

# Wellness Defense

Seasonal Support for Daily Protection

ABN *naturals*  
PRODUCT INFORMATION PAGE

The **Wellness Defense Kit** is your simple, season-ready system designed to do what single oils and one-off remedies can't... **strengthen your natural defenses, support clean, resilient breathing, and protect your skin and environment** when the weather turns harsh. True winter wellness begins with **consistent, foundational care**: nurturing the skin barrier, clearing environmental build-up, and supporting the body's **frontline defenses**. When these systems are stressed by cold air, dry indoor heat, or seasonal exposure, you feel it — in your energy, your skin, your breathing, and your overall resilience. That's why this kit brings together **four trusted oils** and three DIY roll-on bottles, giving you daily tools that work *with your body*, not against it.

Each component in the kit works in harmony to **cleanse, protect, soothe, and fortify**. **Frankincense** helps calm stressed skin and steady the body's natural defense rhythms; **Oregano** offers powerful, targeted support when you need reinforcement; **Tea Tree** keeps your environment and skin fresh, clean, and clarified; and **Castor Seed Oil** anchors your blends with a **nourishing base** that enhances absorption and comfort. Together, they create a **flexible wellness routine** you can customize in minutes - supporting your breath, your skin, your space, and your everyday resilience. Using isolated products leaves gaps; this coordinated system ensures you're supported from all angles.

Gentle yet highly effective, the **Wellness Defense Kit** helps you feel more **grounded, clear, and better protected** throughout the cold season. By supporting your skin, strengthening seasonal defenses, and refreshing your environment, it delivers a **steady foundation** for winter wellness, helping you move through the season with more **confidence, comfort, and balance**.\*

## What's Inside & How It Works

### TEA TREE

Delivers a crisp, clarifying botanical to help cleanse and purify, soothe stressed skin, freshen your environment, and keep your wellness feeling clear and balanced all winter.\*

### OREGANO

Harnesses a powerhouse protective herb to help reinforce natural defenses, purify and clarify the air and skin, ease seasonal pressures, and support strong, steady wellness all season.\*



### CASTOR SEED OIL

Provides a rich, nourishing base to help soften and protect skin, support detox-minded rituals, elevate your DIY roll-ons, and keep your body feeling steady all season.\*

### FRANKINCENSE

Delivers one of nature's most trusted resins to help fortify seasonal defenses, soothe and clarify the skin, ease environmental stressors, and support steady, balanced wellness all winter long.\*

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## Why You'll Love This Kit

This kit brings together winter support, clean ingredients, and easy DIY blends you can use every day. It's practical, giftable, and packed with value - perfect for anyone who wants simple, natural wellness.\*

- Winter-ready support for body and home
- Make your own clean, personalized blends
- A beautiful gift for natural-remedy lovers
- High-value bundle with everyday essential oils
- Special Black Friday pricing

## How To Use This Kit

The Wellness Defense Kit keeps winter care simple and practical. Each item is chosen to support your body and nourish your skin with easy, everyday blends you can make in minutes. Below you'll find straightforward ways to use everything inside so you can get the most support and value from this kit. **Note:** Always dilute Oregano as it is very strong and should never be used neat.

### SKIN REVIVE ROLL-ON – Brighten & Hydrate Delicate Skin

**A simple, gentle, glow-giving recipe using Frankincense + Castor Seed Oil.**

Supports skin renewal, boosts hydration, softens fine lines, and nourishes delicate areas. Helps calm dry spots, promote smoother texture, and maintain a healthy, radiant appearance with daily use.

**How To:** To an empty roll-on bottle add 8–10 drops of Frankincense and top with Castor Seed Oil. Cap tightly and roll between your palms to blend. Apply under the eyes, over fine lines, on dry patches, or along cuticles and nails as needed.

### IMMUNE ZONE ROLL-ON – Daily Seasonal Support

**A quick, supportive winter blend made with Tea Tree + Oregano.**

Helps support your body's natural defenses during cooler months and offers comforting, warming care when you need extra seasonal support. Use regularly on busy or high-exposure days to help you feel more protected and supported.

**How To:** To an empty roll-on bottle add 5 drops of Tea Tree and 3 drops of Oregano, then top with Castor Seed Oil. Cap tightly and roll between your palms to blend. Apply to the bottoms of the feet or along the spine, morning or evening, for added support.

### BREATHE EASY ROLL-ON – Open & Refresh the Senses

**A simple, clarifying blend using Tea Tree + Oregano for gentle respiratory support.**

Helps promote easier breathing, supports seasonal wellness, and offers a clean, uplifting aroma. Ideal for daytime clarity or nighttime comfort when you need a little extra support.

**How To:** To an empty roll-on bottle add 6 drops of Tea Tree and 4 drops of Oregano, then top with Castor Seed Oil. Cap tightly and roll between your palms to blend. Apply to the chest or wrists as needed.

### CALMING COMFORT ROLL-ON – Soothe & Settle the Mind

**A gentle, grounding blend using Frankincense + Castor Seed Oil.**

Supports emotional ease, helps calm tension, and promotes a sense of quiet centeredness. Ideal for winding down, grounding anxious moments, or creating a peaceful pause during the day.

**How To:** To an empty roll-on bottle add 6 drops of Frankincense, then top with Castor Seed Oil. Cap tightly and roll between your palms to blend. Apply to the temples, palms, or heart space whenever you need calming support.

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## WINTER CHEST RUB – Warm Support For Seasonal Wellness

*An easy but powerful winter support blend using Oregano + Tea Tree.*

Provides warming comfort to the chest and helps support clear, healthy breathing during cooler months. Offers strong seasonal benefits while staying gentle on the skin when properly diluted.

**How To:** Add 1 drop Oregano and 1 drop Tea Tree to 1 teaspoon of carrier oil. Mix well. Massage onto the chest or apply to the bottoms of the feet at bedtime for added support.

## BLEMISH DAB – Clarify & Calm Breakouts

*A quick, targeted skin support using pure Tea Tree.*

Helps reduce the appearance of blemishes, calm flare-ups, and purify the skin. It can be used as-is or diluted for sensitive areas for a gentler application.

**How To:** Place 1 drop of Tea Tree on a cotton swab and dab directly onto blemishes. For sensitive skin, dilute by using a Castor + Tea Tree roll-on instead.

## CLARIFYING SCALP MASSAGE – Purify & Refresh the Roots

*A simple clarifying boost using Tea Tree for a cleaner, healthier scalp.*

Helps remove buildup, refresh the scalp, and support a cleaner root environment. Great for occasional purification or when hair feels heavy or congested

**How To:** Add 2 drops Tea Tree to your shampoo, or mix it into Castor Seed Oil and massage into the roots. Rinse well after massaging to help lift buildup and refresh the scalp.

## LASH & BROW SERUM + MAKEUP REMOVER – Nourish, Strengthen & Gently Cleanse

*A soothing, skin-loving use for pure Castor Seed Oil.*

Helps condition lashes and brows, support natural growth, and gently dissolve makeup without stripping the skin. Ideal for dry or sensitive skin and nightly self-care routines.

**How To:** For lashes and brows: Use a clean spoolie to apply a light coat of Castor Seed Oil to lashes and brows at night. For makeup removal: Massage a small amount of Castor Seed Oil onto dry skin to loosen makeup, then wipe away with a warm, damp cloth.

## SURFACE CLEANSE SPRAY – Freshen & Purify High-Touch Areas

*A powerful, effective cleansing blend using Oregano + Tea Tree.*

Helps refresh surfaces, reduce buildup on high-touch areas, and keep shared spaces feeling cleaner and more cared for. Ideal for doorknobs, counters, light switches, and frequently handled items.

**How To:** Fill a 2 oz spray bottle, add 10 drops Oregano and 10 drops Tea Tree. Fill with water and add a small splash of witch hazel. Shake well before each use and spray onto high-touch surfaces as needed.

## CLEANSING & GROUNDING DIFFUSER BLEND – Refresh & Balance the Air

*A clean, purifying aroma using Frankincense + Tea Tree.*

Supports a fresher atmosphere, helps cleanse the air, and creates a calm, grounded environment. Perfect for morning clarity, evening wind-down, or refreshing busy spaces.

**How To:** Add 3 drops of Frankincense and 2 drops of Tea Tree to your essential oil diffuser. **Optional:** Add 4 drops of Lemon for extra brightness. Diffuse 20–30 minutes to renew the space and promote balance. **Note:** Always diffuse in a well-ventilated area and ensure pets can leave the room if they choose.

# FRANKINCENSE

boswellia carteri

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Frankincense Essential Oil has been treasured for thousands of years as one of the most sacred and versatile oils, valued for its grounding aroma and remarkable wellness benefits. Steam-distilled from the resin of the Boswellia tree, this oil supports cellular health, immune defense, and emotional balance. Known to ease stress and promote clarity, Frankincense is also used to encourage healthy skin and reduce the appearance of imperfections. When properly diluted with a carrier oil, it can be applied topically, inhaled to promote relaxation, or diffused to create a calming atmosphere that nurtures both mind and spirit.\*



## DIRECTIONS

- Apply 1–2 drops directly to areas of concern to soothe discomfort, add a few drops to warm tea for internal support, or place a single drop on the roof of the mouth to encourage wellness and ease inflammation.\*
- Take 2-3 drops in a capsule with carrier oil once or twice daily to promote healthy cellular function.\*
- Add 10 drops to bath salts and mix into warm water for a grounding, restorative soak.\*
- Diffuse or apply to the soles of the feet to encourage relaxation, balance, and emotional calm.\*

SUPPLEMENT FACTS	
Serving Size: 1 drop Servings Per Container: About 200	
AMOUNT PER SERVING	%DV
Frankincense 60mg	**
Boswellia carteri from Somalia, steam distilled from resin	
**Daily Value (DV) Not Established	

Caution: Keep out of reach of children. This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease. Do not use while driving or operating machinery. Do not use during pregnancy. Store in a cool, dark place.

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Naturals  
Cincinnati, OH 45245

## FUNCTIONAL CONSTITUENTS

- **a-pinene & Limonene:** These primary active compounds in frankincense are valued for their antioxidant, anti-inflammatory, and immune-supporting properties. They contribute to frankincense's ability to promote respiratory health, ease stress, and support overall cellular wellness.\*

### Clinical studies for Frankincense:

- <https://pubmed.ncbi.nlm.nih.gov/27117114/>
- <https://pubmed.ncbi.nlm.nih.gov/12244881/>
- <https://pubmed.ncbi.nlm.nih.gov/20696559/>
- <https://pubmed.ncbi.nlm.nih.gov/37334022/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9268443/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10735031/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9308809/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9332498/>

## CAUTIONS

- **Safety Group 2:** Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2<sup>nd</sup> trimester.\*
- Keep out of reach of children and pets.\*
- Store away from sunlight, at room temperature, with the lid securely tightened.\*

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

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# OREGANO

origanum vulgare

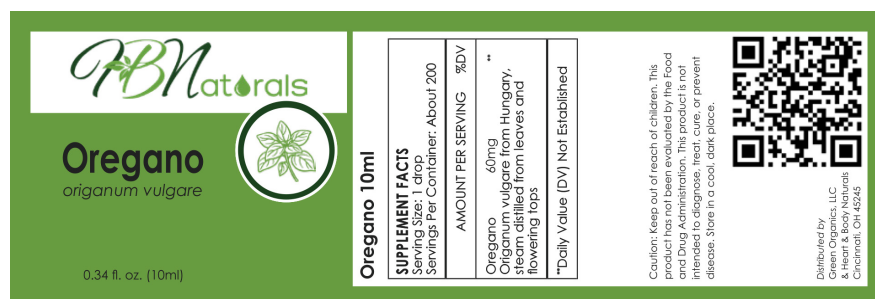
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Oregano Essential Oil is one of nature's most potent protectors, revered for centuries for its powerful immune-supporting and antimicrobial properties. Sourced from wildcrafted oregano and steam-distilled to preserve purity, this essential oil delivers concentrated plant compounds that help defend the body against harmful pathogens and environmental stressors. This versatile oil also supports gut health and overall wellness. When used properly, it may aid digestion, reduce inflammation, and assist the body in eliminating unwanted microbes. A few drops diluted in a carrier oil can be massaged into the abdomen or applied to reflex points for added support.\*



## DIRECTIONS

- Dilute 60 drops of Oregano in 1 ounce of carrier oil and apply down the spine to support the immune system or relieve pain.\*
- The best place to apply Oregano topically for systemic benefit is the soles of the feet. Apply 6 drops of the diluted mixture on each foot twice a day for immune support in fighting infections.\*
- For clearing intestinal parasites, take 3 drops daily in a capsule with carrier oil; six days on and one day off, for a total of 6 weeks.\*
- Should only be diffused under extreme circumstances, with great caution, to kill black mold or environmental toxins. Make sure everyone is out of the room during diffusion and for 8 hours afterwards.\*



## FUNCTIONAL CONSTITUENTS

- **Carvacrol & Thymol:** The primary active compounds in oregano are known for their powerful antimicrobial and antioxidant properties. They give oregano its strong immune-supporting, antibacterial, and anti-fungal effects.\*

### Clinical studies for Oregano:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6152729/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6182053/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7811018/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC12026536/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5483461/>
- <https://pubmed.ncbi.nlm.nih.gov/27211664/>
- <https://pubmed.ncbi.nlm.nih.gov/38847831/>
- <https://pubmed.ncbi.nlm.nih.gov/29777637/>

## CAUTIONS

- **Safety Group 4:** Not for use by children, pregnant or nursing women, or individuals with weakened immune systems.\*
- Oregano is a "hot" oil and can irritate skin and mucous membranes. If undiluted oil touches your skin, apply a carrier or olive oil immediately - avoid using water, as it can push the oil deeper and worsen the irritation.\*
- Keep out of reach of children and pets.\*
- Store away from sunlight, at room temperature, with the lid securely tightened.\*

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# TEA TREE

melaleuca alternifolia

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Tea Tree Essential Oil carries a long legacy rooted in the traditions of the Aboriginal people of Australia, who relied on its cleansing and protective qualities for generations. Distilled from the leaves of the Melaleuca alternifolia tree and related to Melaleuca quinquenervia, the source of Niaouli oil, Tea Tree is mild enough for small, diluted topical use. This versatile oil supports clear breathing, soothes blemishes and minor cuts, and freshens the air. Unlike antibiotics, it doesn't disrupt beneficial flora, yet powerfully targets harmful organisms with antibacterial, antiviral, and antifungal action. With consistent use, it provides safe, steady support for everyday wellness, making it a must-have to keep on hand.\*



## DIRECTIONS

- Mix 2–4 drops in 1 pint of hot or cold water; soak a towel in water and apply to the desired location. Cover the area with a dry towel and heating pad or ice pack.\*
- Mix 2-3 drops in water and gargle to assist with a fresh, healthy mouth. Or apply 1 drop to the back of the hand and lick it off to relieve sore throat.\*
- Add 10 drops to bath salts and mix into warm water for a relaxing, antibacterial, anti-inflammatory soak.\*
- Diffuse or apply to the soles of the feet to encourage respiratory health, and mood enhancement.\*



## FUNCTIONAL CONSTITUENTS

- **Terpinen-4-o:** Tea Tree's power comes largely from terpinen-4-ol, its primary active constituent, renowned for strong antimicrobial, antifungal, and anti-inflammatory action. This key compound penetrates microbial cell membranes to disrupt their function, making it the chief source of Tea Tree's cleansing and protective benefits.\*

### Clinical studies for Tea Tree:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC1360273/>
- <https://pubmed.ncbi.nlm.nih.gov/25515896/>
- <https://pubmed.ncbi.nlm.nih.gov/28782167/>
- <https://pubmed.ncbi.nlm.nih.gov/22083482/>
- <https://pubmed.ncbi.nlm.nih.gov/37455134/>
- <https://pubmed.ncbi.nlm.nih.gov/33503761/>
- <https://pubmed.ncbi.nlm.nih.gov/17083732/>
- <https://pubmed.ncbi.nlm.nih.gov/29667560/>

## CAUTIONS

- **Safety Group 1:** Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.\*
- Keep out of reach of children and pets.\*
- Store away from sunlight, at room temperature, with the lid securely tightened.\*

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# Castor Seed Oil

cold pressed & unrefined

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Our cold-pressed, unrefined, hexane-free Castor Seed Oil is a versatile self-care essential packed with Vitamin E, omegas, polyphenols, and ricinoleic acid to nourish skin, hair, lashes, and brows while reducing inflammation. Used for centuries in wellness and beauty, it also supports digestion, immune health, and relaxation. This 100% pure, food-grade oil can be applied topically, used as a natural moisturizer, or incorporated into a castor oil pack for deep therapeutic benefits\*



## DIRECTIONS

- Apply to rough or dry areas of the skin as needed.\*
- Apply a small amount to hair or eyebrows, leave overnight, and rinse thoroughly in the morning.\*
- Use as a soothing massage oil or combine with other natural ingredients to create castor oil packs, face and hair masks, exfoliant scrubs, nail and cuticle treatments, and more.\*
- **To Use As A Castor Seed Pack:** Saturate a 2 to 4 inch thickness of soft flannel cloth with Castor Seed Oil. Place cloth over desired area on body and cover with plastic wrap or wax paper. Apply heat with hot water bottle or heating pad on low. Leave in place at least one hour, or overnight if necessary.\*

## FUNCTIONAL CONSTITUENTS

- **Ricinoleic Acid:** The key compound in castor oil, ricinoleic acid is known for its anti-inflammatory, antimicrobial, and moisturizing properties. It helps soothe skin, support wound healing, and promote hair growth, while also acting as a natural laxative to aid digestion. With its ability to reduce pain, support detoxification, and balance gut health, ricinoleic acid is a powerful ingredient for overall wellness and self-care.\*
- **Triglycerides:** Essential fats that serve as the body's primary energy source, supporting cell function, metabolism, and overall vitality. Found in foods like coconut oil, avocado, and fish, they help absorb fat-soluble vitamins, protect organs, and maintain healthy skin. Balanced triglyceride levels are crucial for heart health, brain function, and sustained energy, making them a key component of overall wellness..\*

### Clinical studies for Purge Tonic ingredients:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11855838/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC3384204/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC1781768/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10196668/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8453457/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10951224/>



## CAUTIONS

- **Safety Group 4:** Not for use by children, pregnant or nursing women, or individuals with weakened immune systems.\*
- A doctor's advice should be sought before using this and any supplemental dietary product.\*
- Keep out of reach of children and pets.\*

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