

earth heart™ all-natural aromatherapy products for you and your dog

CANINE CALM™ ... calming jittery dogs for 10 years

TRAVEL CALM™ ... helping calm uneasy travelers

GUARD WELL™ ... nurturing a natural state of health

ANSWERS TO YOUR FREQUENTLY ASKED QUESTIONS:

What is aromatherapy?

The simplest definition of aromatherapy is “healing with scent.” More specifically, aromatherapy is the inhalation and topical application of pure essential oils from aromatic plants to restore or enhance health, beauty and well-being.

What are essential oils?

Essential oils are the volatile oils from the rind, flower, leaf, bark, root, or resin of aromatic plants that are released via steam distillation, cold expression or solvent extraction. Fragrance oils are synthetic and are not used in authentic aromatherapy.

How does aromatherapy work?

When inhaled or applied to the skin, essential oils absorb into the bloodstream and circulate throughout the body. The scent can trigger a memory with a resulting emotional response and possible behavior modification.

How can someone be assured of getting authentic essential oils?

Reputable sources use “pure essential oils” and labels include the Latin binomial. While price can be an indicator for quality, the most expensive is not necessarily best. If a line of essential oils is all the same price, some are undoubtedly synthetic or diluted. Exercise caution if a company boasts “we are the only ones who...”

Who uses the products?

Veterinary clinics, kennels, trainers, groomers, pet spas and boutiques, massage therapists, travelers...anyone who has a desire to take care of dogs using natural products. Although the products were developed for dogs, people have used **CANINE CALM™** as a calming personal scent, and to relax after work or calm the children at bedtime. **GUARD WELL™** has been used during cold and flu season both in the home and in the workplace.

How do the products smell?

Each product has been blended to insure safe and effective care with a pleasant scent. **CANINE CALM™** has a floral-citrus scent. **TRAVEL CALM™** is a bit earthier with the addition of Ginger. **GUARD WELL™** has a mildly sweet, camphoraceous scent.

What is polysorbate 20?

Polysorbate 20 is a natural emulsifier made from olive oil, sugar and grain alcohol, and does not disrupt the properties or scent of the essential oils. It has been used extensively in body care products and found to be gentle and nonirritating to tissues.

For additional information, visit www.earthheartinc.com

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Is polysorbate 20 necessary?

Because essential oils are not water-soluble, they float on top of water. While the mists may occasionally need to be shaken, the addition of polysorbate 20 insures that each “mist” has the same amount of essential oils.

What is potassium sorbate?

Potassium sorbate is a naturally-occurring fatty acid found in the mountain ash (*Sorbus spp.*). It is considered non-toxic and non-irritating, used to improve shelf stability in food and cosmetic products by inhibiting fungal growth.

How are the products used?

Mist the air behind your dog’s head, inside the travel crate or car, or directly onto bedding. Alternately, spray onto your hands and massage the dog’s outer ears or abdomen.

Do the dogs ever associate the product itself as negative?

You may want your initial use of the product to be at a non-stressful time. Lightly mist yourself and hold your dog to help associate the scent with a person of comfort and a relaxed moment.

How many “mists” are needed to be effective?

For small, young or infirm dogs, one or two mists may be appropriate, and for medium to large dogs it may be necessary to use four to six mists.

How long before the product takes effect?

Direct application of the mist has a faster effect than misting a room or car interior. Nearly all dogs relax in just a few minutes.

How long does a bottle last?

There are approximately 600 mists per two-ounce bottle. Depending on the frequency of use and number of mists per application...well, you can do the math. Incidentally, it’s about two-cents per mist.

Are there precautions when using the products?

Mists are for external use only, and not recommended for use with cats and birds.

Do not spray directly on or into eyes, ears, nose, or mouth.

Keep out of reach of small children.

These products are not intended to diagnose, treat, cure or prevent any disease.

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