



# Solle Essentials™ Clarify



Solle Essentials™ Clarify is an anti-inflammatory blend which promotes cellular health that can lead to increased gut health, brain function and decision making. Overcome that stagnate feeling with the pure essential oil blend of: lemongrass, spearmint, rosemary, black pepper, fennel, and sweet basil.

## **Lemongrass, *Cymbopogon flexuosus***

Nerve health – nervous, nerve pain, nerve communication and neurotransmitter transit  
Fatigue, jet lag, sluggish, concentration, focus, memory, alertness  
Eliminates lactic acid build-up, decongest stuckness  
Strengthens connective tissue and immune weakness  
Promotes inspiration and wise judgment

## **Rosemary, *Rosmarinus officinalis***

Historical significance with love, death and remembrance  
Memory, focus, concentration, alertness, accuracy, performance, endurance, mental fog, adrenal support  
Circulatory stimulant, respiratory clarity, lymphatic decongestant  
Lethargy, self-confidence, self-esteem  
Helps release negative thought patterns and renew enthusiasm  
Helps one clean out clutter to move forward  
Antibacterial, antifungal, cephalic, diuretic, stimulant, nervine

## **Spearmint, *Mentha spicata***

Digestive and gastrointestinal health and clarity – colitis, diverticulitis, candida, urinary health, skin issues  
Mental clarity, focus, concentration, alertness, tired mind, stress, sluggish, memory enhancement  
Cooling, refreshing, invigorating, motivating (especially movement)  
Helps one move forward  
Encourages a lightness of being, child-like, fun, free, clear

## **Black Pepper, *Piper nigrum***

Stimulates circulation – mentally and physically  
Promotes liver, urinary and digestive movement  
Focus, concentration, memory, endurance, stamina  
Reduces heat, irritability, frustration, insecurity, general weakness  
Increases endurance to handle life's challenges with clarity and openness  
Increases blood flow

## **Fennel, *Foeniculum vulgare var. dulce***

Intestinal, urinary, liver issues – aids body in detoxification process  
Release creative blocks, promotes clear thinking, minimizes over-thinking and over-analysis  
Lymphatic congestion, gastrointestinal sluggishness  
Brings clarity while detoxifying  
Opens up courage, fortitude and inner wisdom  
Helps one "digest" situations and circumstances

## **Basil, *Ocimum basilicum***

Digestion, - stimulates appetite, improves digestion and relieves flatulence, strength during fasting  
Respiratory, liver congestion  
Strengthens nerves – communication, regeneration, message delivery, paralysis, Parkinson's  
Nervous debility; mental fatigue, concentration, congestion,  
Antiviral, antibacterial, insecticide, nervine, anti-rheumatic  
Opens the mind, promotes clarity in thinking

## The Solle Difference

- 100% pure, unadulterated essential oils (ecocert when possible)
- Sourced from a certified organic laboratory with Eco-Certification and USDA Organic Certified
- Sourced from sustainable, environmentally conscious harvesting practices and reputable suppliers
- Specifically formulated to complement Solle's Clarifying Products

## Three Home Uses

**Memory/Focus:** Use inhaler or diffuse in study/activity room.

**Breathing Relief/aerobic exercise:** Roll on chest and on sides of nose before exercise or anytime breathing is labored. (5 to 10 drops in 5 ml bottle)

**Circulation booster (cold hands/feet):** Add 20 drops to unscented lotion or massage oil and massage legs, feet and body to enhance circulation

## Product Use

- For topical use only.
- Add several drops of the Solle Essentials® Clarify to a carrier or diffuser.
  - Roll-on (.33oz) – 10-15 total drops in carrier
  - Spray (2oz.) – 15-30 total drops in a carrier
  - Diffuser – 5-15 total drops (depending on size of area)
  - Aromatherapy inhaler – 1-5 total drops
- Keep out of the reach of children.
- Use caution if serious health issues exist or if pregnant.

## Complementary Product

Solle Essentials® Clarify is formulated to work harmoniously with Solle Naturals other Clarifying products, ProBio IQ™ and SolleMegas®.

