

*PRACTITIONER +
NEW CUSTOMER
GUIDE*



WELLSCENT

Essential Oil Blends & Nutraceuticals

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THE ART AND SCIENCE OF BOTANICAL MEDICINE

Practitioner and New Customer Guide to Well Scent



Welcome!

My name is Stacy Shuman and I am the owner and founder of Well Scent, a Austin-based apothecary of organic aromatic medicine. I created the foundation of this line to support my healing from Late Stage Lyme Disease.

I was initially approached by a compounding pharmacy in Austin and Klinghardt-trained Dr. Katherine Dahlgren from the Seattle area to make my line available to patients, and the general public. Dr. Christine Schaffner shared the line with Dr. Klinghardt, and that connection essentially connected me to a vast network of customers, patients, wellness practitioners, biological dentists and integrative physicians.

[BIO](#)

[LINKEDIN](#)

[STACY'S LYME TREATMENT](#)

Topics of Personal Interest

Lyme as a medium for mind-body transformation and spiritual growth, integrative and energetic medicine, biological dentistry, detoxification, sustainable and biodynamic agriculture, entrepreneurship, travel, philosophy, Buddhism.

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 & brand changed?

We have been in business since 2012 and have grown exponentially through referrals and word of mouth. We stepped into our light as a beacon of hope for the Lyme community by providing resources for inspiration and education. We network with physicians, 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?

Intrinsic to the philosophy I have for building a "conscious" and "energetic" business, I consider every single individual aspect of this business to be vital to the whole. This starts with the product: how it is sourced, delivered, tested, received and stored.

We work with organic and wildcrafted oils that have been tested by a third party. Then we imprint these blends [according to the work of Dr. Masuru Emoto](#) before storing them carefully in faraday bags to mitigate EMF/ WiFi exposure. We place specially selected crystals in each bag to further imprint the blends.

And while many companies provide marketing material, we aim to provide instead an experience. My love of art, travel, and beautiful things inspires me to keep reaching for ways to elevate the customer experience so that touching a product, or perusing a website becomes experiential, a form of artistic expression, and creates a bridge of resonance, so that our community can find us.

We also run our business with intention. We post with intention, we create our products with intention, and we interface with our customers with intention. When you contact Well Scent, you are speaking directly with one of us. We engage with our community 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, Autism, Chronic Fatigue, etc.,?

Allopathic medicine focuses on the pathogen, the microbe, the fungus, the infection, etc., The blends I create, on the other hand, are antimicrobial in nature but they are also balanced with additional oils that support the whole body.

For example, in every antimicrobial blend 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) and immune health. The physicians we work with agree this is a unique aspect of our work.

Another exceptionally unique advantage to using essential oils blends to treat chronic infections relate to how they interact with biofilms. Biofilms are a way that bacteria hide from the immune system which makes treatment more difficult. However, essential oils break up biofilm communities so that the bacteria are exposed. This 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 with doctors treating Lyme Disease. One doctor gave me notes from a training he had attended on oils that were helpful specifically with Lyme Disease. I used that education to create two blends that are not routinely written into patient protocols ([Balance](#) and [Renew](#)).

The 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 and Mold 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



N° 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.

N° 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

N° 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.
- Essential oils stimulate detoxification.
- Essential oils contain anti-oxidant properties.
- Essential oils contain hundreds of individual compounds that work synergistically to produce long term immunological protection and decrease the likelihood of microbial resistance.
- Essential oils offer an alternative to antibiotics without the risk of developing antibiotic resistance.
- Essential oils cross the blood-brain barrier (due to size of molecules).

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

- Essential oils inhibit bacterial pathogens.
- Essential oils contain the ancient immunological intelligence of the whole plant organism.
- Essential oils support adaptive immunity.
- Essential oils bypass the gut when used topically or through inhalation.
- Essential oils incite tissue regenerating (with inhalation).
- Essential oils stimulate and support the body's own natural healing abilities.
- Essential oils are holistic; holding that all parts are supported.
- Essential oils support self-healing.
- Essential oils are 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)

- Essential oils are lipophilic messengers - receptor research may support that aromatic medicine directly impacts neurotransmitter health.
- Essential oils are high-tolerability when used appropriately.
- Essential oils have immediacy of action.
- Essential oil use moves away from a scientific model using male-dominated language around medicine, (i.e. “the cancer war”, “killing germs”, “developing new weapons against”, etc.).
- Essential oils increase consciousness, works on all planes (i.e. material, vital, mental, spiritual, psychosocial).
- Essential oils unite body and soul, human and plant.
- Essential oils provide broad spectrum support: 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)
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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 Schnaubelt, 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.

BENEFITS OF OLFATORY 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

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
Watch Your Mouth or Just for Grins	 Dental Care Line	Localized and general infections, biofilms, inflammation, halitosis, use around	Apply 2-3 drops to dry toothbrush, add Shine or Sparkle, brush.
Shine	 Dental Care Line	Exfoliant, remineralizer, polish, highly nutritive	Dab onto brush after first using Watch Your Mouth or Just for Grins
Sparkle <i>Dental Whitening + Herbal Detox</i>	 Dental Care Line	Teeth Whitening and Herbal Detox Support	Use as needed to detox mouth and whiten teeth.
Balance <i>Proprietary blend, multipurpose</i>	 Health + Wellness	Lyme, immune, biofilm, organ health, antimicrobial, emotionally grounding	Topical/ dermal, inhalation, internal. See product page for suggestions.
Renew <i>Proprietary blend, multipurpose</i>	 Health + Wellness	Lyme, immune, biofilm, inflammation, antiviral, antifungal	Topical/ dermal, inhalation, internal. See product page for suggestions.
Release <i>Lymphatics, Circulation, Detox</i>	 Health + Wellness	Lymph support, varicose veins, promote circulation	Apply around neck, clavicle area, under armpits, along groin area. May be used with skin brushing or a Clarisonic Brush.
Relieve <i>Pain & 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
Protect <i>Antiinfectious, flu prevention & 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.
Resolve <i>Herpes & Canker Sore Support</i>	 Health + Wellness	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.
Rejuvenate <i>Liver, Detoxification & Digestion Support</i>	 Health + Wellness	Liver support, detoxification support, digestion support	Apply directly over liver or use in compresses. May be taken
Mold Plus	 Health + Wellness	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



“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

- Strong anecdotal support from patients, doctor's, wellness practitioners and biological dentists amassed since 2012. To read our patient and practitioner testimonials, please visit our [website](#).
- 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.

Your teeth are alive!

N° 1

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.

N° 2

Many experts have suggested that up to 80% of autoimmune disorders and imbalances in the body begin with bacteria in the mouth.

N° 3

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 Watch Your 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 gums, 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

INSIGHT INTO 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
- **Neem Oil** has shown in studies to 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.

INSIGHT INTO OUR PRIZED DENTAL CARE INGREDIENTS, cont'd



- **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.

- **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*.

- **Neem** has shown in studies to 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 a q-tip or finger to apply.

Well Scent Recommends: [Resolve](#)

- CLEANSERS - Add 2 - 6 drops of essential oil to ½ cup of live unsweetened yogurt. Well Scent Recommends: [Lavender](#)

- COMPRESSES - Add 1 - 3 drops of essential oil to one cup of hot or coldwater, then apply to compress. See bath entry (below) for information on benefits of hot vs. cold applications. Multiple blends and single oils will work really well with this method. Well Scent recommends: [Rejuvenate](#) (if using with a castor oil liver pack)

- MASSAGES - To enhance immunity, relieve muscle spasms, relax and soothe nervous system, add 5-10 drops to a cup of organic coconut oil, jojoba or olive oil.

Well Scent Recommends: [Relieve](#), [Balance](#), [Renew](#), [Release](#) and

- INHALATION - Methods of delivery for inhalation include using a diffuser but this can also be done more simply with the direct palm method (apply oils to palms of hands and cup over nose, or simply cup hands around opened bottle of essential oil before breathing deeply). Disorders affecting the nose, throat and lungs respond well to this application. (Note: See expanded section on potential benefits of Olfactory Aromatherapy, page 8). Well Scent Recommends: [Breathe](#)

- SUPPOSITORIES (rectal or vaginal) - Easily made with suppository molds (or mini ice cube trays) cocoa butter, oil of choice and essential oils. Search online for supplies, recipes and applications.

- SALT SCRUB - One cup coarse salt, ½ cup oil of choice, 5-10 drops of essential oil. Well Scent Recommends: [Under the Stars](#), [Peppermint](#), [Cistus](#), [Lavender](#), [Release](#)

- BATHS - Add epsom salt and / or sea salt with 10 drops of an essential oil, soak for at least 20 minutes or longer. Well Scent Recommends: [Release](#), [Over the Moon](#), [Balance](#)

- 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](#), [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 prescriptions, 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



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



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 was first introduced to Stacy and her product line while I was working as a nutritionist at Sophia Health Institute in WA, and sensed she had a lot to offer to the world. Her products are high quality, high vibrational and deliver results in a healing way on all levels in the body. I have been using Sparkle to support my oral health and have been loving the results. It is supportive for reducing gum inflammation, boosting immune health and creating a sparkling smile. I have been honored to incorporate Well Scent into my wellness practice in NJ and educate the community.

Kate Strakosch, [Founder Sunshine Kate's](#)



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

HELPFUL LINKS



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

SOURCES

- The Healing Intelligence of Essential Oils, The Science of Advanced Aromatherapy, Kurt Schnaubelt, Ph.D.
- Medical Aromatherapy, Healing with Essential Oils, Kurt Schnaubelt, Ph.D.
- Aromatherapy Foundations Certificate Program, David Crow
- 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
- [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](#)



*Thank you for being a part of
our community!*

    | WELL-SCENT.COM | 888-601-5473



WELLSCENT

Essential Oil Blends & Nutraceuticals