

Solar Essence™ Applications

- **Topical Entire Body Skincare:** Improves feel, look and texture. Suitable for all skin types. May be applied to the face, hands and the entire body. Solar Essence™ can be used as an overall daily skincare routine. We suggest to start with massaging a few drops on your face and hands in the morning and at bedtime as a *minimum*. *As a great starting daily skincare routine procedure*, we suggest downloading the document on our website entitled **“Skin Test Instructions”** which includes a **“Daily Facial Massage”** routine to begin using Solar Essence™ and *put your skin to the test!* A topical dose can be repeated as often as desired. **Note:** The **“Skin Test Instructions”** document can be found at the *bottom* of our website’s Home page and/or under the main menu heading entitled **“MISC. INFO”**.
- **Makeup & Skincare Essentials (“All-In-One” Skincare):** Solar Essence™ combines makeup essentials with skincare benefits. It is a warehouse of daily routine makeup and skincare beauty staples that will help your skin look effortlessly flawless. Your morning routine can become faster and simpler if you can use a single **“All-In-One”** skincare product (like Solar Essence™) that packs sunscreen, facial moisturizer, skin toner, skin balancer, skin hydrator and numerous other infused skincare benefits that take up a lot less cabinet and countertop space!
- **Hair & Scalp Conditioner:** Solar Essence™ can moisturize and nourish the hair from root to tip. It has many essential oils for improving hair health (from helping hair grow to adding strength to shine). It’s extremely rich in beta carotene, vitamins, essential fatty acids and minerals making it highly beneficial for skin and hair. Apply a dime size amount, or more if needed. Let sit 10-15 min. Rinse, shampoo and style.
- **Nail Treatment:** Solar Essence™ is effective at keeping nail beds and cuticles supple. This may help to reduce the incidence of hangnails, and painful cracked skin around the nails. Rub Solar Essence™ into your cuticles after removing nail polish, which can be drying. You can also use it as a nighttime treatment for softening nail beds.
- **Aromatherapy (Oil Diffuser):** Aromatherapy is a complimentary therapy. It does not provide a cure for diseases, rashes, or illnesses, but it can support conventional treatment of various conditions. Solar Essence™ contains a plethora of essential oils known to improve sleep quality, health, cognitive functions, focus, uplifting mood, relaxation and calmness whether used aromatically to fragrance a room, purify/sanitize an air space or to inhale at bedtime to provide respiratory disinfection, decongestant, and psychological benefits.. Please see the **“Aromatherapy”** section and **“Directions For Use”** on in the subtopic page entitled **“Product Description”** listed under the main menu heading entitled **“ABOUT”** on our website. **Note:** As with all application methods, diffusion should be used in smaller doses, multiple times throughout the day to achieve the maximum benefits. Amount of Solar Essence™ diffused, proximity to diffuser and room size determine the necessary diffusing time length. Because every individual is unique, the dose will vary for each individual based on size, age, overall health status, and the intensity of the desired scent. The more oil diffused and a closer proximity to the diffuser will elicit a more potent effect.
- **Aromatherapy Massage Oil & Massage Practices:** Compliments the curative powers of a massage utilizing deep penetrative essential oils. Set the mood: dim the lights, light a candle, put on some soft music. (They do this stuff at professional massage spas for a reason!) Solar Essence™ compliments the curative powers of massage. Put Solar Essence™ into the palm of your hands and rub your hands together to warm it up. Massage any part of the body to your heart’s content. Solar Essence™ contains many of the best essential oils for a deep penetrating massage with a relaxing scent that melts away stress, soothes tired muscles, tension, arthritis, joint pain, stiffness/soreness and boosts your mood at the same time.
- **Aromatherapy Bath:** Adding Solar Essence™ (10 – 20 drops or more) to your bath is an amazing way to *take a relaxing time-out during your busy day*. Helps to relieve fatigue, stress, soothe the pain of tired, sore or over-exercised muscles, leaving you feeling refreshed, relaxed and oh so amazing! It’s a sure-fire way to carve out some “me” time at the end (or beginning) of your busy day. **Note:** To get the most from your aromatherapy bath, fill the tub and turn off the water first before adding Solar Essence™ for full aromatic effect. The hot running water will cause the essential oils in Solar Essence™ to escape the bath and scent the bathroom instead. **Precaution:** Watch out for a slippery tub & clean afterwards.
- **Inhalation (Simply Inhale):** Open your bottle of Solar Essence™, hold it up against your nose, apply with a Q-tip inside your nostrils, or place a few drops on a tissue or a cotton ball and take a deep breath to inhale and enjoy Solar Essence’s refreshing, motivating and uplifting scent. This method is particularly effective for relieving cold, flu or sinus symptoms. It’s also very useful for relieving nerves, tension and headaches.
- **Superior “All-in-One” Hand Sanitizer:** Solar Essence™ is all NATURAL, alcohol-free, powerful germicidal and bactericidal agent, disinfectant, deodorizer, and is a *super hand sanitizer* without the toxic chemicals. It is meticulously formulated with many of the most powerful essential oils that have antibacterial (antibiotic), antifungal, antimicrobial, antiparasitic, antiviral properties. Solar Essence™ has the highest medicinal, antiseptic and moisturizing properties of any product on the market today.
- **Recreation, Sports & Athletics:** Apply Solar Essence™ to skin topically for all outdoor activities for sunscreen protection, sun tanning, sun burns, tired or sore muscles, insect repellent, cuts/wounds/scrapes, insect bites, etc.
- **Wellness:** Solar Essence™ is loaded with essential oils (EOs) that work both inside and outside the body. Solar Essence’s EOs get absorbed through our skin and into our bloodstream or inhaled through our nose where it affects our limbic brain, psychological state of mind, emotions, moods, memory, hormones, central nervous system and our overall health and well-being.
- **Therapeutic Benefits (Better Body, Mind and Spirit):** Please see the **“Therapeutic Properties”** page on our site.

Note: For additional detailed information on how to use Solar Essence™ and it’s MANY therapeutic uses please see the subtopic page entitled **“Product Description”** on our website which contains **“Directions For Use”** listed under the main menu heading entitled **“ABOUT”**.

* **FDA Disclaimer:** This information should not be taken as medical advice and should not take the place of medical care or consultation from your healthcare professional. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease or illness. Individual results may vary.