



NU SKIN®

epoch®

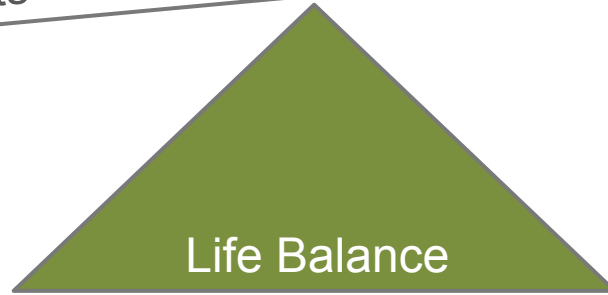
# Essential Oils

Connecting with People and the World Around You



Technology at our  
fingertips  
Hectic schedules  
Man-made environments

Natural living  
Thoughtful behaviors  
Mindful experiences



Our modern lifestyles can detract from meaningful connections with the world, leaving us feeling unbalanced.



## Did you know?


Globally we spend six hours and 50 minutes a day looking at digital displays.

26 percent of consumers across all age groups say they “spend too much time on the internet for no particular reason.”



Amid our daily rigors, we  
want more meaningful  
connections with people,  
cultures and the world  
around us.



A close-up photograph of a person's hands holding a small, round, light green botanical specimen, possibly a seed or fruit, against a background of large green leaves. The person is wearing a purple beaded bracelet on their left wrist and a silver ring on their right hand. The text is overlaid on the right side of the image.

For centuries,  
indigenous cultures  
improved their lives  
with botanicals, from  
topical remedies to  
aromatherapy.



Nu Skin has collaborated with the world's leading ethnobotanists and found ways to infuse this wisdom into your modern lifestyle.

# Introducing Nu Skin Epoch Essential Oils

Ethnobotanical solutions  
that enhance human  
interactions and create  
sensory experiences with  
your world.





# Epoch Essential Oils



# Epoch Essential Oils Singles



Peppermint



Lavender



Lemon

# Ethnobotanical Peppermint

## *Mentha piperita*

People have used peppermint for centuries as a valuable flavoring.

The Native American Cherokee and Mohegan used peppermint for its various healthful qualities.



# Epoch Peppermint Essential Oil



Applying Epoch Peppermint to your skin or diffusing it in the air creates an exhilarating sensation that will motivate you throughout your day.

## AROMATIC PROFILE

Strong, sharp, menthol

## USES

- Massage on the back of your neck
- Apply above your upper lip to diffuse into your senses
- Use when studying
- Dab into a wet cloth for use on a hot day
- Diffuse in an Epoch diffuser

# Ethnobotanical Lavender

## *Lavandula angustifolia*

Many cultures used lavender as a relaxing form of aromatherapy.

For centuries, people have used lavender as a basic ingredient for many fragrances.

Romans used lavender for its cleansing and healthful properties.



# Epoch Lavender Essential Oil



The natural floral aroma from Epoch Lavender essential oil provides a sense of tranquility, peace, and relaxation.

## AROMATIC PROFILE

Floral, herbaceous, earthy

## USES

- Diffuse in an Epoch diffuser
- Apply to the bottom of your feet
- Use with bath salts for a luxurious, aromatic bath
- Apply on your wrists as a fragrance
- Apply on your back when restless
- Use when massaging your scalp
- Dab on your pillow before bed

# Ethnobotanical Lemon

## *Citrus limon*

Lemon was prized for its medicinal virtues in Egypt and Syria.

Sailors used to eat citrus fruits for better health on long voyages.

Early lemon fruit first became popular among people in Asia and Arabia.



# Epoch Lemon Essential Oil



Like the zest of a lemon peel, this vibrant, light essential oil gives any space a feeling of crisp freshness that will surprise and delight.

## AROMATIC PROFILE

Bright, tangy, pure, fresh

## USES

- Diffuse in an Epoch diffuser
- Add a drop to your dishwasher's rinse cycle
- Mix in water and use as a rinse on fruit
- Use to remove unpleasant smells from wet laundry



# Epoch Essential Oil Ethnobotanical Blends



**Assure**  
Cinnamon Clove Blend



**Move**  
Wintergreen Juniper Blend



**Brisk**  
Eucalyptus Pine Blend



**Burst**  
Citrus Mint Blend



**Unwind**  
Lavender Bergamot Blend

# Ethnobotanical Cinnamon and Clove

Cinnamon and clove were used in the Imperial Courts of China and Japan as incense to impart a sense of cleanliness.

Historically, some Asian royalty required subjects to approach the throne with clove in their mouths.

Cinnamon oil was traditionally used for its healthful qualities throughout Southwest Asia.



Cinnamon  
*Cinnamomum*  
*Zeylanicum* Bark Oil



Clove  
*Eugenia Caryophyllus*  
(Clove) Flower Oil

# Epoch Assure Essential Oil Blend



Epoch Assure is a potent blend of cinnamon, clove, and other pure essential oils that help the air and surfaces feel exceptionally clean.

## USES

- Put directly on the soles of your feet
- Diffuse in an Epoch diffuser
- Use in pet cages
- Add to your dishwasher's wash cycle
- Add to mop water
- Add to laundry wash cycle

## Other Blend Ingredients

Lemon, Eucalyptus, Rosemary, Orange, Cardamom, Ginger, Bergamot, Lime

# Ethnobotanical Wintergreen and Juniper

Indigenous North Americans used wintergreen and juniper for wellness and for their healthful properties.



Juniper  
*Juniperus Communis*  
Fruit Oil



Wintergreen  
*Gaultheria procumbens*

# Epoch Move Essential Oil Blend



Epoch Move is an invigorating topical blend of wintergreen and juniper essential oils, used to temporarily soothe minor aches and pains.

## USES

- Rub on your lower and upper back
- Apply to your legs after a vigorous walk or run
- Massage on your arms after a workout
- Use with a warm compress along your spine
- Dab on your temples
- Rub on your forehead

## Other Blend Ingredients

Eucalyptus, Peppermint, Siberian Fir, Rosemary, Spearmint

# Ethnobotanical Eucalyptus and Pine

Australians traditionally used eucalyptus to help ease breathing.

Aborigines used the eucalyptus leaf for its healthful properties.

Native Americans used pine to treat pains.



Eucalyptus  
*Eucalyptus*  
Globulus Leaf Oil



Pine  
*Abies Sibi*

# Epoch Brisk Essential Oil Blend



Boost your senses with Epoch Brisk essential oil blend and clear your airways with the reviving aromas of a pine and eucalyptus forest after a cleansing rain.

## USES

- Put directly on the soles of your feet
- Rub under your nose
- Rub on your upper chest
- Diffuse in an Epoch diffuser
- Drop in a hot bath and soak
- Drop in a steaming bowl of hot water and deeply inhale the vapors

## Other Blend Ingredients

Lemon, Nutmeg, Tea Tree, Thuja, Thyme

# Ethnobotanical Citrus and Mint

Spaniards brought citrus to Florida in the early 1600s and the Native American Seminole used the fruit for food.

The Native American Cherokee used spearmint as an analgesic.



Spearmint  
*Mentha Viridis*

Citrus  
six citrus peel oils





# Epoch Burst Essential Oil Blend



Enjoy the zest of Epoch Burst essential oil blend—an energetic blend of citrus and mint essential oils.

## USES

- Use on kitchen or bathroom surfaces
- Spray in cars, offices, and bathrooms
- Diffuse in an Epoch diffuser
- Drop on your wrists

## Other Blend Ingredients

Grapefruit, Lemon, Tangerine, Lime, Bergamot, Orange, Spearmint, Black Currant, Cistus, Elemi

# Ethnobotanical Lavender and Bergamot

Arabians tied fresh lavender leaves and flowers to the head or rubbed lavender on the forehead for wellness.

On the island of Socotra, people used lavender for its healthful properties, and they rubbed it on hair and clothing for its fragrance.

In Southern Italy, people have long used Bergamot (*Citrus bergamia*) for wellness and as a source of fragrance.



Lavender  
*Lavandula Angustifolia*



Bergamot  
*Aurantium Bergamia*

# Epoch Unwind Essential Oil Blend



Quiet your mind and calm your spirit with Epoch Unwind, a centering blend of lavender, bergamot, and other balancing essential oils.

## USES

- Apply to the bottom of your feet
- Use with bath salts for a luxurious bath
- Diffuse in an Epoch diffuser
- Apply to your back when restless
- Use when massaging your scalp
- Rub on your pillow before bed

## Other Blend Ingredients

Eucalyptus, Clary Sage, Sandalwood, Patchouli, Vetiver, Cistus

Nu Skin donates \$0.25 of your Epoch Essential Oils purchase to the Nu Skin Force for Good Foundation—reaching lives around the globe.





The delightful benefits of Epoch Essential Oils from Nu Skin make it natural to share them with others.

# Epoch Diffusers



## Epoch Mist Diffuser

At home or the office, bring a touch of nature to any space

- Ultrasonic technology
- Natural bamboo and glass



## Epoch Mini Mist Diffuser

The perfect way to enjoy Epoch Essential Oils on the go.

- Ultrasonic technology
- Fits in your purse or pocket

epoch®

Enjoy rich connections with people and the world around you while giving back with Epoch Essential Oils.





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# Essential Oils

Connecting with People and the World Around You

