stimulates the involuntary muscles of the uterus, intestines, bladder, insomnia, lung congestion

2) Cold | 45-55 degrees F

Contraction of the vessels and muscles of the uterus and organic connected with it, intestinal peristalsis and contraction of the bladder is stimulated, blood vessels of the brain, stomach, liver, bladder and intestines contract

- SHOWERS - Halfway through shower turn off water briefly to apply all over body or desired / recommend area, then continue showering as usual.

*Blends ideal for shower application: Balance, Renew, Energize, Release, Breathe*

- IDEAS FOR TOPICAL APPLICATION

One drop inside wrists, top of head (seventh “crown” chakra - higher love), base of skull, base of spine (first “root” chakra - family and tribe), soles of feet, palms of hands, between eyebrows (sixth “third eye” chakra - mind clarity), sternum, belly button, neck, between breasts (fourth “heart” chakra, heart - love)

- USE WITH REFLEXOLOGY



## INTERNAL USE

- Never use with children (under six) or infants. Exception can be made for cough syrup.
  - Goals for internal use: cough, preventing full-blown flu, bronchitis, anxiety, to heal rectal fissures or hemorrhoids, to support immunity, to address or treat biofilms and pathogens, to detox liver.
  - Add essential oils to teaspoon of honey. Add essential oils to 2 oz. of water or milk of choice, shake vigorously, then drink.
  - Dosage recommendations are provided on the website. Blends that can be taken internally are
    - 1) **Balance** . *Lyme, Biofilm and Immune Support*
    - 2) **Renew** . *Lyme, Biofilm and Immune Support*
    - 3) **Rejuvenate** . *Liver, Detoxification and Digestion Support*
    - 4) **Belly Bliss** . *Digestion, Liver and Intestinal Support.*
- \* Some of these blends contain a carrier oil which means you can use a higher dosage on them relative to the graph below which is specific to undiluted single oils and blends.

DOSAGE FOR UNDILUTED (SINGLE OR BLEND) OILS	
1 drop	23-28 mg
1ml	24-35 drops
1 drop per ten kilograms of weight	60 kgs (132 lbs) = 6 drops per day
typical dose	2 drops, 2 times a day (typically staying under 10 drops a day is ideal)



# SAFETY

## GENERAL GUIDELINES

- Read and follow all labels and refer to product page for additional information.
- Do not use on babies, children or pets.
- Do not store around flames, heat or ignition sources .
- Always patch test diluted essential oil on the inner arm before using; do not use if redness or irritation occurs.
- If you have sensitive skin or any serious medical condition, do not use essential oils unless you have consulted with physician or medical professional.

## PREGNANCY AND LACTATION

- Although positive safety information is not available for many essential oils during pregnancy, the same is true for many prescription, over the counter drugs and supplements.
- Aromatherapy is unlikely to have any unwanted effect on oral contraception or hormone replacement therapy.
- Many essential oils probably cross the placenta and reach the embryo or fetus but this does not necessarily indicate risk.
- Essential oils that are contraindicated during pregnancy should be avoided throughout pregnancy and not just during the first semester.
- Contraindicated during pregnancy and lactation: Anise, Birch, Black Seed, Buchu, Carrot Seed, Cassia, Cinnamon Bark, Chaste Tree, Cypress, Fennel, Dill, Feverfew, Ho Leaf, Hyssop, Lanyana, Spanish Lavender, Mugwort, Myrrh, Myrtle, Oregano, Parsley Leaf, Parsley Seed, Pennyroyal, Rue, Sage (Dalmatian and Spanish), Savin, Tansy, Thuja, Western Red Cedar, Wintergreen, Wormwood (all types), Yarrow.

## CHILDREN

- Seek medical advice when using aromatherapy with children.
- Some essential oils are generally considered safe provided they are used in very low dilutions. These oils should be applied topically for a short period of time and under the guidance of a medical professional. They are Lavender, Roman Chamomile, Neroli, Rose, Sweet Orange and Tea Tree.
- The Well Scent line, with the exception of Watch Your Mouth for Kids, was designed for adult use only.
- Hydrosols are an option for use with children and, while subtle, are remarkably effective.

### ADDING HYDROSOLS TO YOUR BATH

Infants to six months	add 1 teaspoon of chosen hydrosol to an infant bathtub or 2 teaspoons for an adult tub filled to baby depth
Children up to twelve years of age	add 1 teaspoon of hydrosol per year of age, up to a maximum of 8 teaspoons
Foot baths	add 2-3 tbsp for foot bath



## WELL SCENT DENTAL LINE TESTIMONIALS

*-Small clinical trial from a biological dentist office, Nunnally, Freeman and Owens-*  
I am really enjoying your products! I have some exciting feedback from our dental practice on your dental and oral health care blends. We used the phase microscope on all our patients in hygiene and all new patients on the doctors' side. I took a bacteria slide on my two assistants. On both slides we noted several different types of bacteria that could cause gingivitis or periodontal disease. For example, spirochetes, gliding rods, and spinning rods. I had one assistant's brush with just Watch your Mouth and then retested. I then had the other assistant brush with Shine mixed with Watch your Mouth. Both slides improved but the one that used both improved more and we did not note any bacteria or spirochetes. These are the form of bacteria that breaks down the bone around the teeth. I was impressed how it lowered the bacteria just by brushing the teeth. I will continue to monitor the products and let you know any new info. Please use this information in your education to support the science behind these formulations. Thank you for sharing your line with us.  
*Tabitha Long RDH Stuart, [Nunnally and Freeman Healthy Smiles for Life](#)*

I recommend Well Scent's dental line as part of a comprehensive treatment and prevention approach for every patient regardless of their health goals. The feedback from both patients and dentists has been outstanding. Dentists are shocked by how much Well Scent's products reduce plaque build-up, staining, biofilms and cavities in their patients. These products are so effective and well formulated that I choose to use them personally both for myself as well as for my young children.

*Katie Dahlgren, ND, [Holistic Healing Arts](#)*

I feel confident prescribing Well Scent products for my patients because of their high quality standards and therapeutic properties. Watch Your Mouth combined with Shine Dental Powder is a staple in my treatment protocols. This combination clears hard to treat dental infections. I love the Well Scent line personally and professionally.

*Christine Schaffner, ND, Clinic Director of [Sophia Health Institute](#) & Founder of [Bella Fiore Klinik](#)*

Using Dr. Klinghardt's Autonomic Response Testing (ART), I have found that only a small fraction of the sea of natural products on the market will energetically balance my patients. I have learned to be very picky about what I recommend. Since other ART practitioners have found that Watch Your Mouth tested well, I wanted to test it in my practice. I have found that Watch Your Mouth is one of those few products which energetically matches me and many of my patients.

*Dave Ou, MD, [Bridges to Health](#)*

Much of chronic illness begins in the mouth. A focus on improving dental health is a focus on improving overall health. I personally use Well Scent's Watch Your Mouth essential oil blend instead of toothpaste. It is an easy option that I incorporate into my daily routine to keep my health on a good path. Thanks for these wonderful products!

*Scott Forsgren, Editor and Founder of [BetterHealthGuy](#)*

I highly recommend the Well Scent Dental Care line to my friends, family and patients. The results are impressive. Using these products is a simple option to assist in improving and maintaining one's dental health. Many thanks for such a fantastic product!"

*Alireza Panahpour, DDS, Systemic Dentist, Bellevue, WA*

I am constantly searching for effective treatment methods to address bacteria, biofilms, and toxins from dental infections. I have been loving the combination of Watch Your Mouth and Shine Dental Powder personally. Both myself and my team recommend Well Scent for our patients.

*Dietrich Klinghardt, MD, PhD, [The Klinghardt Academy](#), Seattle, WA*

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### RELATED POSTS

[Essential Oils in the Practice of Oil Pulling](#)  
[Health Beginning in the Mouth](#)



## HELPFUL LINKS

- [Practitioner Interview Series](#)
- [Frequently Asked Questions](#)
- [Professional and Wholesale Inquiries](#)
- [Wellness Resources](#)
- [Testimonials](#)
- [Press](#)
- [Giving Back](#)
- [Blog](#)

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- Medical Aromatherapy, Healing with Essential Oils, Kurt Schnaubelt, Ph.D.
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- The Dynamics of Blending - The East-West School for Herbal and Aromatic Studies
- [Essential Oils As Expressions Of Botanical Intelligence with David Crow, NAHA Conference](#)
- [Essential Oils Might be the New Antibiotics](#) - The Atlantic
- [Essential Oils Research](#)
- [The East-West School of Herbal and Aromatic Studies](#)
- Essential Oil Safety (Second edition), Robert Tisserand and Rodney Young
- [Dentinal fluid transport - revolutionary theory of natural caries resistance and cariogenesis, Dr. Steinman & Dr. Leonora](#)

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