



TOTAL LIFE CHANGES®

2021 PRODUCT CATALOG



Check out our new line of health and wellness products to help you make a total life change!

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Products That You'll Feel!

At Total Life Changes (TLC) we provide products and a community that you'll feel. All our products are affordable, effective and of the highest quality. We strive to make our products accessible for everyone, so we've worked hard to maintain a business model where the products are affordable in every market.

When it comes to the effectiveness of our products, TLC uses only the highest grade of vitamins and supplements. Staying on top of the latest nutritional news and trends, we're always looking for opportunities to bring new products to the marketplace. Our current TLC product line boasts a spectrum of wellness solutions formulated to make everyone look and feel their very best.



WEIGHT MANAGEMENT

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laso® Original Tea

No Time Like The Present To Feel Great

Celebrated around the world for its natural cleansing abilities, our laso® Original Tea helps with healthy weight-management, appetite control, and enhances beneficial trips to the bathroom. This tea is powered by an exceptional blend of nine essential herbs designed to cleanse the intestines to help purge the body of harmful toxins. Just drinking two and a half cups a day will support your healthy eating patterns and exercise routines to help you achieve your weight-loss goals.

Product availability may vary by country.

\$49.95

5 Pack

How You'll Feel

-  Promotes digestive wellness.*
-  Supports the circulatory system.*
-  Encourages healthy intestines.*





laso® Instant Tea

The Transforming Power of Tea

Embrace the transforming powers of our laso® Tea in a naturally flavored instant formula. Our unique proprietary blend is loaded with three organic natural extracts and combined with Nutriose FM06 – a soluble dextrin fiber – to help support a healthy appetite and have you feeling active and energized.

Product availability may vary by country.

\$34.95

25 Sachets

How You'll Feel

-  Promotes digestive wellness.*
-  Supports the circulatory system.*
-  Encourages healthy intestines.*



Fruit Punch laso® Instant Tea

All Teas Should Be This Happy

Feel the bliss and the cleansing benefits of this proprietary instant formula infused with a spirited, fruity flavor. Our Fruit Punch Instant laso® Tea is like no other and offers an assortment of health benefits in only ten calories per serving. Be happy and in the moment with one of our most sought-after teas!

Product availability may vary by country.

\$64.95

30 Sachets

How You'll Feel

- 🍃 Promotes digestive wellness.*
- 🍃 Supports the circulatory system.*
- 🍃 Supports healthy intestines.*



Immuni-Tea

Drink to Your Health

Our Immuni-Tea was created to leave you feeling more powerful than ever before. Loaded with vitamins and natural herbal extracts, Immuni-Tea supports your healthy immune system and will help keep your digestive system working the way it should. It also delivers a great orange taste that will leave you craving your next cup!

Product availability may vary by country.

\$59.95

30 Sachets

How You'll Feel

- 🍃 Supports your healthy immune system.*
- 🍃 Keeps digestive system working the way it should.*
- 🍃 More powerful than ever before.*



Resolution Drops

The Strength You Need Everyday

Created to support people who are actively pursuing healthy weight goals, our Resolution Drops help lower food cravings and fights nausea, bloating, gas and indigestion. With a recommended diet of three balanced meals a day, based on our suggested 1200 calorie-per-day diet, this formula can be the catalyst that changes your life in ways you may never have thought possible.

Product availability may vary by country.

\$59.95

2 fl. oz.

How You'll Feel

- Nutrients that promote a healthy nervous system.*
- Support for a healthy appetite.*
- Help to control your cravings.*



SlimPaste

Look On The Bright Side

One squeeze goes a long way. Enjoy the clean, fresh taste of peppermint, ginger and cinnamon. Feel your cravings for food subtly subside - and your inner spirit shine.

Product availability may vary by country.

\$24.95

4 oz.

How You'll Feel

- Protection from bad breath.*
- Support for healthy gums and teeth.*
- Great taste.*





ProZ

Always Trust Your Gut

ProZ will go to war with the 'bad' bacteria in your gut. This natural supplement is designed to restore your gut to its ideal composition. Our high-quality probiotics will increase the number of 'good' bacteria while our prebiotic fibers feed only the 'good' bacteria helping restore proper balance in the most complex system in the body. The result is your gut amazingly regains proper balance and helps heal your overall health.

Product availability may vary by country.

\$59.95

60 Capsules

How You'll Feel

-  Support for a better gut microbiome.*
-  Fiber that feeds your "good" bacteria.*
-  Promote a more-relaxed mental and physical state.*

GutCheck

True Health Begins In The Gut

TLC's hottest and most important new product, GutCheck will nourish and support your stomach lining and enrich your body from the inside out, thanks to the revolutionary CoreBiome® - the single most important postbiotic and a distinct byproduct of a short chain fatty acid called butyrate, which naturally produces healthy bacteria in your gut. With its powerful postbiotic formula, GutCheck is the most complete and forward-thinking gut restoring supplement available today - and a call to arms in transforming the vitality of long-term human health.

Product availability may vary by country.

\$64.95

90 Capsules

How You'll Feel

-  Reduces gas and bloating.*
-  Increases focus and energy.*
-  Improves mood and controls food cravings.*





Delgada Instant Coffee

Power Up, Slim Down

A premium Arabica instant coffee, Delgada gives you exactly what you want: more energy and less of you. Powered with the natural strength of the Red Reshi mushroom, Delgada supplies the body with essential nutrients and helps maintain a healthy appetite. Our formula contains Garcinia Cambogia and is low in calories.

Product availability may vary by country.

\$54.95 *One Bag (28 Sachets)*

How You'll Feel

- ☞ Supports healthy appetite.*
- ☞ Promotes metabolism.*
- ☞ Rich dark coffee taste.*

Latin Instant Coffee

Good Vibes Only

The health benefits and good-vibe flavor make this Café Latin Style cup of coffee one of the world's finest. Known for its distinct caramel flavor, and formulated with 100% Chaga Extract, Ganoderma and Cordyceps, this is the way to start your day and keep it moving forward with purpose. In a word: perfect.

Product availability may vary by country.

\$59.95 *1 Bag (20 Sachets)*

How You'll Feel

- ☞ Antioxidants reinforce cell integrity.*
- ☞ Ganoderma lucidum and chaga support healthy digestion and adrenal gland function.*
- ☞ Cordyceps Sinensis extract has potent antioxidant properties.*





FULL BODY NUTRITION

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NutraBurst®

Feel Ultra Human

This mighty daily supplement goes above and beyond to give your body the greatness it deserves. With over 72 minerals, 10 vitamins, 22 Phytonutrients, 19 Amino Acids, 13 Whole Food Greens and 12 Herbs, NutraBurst® is a powerhouse of health and wellness you can feel. A comprehensive supplement that far exceeds any recommended daily consumption of vitamins and nutrients in a single tablespoon – all from one bottle.

Product availability may vary by country.

\$54.95

16 fl. oz.

How You'll Feel

- Encourages a healthy balance.*
- Exceeds the recommended daily allowance of multiple vitamins in one easy-to-take tablespoon.*
- Nineteen amino acids promote overall health.*



NutraBurst®+

Feel Greatness Inside You

The name certainly fits: NutraBurst®+ delivers a massive amount of healthy goodness in one cool orange bottle. This citrus-flavored multivitamin is enhanced with the antioxidant CoenzymeQ10 – or CoQ10 – plus 72 minerals, 10 vitamins, 22 Phytonutrients, 19 Amino Acids, 13 Whole Food Greens and 12 Herbs. Yes, you read that right. NutraBurst®+ is a perfect blend of plant-based power and whole foods that nourishes your body to perform at its peak.

Product availability may vary by country.

\$54.95

16 fl. oz.

How You'll Feel

- ✚ Nineteen amino acids promote overall health.*
- ✚ Support cell growth and maintenance with CoQ10.*
- ✚ Encourages an overall healthy balance of vitamins and minerals.*





Chaga

A Super Shroom for Strength and Vitality



Prized as a powerful antioxidant, Chaga is a natural superfood legendary for its high content of melanin and superoxide dismutase (SOD). Hailing from the Far East, this pure Siberian Chaga extract contains an abundance of vitamins and minerals. It's also one of the densest sources of Vitamin B5 to help support healthy adrenal glands and digestive organs.

Product availability may vary by country.

\$59.95

90 Capsules

How You'll Feel

-  Antioxidants that help neutralize damaging free radicals.*
-  Vitamins and minerals help maintain healthy balance.*
-  Supports your nervous system.*

Gano

Live Large, Be Free

In the world of Chinese medicine, Ganoderma Lucidum powder, made from the Red Reishi mushroom, is famously known as the “Herb of Spiritual Potency.” Composed of complex carbs, proteins and amino acids, Gano offers you a powerful source of natural antioxidants to help you feel your best when your best is needed.

Product availability may vary by country.



\$59.95

90 Capsules

How You'll Feel

-  Antioxidants maintain cell integrity.*
-  Complex carbohydrates and water-soluble proteins.*
-  The history of a centuries-old herbal remedy.*



Techui

Loved by Health Enthusiasts
The World Over

Our spirulina powder is rich in proteins, vitamins, minerals, chlorophyll and other essential nutrients that your body crave on a daily basis. Spirulina protein also supports a strong heart and promotes a healthy gut biome. You could literally call Techui the heavyweight champ of superfoods.

Product availability may vary by country.



\$59.95

90 Capsules

How You'll Feel

-  Antioxidants that help neutralize damaging free radicals.*
-  Support exercise and fat-burning.*
-  Packed with nutrients.*

Phyte

Plants Make People
Happy and Healthy

A perfect way to get your daily dose of veggies. The benefits of this balancing, plant-based powder is pure pleasure to the human body. Loaded with natural whole foods and exclusive blends of certified organic wheatgrass, barley grass and alfalfa leaf, Phyte gives you a clean and authentic lust for life.

Product availability may vary by country.



\$59.95

30 Sachets

How You'll Feel

-  Rich source of phytonutrients, antioxidants, protein, fiber and vitamins.*
-  Great for gastrointestinal and colon health.*
-  Antioxidant and inflammation-fighting properties.*

Complex Health Made Simple

An easy way to receive a natural combination of mighty extracts to improve your health and feel amazing. Driven by the science of health, Complex is a nutritional supplement that defends your body against unwanted toxins and is designed to keep you at the top of your game.

Product availability may vary by country.

\$79.95

180 Capsules

How You'll Feel

-  Support for a healthy lifestyle.*
-  Supports health from top to bottom.*
-  Defends body against unwanted toxins.*

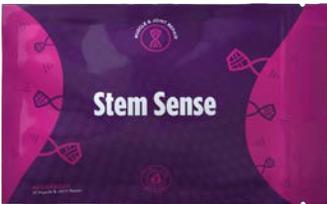


Stem Sense

Supreme Joy for Your Body

The healthy glow you show the world comes from deep inside you. Our Stem Sense is a natural dietary enhancement that provides a wallop of anti-inflammatory compounds to help your muscles and joints flex without any extra effort.

Product availability may vary by country.



\$59.95

60 Capsules

How You'll Feel

-  Anti-inflammatories promote joint and muscle function.*
-  Encourage healthier brain cell communication through the re-growth of neurites.*
-  A rich source of chromium, protein, selenium, potassium, iron, zinc and magnesium.*





Nautica Sea Moss 30 Gel Packets

A Powerful Gift
Straight from the Sea

One of the most popular superfoods in the world, Nautica Sea Moss is a powerhouse of 92 essential vitamins and minerals. A perfect low-calorie superfood to nourish your body, especially for people seeking new ways to manage weight and increase their energy level. Blended flawlessly with dragon fruit and coconut to create a tasty and tropical Caribbean supplement, Nautica Sea Moss is a powerful gift straight from the sea.

Product availability may vary by country.

\$69.95

30 Gel Packs

How You'll Feel

- ✳ The benefits of 92 essential vitamins and minerals.*
- ✳ A delicious, nutritious supplement.*
- ✳ Fiber to help you feel full.*





ENERGY & FITNESS

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NRG

Awaken Your Greatness

You can accomplish anything you set your mind to when you have good, clean energy. NRG is a natural dietary supplement designed with Advantra Z® to up your game while lowering your hunger. Go ahead, elevate your workouts, and feel better than ever.

Product availability may vary by country.

\$59.95

30 Capsules

How You'll Feel

- ⚡ Supports a healthy immune system.*
- ⚡ Aids in body conditioning and management.*
- ⚡ Intended to enhance alertness, energy and athletic performance.*



Life Drops

Pure Energy is Life Itself

You'll love the boost in energy and the metabolism support your body craves. Our exclusive ingredients play an essential role in raising cellular energy as you feel motivated to make one healthy dietary choice after another. Our Life Drops are just what you need to do everything better in your life, for the sake of your mind, body and spirit.

Product availability may vary by country.

\$54.95

2 fl. oz.

How You'll Feel

- 🔥 May increase thermogenesis.*
- 🔥 Helps burn more calories through thermogenesis.*
- 🔥 Supports blood fat levels, which promotes heart health.*



Raspberry SlimAM

Be Great at First Light

Seize each new day from this pure proprietary formula with antioxidant and anti-inflammatory components. A go-to supplement for athletes and high performers who demand more of themselves. Designed to help you achieve overall cardiovascular wellness – and to propel you to all new heights.

Product availability may vary by country.

\$69.95

30 Sachets

How You'll Feel

-  Amino acids promote natural growth hormones.*
-  Antioxidants support cell integrity and repair.*
-  Folic acid encourages new cell growth.*



Black Raspberry SlimPM

Be Productive While You Sleep

SlimPM does wonders while you sleep, promoting overall wellness while releasing a combo of antioxidants and L-Arginine to pinpoint cardio health and cell cleansing. The perfect complement to help advance your healthy diet and exercise program in your pursuit of a weight-control lifestyle.

Product availability may vary by country.

\$69.95

20 Sachets

How You'll Feel

-  Antioxidants maintain cell integrity and encourage cell repair.*
-  Amino acids promote cell growth.*
-  Includes nutrients to support converting carbs into energy.*



Vanilla Matrix

Feel The Power Of Plants

MatriX is a 100% plant-based nutrition shake with a complete balance of protein, complex carbohydrates, omega-3 fatty acids, branched-chain amino acids, adaptogens, digestive enzymes, pre-and probiotics, and high-quality fiber. Perfect for athletes, busy moms, or anyone seeking a healthy meal replacement.

Product availability may vary by country.

\$59.95

15 Sachets

How You'll Feel

- Natural fiber leaves you feeling full.*
- Antioxidants maintain cell integrity.*
- Low in calories and high in protein.*



Chocolate Brownie Matrix

All Plants Should Taste This Good

One-hundred percent organic, our Chocolate Brownie Matrix is a plant-based meal replacement nutrition shake. A perfect balance of protein, complex carbohydrates, omega-3 fatty acids to fuel your day, all day. With only 140-calories and 21 grams of protein, Matrix is ideal for anyone who wants to unlock their best self.

Product availability may vary by country.



\$59.95

15 Servings

How You'll Feel

- Natural fiber leaves you feeling full.*
- Antioxidants maintain cell integrity.*
- Low in calories and high in protein.*





HAIR & SKIN CARE

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HSN

Beauty From the Inside Out

With six key vitamins and minerals, HSN is a daily supplement that enriches everything about you: healthier-looking hair, skin and nails. What more could you need?

Product availability may vary by country.

\$49.95

60 Capsules

How You'll Feel

- ✦ Packed with vitamins to help the skin look more youthful.*
- ✦ My support the overall health of the body's tissues. *
- ✦ A combination of vitamins that has the potential effects in alleviating inflammation.*

Infinity Oil

Happiness is Healthy Skin and a Natural Glow

Smooth, radiant skin is always a clear sign of health. Our 100% refined, certified Emu Oil protects, moisturizes and softens your skin by applying just a few drops as needed. So, you can show the world your inner and outer glow, day in and day out.

Product availability may vary by country.

\$29.95

30 ml (1 oz.)

How You'll Feel

- 👁 Positive effects on collagen production.*
- 👁 Antioxidant properties can target signs of aging.*
- 👁 Benefit joint inflammation with anti-inflammatory properties.*





Essential Soap

Clean Living Never Felt So Good

Feel the difference with our exclusive mix of oils and Shea Butter for a deep clean that helps you feel cleaner, lighter and ready to take on the day. Our Essential Soap provides an exceptional cleanse while leaving your skin feeling soft and hydrated.

Product availability may vary by country.

\$12.95

4 oz. bar

How You'll Feel

- A superior cleanse.*
- Leaves skin moisturized and feeling its best.*
- The rush of fresh scents.*

Lavender Essential Soap with Broad-Spectrum Hemp Extract

A Soap with Super Powers

Merging the finest blends of oils and Shea butter, our Essential Soap with CBD sets free the power of CBD with the aroma of lavender to help you feel perfectly calm and totally alert. The perfect way to start your day and roll into your evening. Best of all, your skin will look and feel amazing.

Product availability may vary by country.



\$14.95

4 oz. bar

How You'll Feel

- Leaves your skin feeling smooth and clean.*
- Relaxed and invigorated.*
- Looking and feeling your best.*



Essential Soap with Activated Charcoal

The Bar Has Been Raised

With a premium blend of oils and Shea butter, our pure Essential Soap with Activated Charcoal is no ordinary soap. It washes away harmful toxins while promoting your skin's natural ability to preserve its health. Perhaps best of all, your skin will feel like brand new every single day.



Product availability may vary by country.

\$12.95

4 oz. bar

How You'll Feel

- Leaves your skin healthy and smooth.*
- Absorbs harmful toxins.*
- Supports your skin's ability to maintain it's health.*



Lucida

Show the World Your Bright Side

Named after the brightest star in a constellation, Lucida easily gives you the whitest smile in the room. This charcoal-based toothpaste aggressively pursues bacteria and stains. Your smile will never look better - and you'll shine like the star that you are.

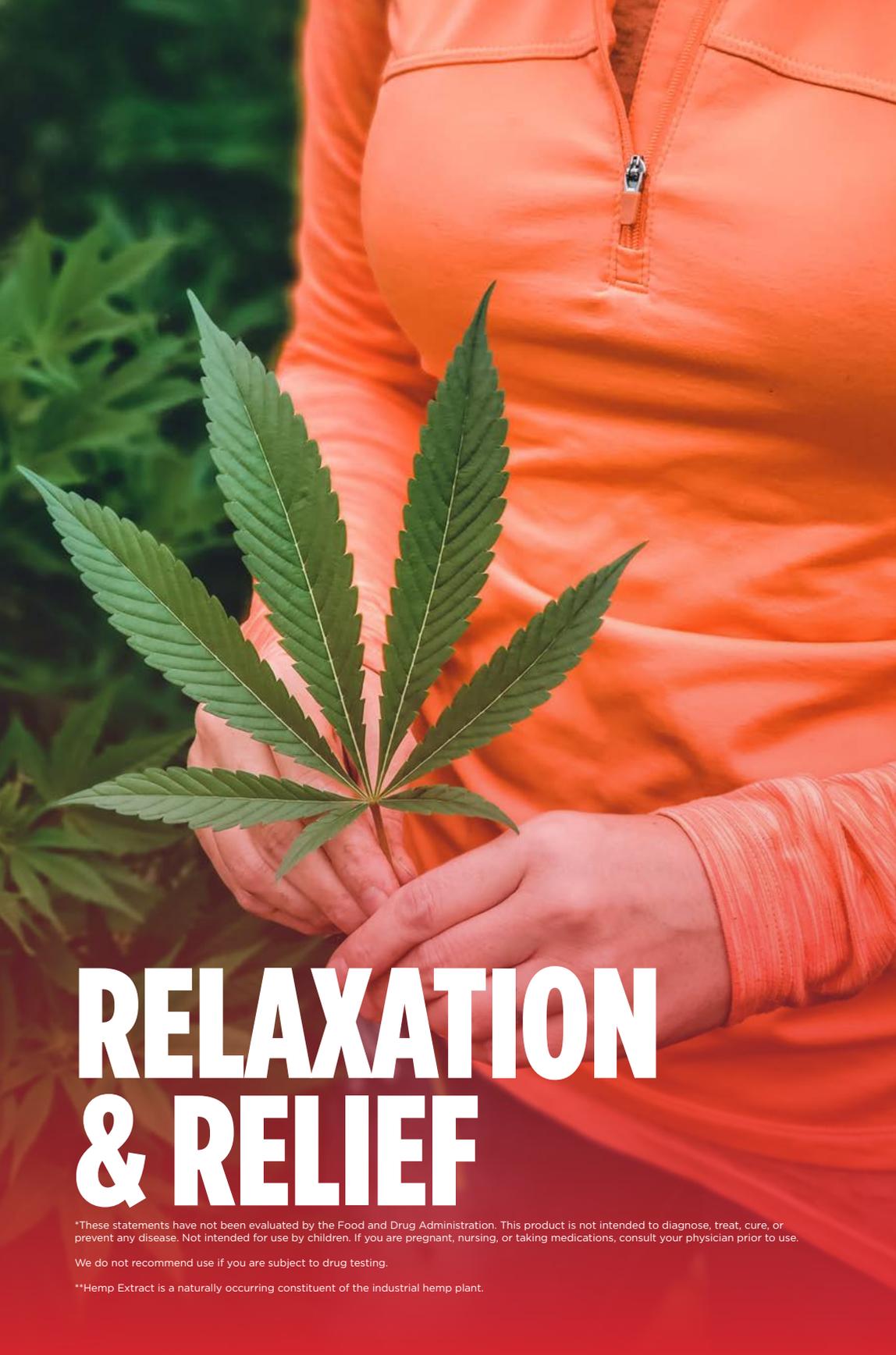
Product availability may vary by country.

\$21.95

4 oz.

How You'll Feel

- 🌿 Whiter teeth.*
- 🌿 Fresh breath.*
- 🌿 Clean mouth.*



RELAXATION & RELIEF

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We do not recommend use if you are subject to drug testing.

**Hemp Extract is a naturally occurring constituent of the industrial hemp plant.

Harmony Drops with Full-Spectrum Hemp Extract

Inner Peace Comes from Harmony

With Harmony Drops, it's never been easier or more satisfying to consume CBD oil derived from Full-Spectrum Hemp Extract**. Grown in pristine farmlands, our hemp oil helps your body maintain a spirited response to healthy eating and regular exercise. You'll also feel a nice, pleasant vibe as you move through your day with balance and rhythm.

Product availability may vary by country.

\$59.95

1 fl. oz.

How You'll Feel

- ✿ Great as you power through your day.*
- ✿ A powerful addition to your exercise and diet regimen.*
- ✿ Support of your healthy body systems.*



Harmony Drops with Broad-Spectrum Hemp Extract

How to Live in Perfect Harmony

With Harmony Drops, it's never been easier or more satisfying to consume CBD oil derived from Broad-Spectrum Hemp Extract**. Grown in pristine farmlands, our hemp oil helps your body maintain an energetic response to eating healthy and consistent exercise. You'll enjoy the vibe as you move through your day with peace and happiness.

Product availability may vary by country.

\$59.95

1 fl. oz.

How You'll Feel

- ✿ Great as you power through your day.*
- ✿ A powerful addition to your exercise and diet regimen.*
- ✿ Support of your healthy body systems.*

Rejuv

With Full-Spectrum Hemp Extract

Give Your Skin Some Love

An organic mix of essential oil, botanicals and hemp oil**, Rejuv transforms dull skin into a warm and perfect glow. This multi-spray does what your face and body yearn for: revitalizes, soothes and invigorates your skin.

Product availability may vary by country.

\$59.95

3 fl. oz.

How You'll Feel

- ✿ Revitalizes and rejuvenates skin.*
- ✿ Hydrates skin.*
- ✿ Helps skin appear toned and healthy.*



Alleviate Cream

With Full-Spectrum Hemp Extract

Feel More Blessed and Less Stressed

A tropical super cream loaded with twenty-one powerful ingredients plus Full-Spectrum Hemp Extract**. Sinks into the skin and leaves you with a soothing, internal glow. The cream you need when it's time for a lift and an improved sense of well-being that comes from truly caring for yourself.

Product availability may vary by country.



\$59.95

2 oz.

How You'll Feel

- ✿ Message into muscles to sooth and relax*
- ✿ Hydrates and nourishes skin.*
- ✿ Toned and healthy skin.*

Lemon Iaso® Tea Instant Tea With Full-Spectrum Hemp Extract

Instant Peace of Mind, Body
and Spirit

Delight in the cleansing benefits of this proprietary instant formula – powered by Full-Spectrum Hemp Extract** – and infused with a lively and refreshing lemon flavor. Our Lemon Iaso® Instant Tea also offers an assortment of health benefits in only ten calories per serving – and comes loaded with extracts combined with Nutriose® FMO6, a soluble dextrin corn fiber. Feel energized, uplifted and amazing all at the same time.

Product availability may vary by country.



\$59.95

25 Sachets

How You'll Feel

- ✦ Promotes digestive wellness.*
- ✦ Supports the circulatory system.*
- ✦ Encourages healthy intestines.*



Melody Drops With Broad-Spectrum Hemp Extract

Music To Your Body

Created with the highest quality hemp and processed using chromatography extraction, our Melody Drops are powered by 2000mg CBD oil that's 99% pure. Enjoy the benefits of this powerful formula while maintaining a warm, peaceful balance in life.

Product availability may vary by country.

\$99.95

1 fl. oz.

How You'll Feel

- ✦ May help support a healthy inflammatory response.*
- ✦ Positive outlook from a ritual of self-care.*
- ✦ Balanced and in harmony.*



Raspberry laso® Instant Tea With Broad-Spectrum Hemp Extract

Sip, Smile, Be Happy

Enjoy the cleansing benefits of this proprietary instant formula - powered by Broad-Spectrum Hemp Extract** - and infused with a lovely raspberry flavor. Our Raspberry laso® Instant Tea also offers a variety of health benefits in only ten calories per serving - and comes equipped with many incredible extracts combined with Nutriose® FM06, a soluble dextrin corn fiber. Feel lighter, energized and free all at the same time.

Product availability may vary by country.

\$59.95

25 Sachets

How You'll Feel

- ✿ Promotes digestive wellness.*
- ✿ Supports the circulatory system.*
- ✿ Supports healthy intestines.*



WOMEN'S HEALTH

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BlossomÉ

Live Life In Full Bloom

The goal is for you to thrive day in and day out – and blossom into the highest version of yourself. BlossomÉ is designed to support your body, keep you balanced, and have you feeling and looking beautiful during your pre-menopausal and menopausal stage. It's loaded with natural ingredients to help you take even the toughest days in stride.

Product availability may vary by country.

\$69.95

90 Capsules

How You'll Feel

-  Beautiful, healthy skin.*
-  Balanced and in harmony.*
-  Positive outlook from a ritual of self-care.*



ESSENTIAL OILS

Caution: If pregnant, nursing, taking medication, or have medical condition, consult a health care partitioner before use. Not intended for on infants or young children. Avoid eyes, mucous membranes, and sensitive skin. This product is not intended to diagnose, treat, cure or mitigate any disease.

Bergamot

Brought by explorers coming home to northern Italy, bergamot is named after the Italian city of Bergamo in Lombardy. The small citrus plant is a subspecies of citrus aurantium, or bitter orange, and is often referred to as the orange's tiny cousin. A cold press of the fruit's nearly ripe peel extracts the essential elements - almost 300 compounds in one essential oil - with sweet fruit scents and a slightly spicy undertone evoking balsamic notes.

Product availability may vary by country.

\$29.95

.5 oz (15 ml)

Eucalyptus

For centuries, eucalyptus was used for its soothing, cooling vapor in traditional remedies to treat body pains, congestion and influenza. Distilled from the oval leaves of the tall, skinny plant, eucalyptus oil has an array of applications, as an antiseptic, antimicrobial, pharmaceutical or fragrance, in insect repellents, personal hygiene and dental products. The environmental research group EWG approves the use of eucalyptus oil in dozens of household cleaning products.

Product availability may vary by country.

\$17.95

.5 oz (15 ml)

Frankincense

Known as one of the luxuries of the scent world, frankincense was relied upon for centuries as a rejuvenating face mask and used as incense. It's sought to support inflammation, for calm, and as a mood-lifting agent. Steam distillation cleanly delivers the frankincense essential oil for aromatherapy from the leafy shrub's gum resin, yielding an intense scent with warm undertones.

Product availability may vary by country.

\$69.95

.5 oz (15 ml)

Grapefruit



High in vitamin C, grapefruit enhances feelings of wellness and is the showoff of the citrus family. Cold press extraction of the fresh peel yields a fresh, sweet aroma. Grapefruit oil is valued for its support of skin care, circulation, muscles and joints and digestive stimulation. Studies show that aromatherapy massage using grapefruit essential oil can aid in the inhibition of triglycerides, and supports feelings of improved body image.

Product availability may vary by country.

\$20.95

.5 oz (15 ml)

Lavender



Revered as one of the most popular and versatile oils, lavender is as evocative as scents get. One inhale gives comfort, calm, and relaxation. Scientists and physicians have relied on lavender as a pain reliever, insect repellent, perfume for fabrics, a cocktail mixer and even a deodorant. Bulgaria is home to the world's most abundant lavender, which carries more than 100 principal constituents. While the entire plant is aromatic, steam distillation derives this lavender essential oil from the fresh, flowering tops.

Product availability may vary by country.

\$23.95

.5 oz (15 ml)

Lime



Lime is primarily cultivated in tropical and subtropical climates, including Mexico and the West Indies. In herbal medicine traditions, lime is used to relieve various everyday maladies such as fever and sore throat. It's been applied in treating insect bites, minor cuts, brittle nails, and swollen veins. Studies show that applying the citrus fragrance into a patient's therapy can support improve mood and feelings of calm.

Product availability may vary by country.

\$12.95

.5 oz (15 ml)

Lemon



This premier fruit is Italy's most prolific agricultural endeavor. Lemon offers a boost in flavor in nearly every course at the dining table to pharmaceuticals, while perfuming cleansing products and hospital-grade disinfectants. The king of citrus is known as an antimicrobial and antioxidant agent. In Europe, lemon is regarded as an all-inclusive tonic, especially in infectious illness. The juice of the lemon is valued for its therapeutic assistance with acidic disorders, as well as aiding the relief of fever and bacterial issues.

Product availability may vary by country.

\$12.95

.5 oz (15 ml)

Lemongrass



Relied upon in Indian medicine for centuries, lemongrass has been researched for its aid in overall feelings of wellness. It's primary constituent, citral, is revered in pharmacology studies because of its superior attributes evidenced in research. Lemongrass has been used for decades as an astringent and skin cleanser to support opening pores and releasing toxins.

Product availability may vary by country.

\$12.95

.5 oz (15 ml)

Orange



The sweetest of citrus, orange has long been used in aromatherapy and is loved for its calm, cooling and restorative sleep effects. Native to China, the orange is prolific in Chinese medicine for coughs, colds, and digestive disorders. Vitamins A, B, C are top-of-the-line in an orange and superior in staving off infection. Research indicates the orange has beneficial properties related to skincare as well as the respiratory, circulatory and digestive systems.

Product availability may vary by country.

\$12.95

.5 oz (15 ml)



Peppermint

Mint extracts have been relied upon for centuries as a cooling antiseptic treatment to aid in skincare, hair care, headaches, toothaches, sore throat and support of muscles and joints as well as the respiratory and digestive systems. Peppermint essential oil blends for aromatherapy are derived from the flowering herb via steam distillation, resulting in a highly penetrating, intense aroma.

Product availability may vary by country.

\$23.95

.5 oz (15 ml)



Rosemary

Perhaps the most ancient herbal remedy, rosemary has long been valued for support of the respiratory, circulatory, digestive and nervous systems. Research shows evidence of rosemary's support for your skin, pain relief and hair restoration. Steam distillation derives the oils from the fresh tops of the delicate blue flowers.

Product availability may vary by country.

\$17.95

.5 oz (15 ml)



Tea Tree

Tea tree's therapeutic properties have contributed greatly to its popularity in modern medicine as antiviral, antifungal, antiseptic and antimicrobial. Scientific studies have shown tea tree's remarkable value in aiding against bacterial and fungal issues. It may also act as an immuno-stimulant to help the body kick into high defensive gear. The small tree's needle-like leaves and twigs deliver the essential oil through steam or water distillation.

Product availability may vary by country.

\$20.95

.5 oz (15 ml)



Oregano

Our oregano essential oil is loaded with antioxidants and powerful compounds that deliver antimicrobial, antiviral, antifungal and anti-inflammatory qualities. When used aromatically, oregano is touted for promoting feelings of clearer air passages and breathing. It's often studied for support of improved appearance of acne and other skin concerns. Oregano's scent boosts feelings of balance, centering and calmness when diffused or applied topically at home.

Product availability may vary by country.

\$29.95

.5 oz (15 ml)



Geranium

Geranium essential oil is known for its antibacterial qualities and support of hormone balance. When diffused, geranium promotes feelings of reduced anxiety and is highly recommended as a noninvasive method to gain a sense of calm during stress. It also supports feelings of cleansed and protected skin, is an excellent addition to your hair care regimen, as well as being a natural insect repellent.

Product availability may vary by country.

\$44.95

.5 oz (15 ml)



Cypress

Known for stimulating muscles before exercise and relief from soreness and inflammation afterwards, cypress essential oil is also studied for its antibacterial, antimicrobial and antifungal qualities. Its appealing aroma makes it a natural and common ingredient to unisex deodorant. Research has also indicated the oil can give off feelings of relief from symptoms associated with swollen veins and warts.

Product availability may vary by country.

\$23.95

.5 oz (15 ml)



Ylang Ylang

With its powerful aroma of sweet notes and a touch of spice, ylang ylang essential oil will help you find ease and calmness and a sense of balance. It supports a sense of self-confidence and is known for creating a romantic atmosphere when diffused. Ylang ylang is also revered for repelling bugs, including larvae and flying pests.

Product availability may vary by country.

\$29.95

.17 oz (5 ml)



Guardian Blend

Featuring essential oils such as cinnamon, clove, orange, lemongrass, lemon, eucalyptus, rosemary, peppermint and spearmint, our Guardian Blend is an exclusive harmony of oils renowned for their ability to support the total wellness of your systems. This cleaning essential oil blend is the perfect alternative to toxic cleaners when used on surfaces throughout the home. Guardian Blend delivers a warm and clean aroma while purifying the air.

Product availability may vary by country.

\$35.95

.5 oz (15 ml)



Serenity Blend

Relying on the properties of lemon, lavender, bergamot, balsam of Peru, ylang ylang, Roman chamomile and sandalwood, our Serenity Blend is the perfect combination to promote a peaceful atmosphere and feelings of total relaxation. This calming essential oil blend is the go-to oil when you seek a sense of calm and centering of the mind.

Product availability may vary by country.

\$35.95

.5 oz (15 ml)



Revitalize Blend

Featuring the oils of wintergreen, spruce, camphor, peppermint, balsam fir, copaiba, and helichrysum, our Revitalize Blend is a friend to tired muscles. It promotes a relaxed mind, a soothing spirit and a reinvigorated body after a long day or an intense workout. This relaxing essential oil is the foundation for Mother Nature's alternative to synthetic topical products.

Product availability may vary by country.

\$35.95

.5 oz (15 ml)



TLEO Fractionated Coconut Oil

Our exclusive Fractionated Coconut Oil (FCO) is 100% pure *Cocos nucifera* oil. It's also the perfect way to experience essential oils topically to soothe muscles and joints. Lightweight and silky smooth, this pure carrier oil will enhance your joy when using our other oils. Before applying a Total Life Essential Oils to the skin, simply dilute them into a small amount of FCO - typically 3-4 drops per one teaspoon FCO - to improve the experience and avoid any possible side effects and irritation.

Product availability may vary by country.

\$12.95

4 oz (118 ml)



@tlchq



Fair Haven, MI 48023

1-810-471-3812

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