

VINTARI™ LIFESTYLE

FOR YOUR DAY TO DAY





BASIC ROUTINE #1

IN THE MORNING

DURING THE DAY

AT NIGHT



Drink two glasses of hot water when you wake up...

Add 6 drops of **Sunshine** to your VINTARI Ultrasonic Diffuser.



Meditate for 30 minutes in the morning...

Add 2 drops of **Enerlift** to your hands, rub them together and inhale deeply.



Do your exercise routine...

Afterwards, use **Muscle Temple** diluted with VINTARI Coconut Oil to massage your body.



Use your face mask...

Add one drop of **Breathe** to a small atomizer with water and spray a little on your face mask.



Give yourself a neck and shoulder massage...

Use 1 drop of **Breathe** + 2 drops of **Sweet Orange** on your hands to give the massage.



Purify the air...

With 6 drops of **Germ Protect** in your VINTARI Ultrasonic Diffuser.



Give yourself a relaxing foot bath...

With a mix of **Lavender** and sea salt in your tub.



Enjoy a book...

Rub 2 or 3 drops of **Balance** onto your pillow or bed sheets.



While you sleep...

Transform your bedroom with 6 drops of **Relax** in your VINTARI Ultrasonic Diffuser.



BASIC ROUTINE #2

(WORK DAY)

IN THE MORNING

DURING THE DAY

AT NIGHT



Take an energizing shower... Mix 60ml (2oz) of water + 10 drops of **Japanese Mint** + 10 drops of **Sweet Orange** + 5 drops of **Relax** in an atomizer. Spray 5-7 times in the shower, breathe in deeply and visualize your day ahead with energy.



Feel enthusiastic as you get ready...
Add 2 drops of **Sweet Orange** + 2 drops of **Japanese Mint** + 2 drops of **Balance** to your VINTARI Ultrasonic Diffuser.



Stay hydrated...
Add 1 drop of **Sweet Orange** to 120ml (4oz) of water. Staying hydrated helps you to concentrate.



Feel inspired in the workplace...
Add 3 drops of **Eucalyptus** + 3 drops of **Japanese Mint** to your VINTARI Ultrasonic Diffuser.



Go running with your dog...
Add 2 drops of **Fir** + 3 drops of **Lemon** to your favorite drink to stay hydrated, energized, and breathe clearly.



Make tea before you go to bed...
Dilute 2 drops of **Geranium** in your cup of hot water. It will help you to relax and balance your emotions.



**BASIC
ROUTINE
3**

(HOUSEWIFE/MOM DAY)

IN THE MORNING

DURING THE DAY

AT NIGHT



Start your day with gratitude and meditation...

Mix 3 drops of **Frankincense** + 2 drops of **Lavender** + 1 drop of **Sweet Orange** and massage into your temples.



While you are in your yoga class...

Add 3 drops of **Sweet Orange** + 4 drops of **Japanese Mint** to your VINTARI Ultrasonic Diffuser.



Keep your children's play space clean...

Mix 15ml (0.5oz) of water + 15ml (0.5oz) of vinegar + 2 drops of **Germ Protect** + 2 drops of **Tea Tree** 2 drops of **Sweet Orange** in an atomizer and use it to clean.



Help your children with their homework...

Add 6 drops of **Think** to your VINTARI Ultrasonic Diffuser to help with focus.



Keep your rooms insect and mosquito-free

In an atomizer, mix 50ml (1.7oz) of water + 50ml (1.7oz) of 96% alcohol + 5 drops of **Eucalyptus** + 5 drops of **Tea Tree** + 4 drops of **Japanese Mint** + 5 drops of **Orange Sweet** + 4 drops of **Lemon**. Spray in the air and on surfaces.



Get your kids ready for bed...

Use your VINTARI Ultrasonic Diffuser with 6 drops of **Lavender** in their bedroom.



BEAUTY ROUTINE

IN THE MORNING

DURING THE DAY

AT NIGHT



Feel refreshed after a shower...
Enjoy the **La Lun Fem** aroma by adding 6 drops to your VINTARI Ultrasonic Diffuser.



Long eyelashes...
Apply a drop of **Lavender** to your mascara.



Moisturize your lips...
Dilute 1 drop of **Lavender** with VINTARI Coconut Oil and apply gently.



Strengthen your damaged nails...
Apply a blend of 4 drops of VINTARI Coconut Oil + 1 drop of **Frankincense** + 1 drop of **Tea Tree** to your nails.



Create an anti-wrinkle face mask...
Mix 2 drops of **Frankincense** into your favorite face mask and apply as usual.



Enhance your facial cream...
Dilute 2 drops of **Lavender** in your favorite facial cream for all the benefits of the essential oil.



EXERCISE ROUTINE



IN THE MORNING

AT NIGHT



Before starting your routine, Power Me!...

And accompany with 6 drops of **Enerlift** in your VINTARI Ultrasonic Diffuser.



After exercise...

Dilute 3 drops of **Muscle Temple** + 9 drops of VINTARI coconut oil and massage into your body.



Relax your muscles and rest...

Dilute 2 drops of **Muscle Temple** + 2 drops of **Balance** in 6 drops of VINTARI Coconut Oil and massage into your body.

A romantic couple in white robes dancing in a bedroom. The man is holding the woman, and they are both smiling. The background shows a bed and a colorful abstract painting.

ROMANTIC NIGHT ROUTINE

AT NIGHT



While waiting for your dinner...
Add 6 drops of **Relax** to your
VINTARI Ultrasonic Diffuser.



Relaxing bath for two...
Add 3 drops of **Sweet Orange**
+ 5 drops of **Lavender** to your
bath to give it an indulgent and
sensual touch.



Relaxing couples massage... Dilute
1 or 2 drops of **Eucalyptus** in 3
drops of VINTARI Coconut Oil
and apply slowly to your neck
and back.



RESTFUL SLEEP ROUTINE

AT NIGHT



Prepare your environment before going to sleep...

Drink a warm chamomile tea and use your VINTARI Ultrasonic Diffuser with 6 drops of **Lavender**.



Listen to relaxing music...

While you gently massage your feet with 2 drops of **Relax** mixed with 6 drops of VINTARI Coconut Oil.



TRAVEL ROUTINE

DURING THE DAY



Before you travel...

Feel energized with 2 drops of **Japanese Mint** in your favorite drink.



During travel...

Dilute 15 - 20 drops of **Breathe** in an atomizer with 50ml (1.7oz) of water and spray it on your face mask to help with breathing.



When you reach your destination...

Enjoy 6 drops of **Relax** in your VINTARI Ultrasonic Diffuser.





STUDY ROUTINE

DURING THE DAY



To start, prepare your
Power Me!...
And add 2 drops
of **Japanese Mint**.



To stay focused...
Enhance your environment with
6 drops of **Think** in your VINTARI
Ultrasonic Diffuser.



DIGESTIVE ROUTINE

DURING THE DAY

AT NIGHT



After eating...

Add 1 drop of **Japanese Mint** to your favorite tea to help with digestion.



Stomach massage...

Dilute 2 drops of **Tummy Zen** with 6 drops of VINTARI Coconut Oil and massage into your stomach with circular motions.



CLEANING ROUTINE

IN THE MORNING

AT NIGHT



Create your pocket hand sanitizer....

In a 30ml (1oz) atomizer, add 10 drops of **Germ Protect** + 5 drops of **Sweet Orange** and fill with 70% alcohol.



Eliminate bad odors in your shoes...

In a 30ml (1oz) atomizer, add 10 drops of **Tea Tree** and fill with water. Spray your shoes to eliminate bad odors. You can also apply 2 drops of **Tea Tree** diluted with 6 drops of **VINTARI Coconut Oil** to the soles of your feet to keep them fresh and protected.



BASIC
ROUTINE
4

IN THE MORNING



To start your work day...

Get ready with some deep breathing with 1 drop of **Enerlift** in the palm of your hands and repeating positive affirmations.

DURING THE DAY



During your work day...

Use your VINTARI Ultrasonic Diffuser with **Lavender** in your office or meeting room to encourage fluid communication with your coworkers.

AT NIGHT



Relax...

Massage your neck and back with 2 drops of **Muscle Temple** diluted with 6 drops of VINTARI Coconut Oil to relax and restore your muscles after a day of work.



PREVENTATIVE
ROUTINE

IN THE MORNING

DURING THE DAY

AT NIGHT



**Enhance your
moisturizing cream...**

Add 1 drop of **Eucalyptus** to your cream to give it a boost of vitality, restore your muscles and clear your airways. Apply it all over your body.



Take care while driving...

Add 2 drops of refreshing **Breathe** to the air conditioning ducts and protect yourself from seasonal threats.



Before going to bed...

Massage the soles of your feet with 2 drops of **Germ Protect** diluted with 6 drops of VINTARI Coconut Oil. This blend has a pleasant effect that will help you to have a great night's sleep.



MINDFULNESS ROUTINE

IN THE MORNING

DURING THE DAY

AT NIGHT



Before your exercise routine...

Feel energized by rubbing 1 drop of **Japanese Mint** onto the palm of your hands and inhaling deeply. Making this part of your routine will reinforce the habit of exercise, associating the smell with positive energy.



Here and now...

Enjoy a gentle massage on your temples with 1 drop of **Frankincense** diluted with 3 drops of VINTARI Coconut Oil, to bring you back to the present and release tension.



Take care of the skin around your eyes...

Gently apply 1 drop of **Balance** diluted with 3 drops of VINTARI Coconut Oil to the skin around your eyes after your nightly skincare routine.



BASIC ROUTINE # 5

IN THE MORNING

DURING THE DAY

AT NIGHT



Start the day off in the best way...

Clear your airways. Rub 1 drop of **Eucalyptus** + 3 drops of VINTARI Coconut Oil onto your palms and inhale 11 times.



During the day...

Accompany your daily tasks with your VINTARI Ultrasonic Diffuser and 6 drops of **Think**. This blend is ideal for keeping you fully focused.



Create your favorite perfume...

Release your creativity and amaze. For example, you can add 3 drops of **Relax** + 4 drops of **Sweet Orange** in a 30ml (1oz) atomizer and fill with water. Make your own blends!



Winter nights...

Add 6 drops of **Germ protect** to your VINTARI Ultrasonic Diffuser to clean and purify your environment before you go to sleep.



BASIC ROUTINE # 6

IN THE MORNING

DURING THE DAY

AT NIGHT



Wake up with more energy...

Rub 1 drop of **Sunshine** + 3 drops of VINTARI Coconut Oil onto the palm of your hands to activate your energy and inhale directly 11 times.



Meditation...

Create a natural and elevated environment using your VINTARI Ultrasonic Diffuser with 3 drops of **Sweet Orange** + 3 drops of **Eucalyptus**.



Take a liberating shower...

Convert your shower into a powerful releasing experience by adding 1 drop of **Breathe** to the floor when the hot water starts coming out.



At night...

Mix 3 drops of **Lavender** + 4 drops of **Balance** to your VINTARI Ultrasonic Diffuser for a great night's sleep.

VINTARI™

IT'S TIME TO CARE



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