

EPOCH® ESSENTIAL OILS FREQUENTLY ASKED QUESTIONS

WHAT ARE ESSENTIAL OILS?

Essential oils are volatile (quickly evaporating) aromatic fluids extracted from plants through steam distillation or expression (pressing the rinds). These oils are found in tiny sacs or globules within the plant and are highly aromatic. Although they are referred to as oils, they are not fats. Essential oils can be extracted from the leaves, stems, roots, bark, flower, or resin from a wide variety of botanicals. These oils can be used for fragrance as well as for their therapeutic benefits.

ARE EPOCH ESSENTIAL OILS THERAPEUTIC GRADE?

Epoch Essential Oils are of the purest, most natural quality. Our products are Pure Grade essential oils, an industry standard expert distillers give to products made with the highest-quality plants. The term “therapeutic grade” is a marketing term some companies use to designate quality. Nu Skin chooses to follow the U.S. Food and Drug Administration’s guidelines to not designate essential oils as products used for therapy.

ARE EPOCH ESSENTIAL OILS ORGANIC?

Epoch Essential Oils are not organic. The term is an official certification given to farms that have been approved by a government or other organization by meeting certain production criteria. Many of Nu Skin’s partner farmers live in countries where organic certification is not an option. Plus, there are some essential oils that come from plants that are wild crafted.

DOES NU SKIN GROW ITS OWN PLANTS?

Nu Skin carefully selects and sources its oils from expert growers all over the world to supply its pure essential oils.

DOES NU SKIN DISTILL ITS OWN OILS?

Nu Skin carefully selects and sources its oils from expert distillers all over the world to supply its pure essential oils.

DOES NU SKIN TEST EPOCH ESSENTIAL OILS FOR QUALITY?

Yes. Nu Skin applies its rigorous 6S Quality Process by confirming each oil is pure and safe to use. This process includes specific attention to selection, sourcing, structure, standardization, safety, and substantiation.

HOW DO I USE EPOCH ESSENTIAL OILS?

There are many ways to use the products for both an aromatic and topical experience.

1. One of the most popular ways to use essential oils is for their aroma. Simply place a drop or two in your palms, bring your hands up to your face, cover your mouth and nose, and breathe deeply.
2. Another great way to experience Epoch Essential Oils is to use them in an Epoch diffuser.
3. Topical usage is also extremely popular. You can apply Epoch Essential Oils to the skin. Each essential oil single and blend will give a different experience. Always follow recommended safety instructions when applying essential oils to the skin.

CAN I INGEST EPOCH ESSENTIAL OILS?

No. Epoch Essential Oils are not nutritional supplements and are for aromatic and topical usage only. Do not ingest the oils.

HOW MUCH ESSENTIAL OIL SHOULD I USE ON MY SKIN?

There is not a limit to how frequently you can apply Epoch Essential Oil to the skin. Remember essential oils are very concentrated and a little goes a long way. When applying to the skin, always mix one or two drops of essential oil with one teaspoon of Epoch Topical Blending Oil. It is important to know how your skin will respond to essential oils. Test only one essential oil at a time. Mix one drop of Epoch Essential Oil with Epoch Topical Blending Oil and rub on an inconspicuous area of your body (e.g. under the forearm or the underside of the bicep). Wait 30 minutes. Continue using the product only if you do not notice irritation. If irritation occurs, discontinue use immediately.

HOW MUCH ESSENTIAL OIL SHOULD I USE IN MY DIFFUSER?

There is not a limit to how much Epoch Essential Oil you can breathe in aromatically. Essential oils are very concentrated and a little goes a long way so prudence is recommended. When using the Epoch Mist diffuser, add 15-20 drops of oil to the water reservoir. For the Epoch Mini Mist diffuser, add 10-15 drops of oil to the diffuser water bottle and fill the reservoir. See the diffuser user manuals for detailed instructions.

HOW OFTEN CAN I USE EPOCH ESSENTIAL OILS?

Use as often as needed. As you use the products, listen to your body and adjust as needed.

HOW DO I USE EPOCH TOPICAL BLENDING OIL WITH THE ESSENTIAL OILS?

When applying Epoch Essential Oils to the skin, first blend with Epoch Topical Blending Oil. Add a small amount of blending oil in the palm of the hand or small mixing bowl, add one or two drops of essential oil, mix together, and apply to the skin as desired.

WHAT IF I EXPERIENCE DISCOMFORT OR IRRITATION WHEN USING ESSENTIAL OILS?

Mixing Epoch Topical Blending Oil with Epoch Essential Oil will minimize potential skin irritations. However, some people are more sensitive to skin care products than others. If you do experience any discomfort or irritation, discontinue use and consult a health-care professional if necessary.

WHERE ON MY BODY SHOULD I USE ESSENTIAL OILS?

Where you use essential oils on your skin depends on the product use instructions. For example, apply Epoch Move essential oil blend to the part of the body that needs temporary muscle soothing. Apply Epoch Peppermint to the back of the neck or lightly on the temples or forehead. You can easily apply many of the oils to the bottom of the feet. Pay attention to how your body reacts to the essential oils and adjust accordingly.

WHERE ON MY BODY SHOULD I NOT USE ESSENTIAL OILS?

Avoid the eyes, eye area, mouth, and other areas on the skin that are particularly sensitive.

CAN I USE ESSENTIAL OILS WHILE PREGNANT OR NURSING?

Always consult a healthcare professional before using essential oils when pregnant or nursing.

CAN I USE ESSENTIAL OILS ON CHILDREN?

Children are particularly sensitive to essential oils. Always consult a healthcare professional before using essential oils on children.

HOW DOES SUN EXPOSURE AFFECT ESSENTIAL OIL USE?

Some essential oils, especially citrus, have a phototoxic effect. Phototoxicity means that oils increase the risk of skin damage when exposed to sunlight—especially ultraviolet rays. When using essential oils on the skin, do not expose that skin to sunlight for at least a day (or until the oil is thoroughly washed off).

HOW WILL ESSENTIAL OILS POTENTIALLY INTERACT WITH MY PRESCRIBED MEDICATIONS?

Generally, essential oils do not adversely affect prescription medications. If you suspect an allergic reaction, discontinue use immediately and consult a healthcare professional.

WHAT IS A DIFFUSER AND HOW DOES IT WORK?

The Epoch Mist and Mini Mist diffusers use ultrasonic technology to diffuse Epoch Essential Oils into the air. The ultrasonic plates on the diffusers evaporate the water and oil together and push the vapor into the air.

HOW ARE EPOCH ESSENTIAL OIL MANUFACTURED?

All Epoch essential oils are either steam distilled or cold pressed (as in the case of all citrus).

HOW IS EACH ESSENTIAL OIL SUPPOSED TO BENEFIT ME?

Epoch essential oils give people an aromatic experience unique to the ingredients used. Please refer to the product information page (PIP) for specific benefits.

HOW ARE OUR ESSENTIAL OILS DIFFERENT THAN OTHER COMPANIES' ESSENTIAL OILS?

- Epoch essential oils offer blends that are unique to Nu Skin.
- Nu Skin has the rigorous 6S Quality Process to assure quality and purity.
- For centuries, indigenous cultures improved their lives with botanicals, from topical uses to aromatherapy. Nu Skin has collaborated with one of the world's leading ethnobotanists and found ways to infuse this wisdom into your modern lifestyle.
- As part of Nu Skin's mission to improve lives, Nu Skin donates \$.25 from each Epoch Essential Oil sale to the Nu Skin Force for Good Foundation- giving back to the communities that share their wisdom with us.

CAN EPOCH ESSENTIAL OILS BE USED IN DIFFUSING PRODUCTS?

Yes, Epoch Essential Oils can be used in a variety of diffusers including the Mist and Mini Mist Diffusers.

CAN EPOCH ESSENTIAL OILS BE APPLIED TO THE BOTTOM OF YOUR FEET?

Yes, Epoch Essential Oils can be applied topically to the bottom of the feet, as well as other parts of the body, when mixed with Epoch Topical Blending Oil, To enjoy an aromatic experience. Avoid the eyes, eye area, mouth and other areas on the body where skin may be particularly sensitive.