

Where should I place the patch?

The majority of our patches should be placed on the upper broad part of the shoulder or chest. Close enough to your face to experience the full aromatic benefits, but discreet enough so that others will not know you are wearing it, unless you want them to. (See packaging for specific placement for the variety in use.)

How long can I wear a patch?

Patches are effective for up to 24 hours. It should however be noted that the patch will lose its effectiveness if you wear it while bathing. If at any time you experience any irritation from the patch, remove it immediately.

Can I wear more than one patch at a time?

Yes. We do however suggest that you do not wear patches that negate the function of each other. For instance, wearing a Sleep Patch and Energy Patch at the same time would not be very effective on either front.

Are the patches reusable?

No. Typically once the patch has been worn and removed, the adhesive will no longer be as effective. The patches are designed for single use. For hygienic reasons we recommend that patches be neither reused or shared.

Do I have to use a whole patch?

No. Some people are more sensitive than others and can reap the benefits while using only half of a patch.

How do the patches work?

NATURAL PATCHES OF VERMONT, Body Patches incorporate the age old practice of Aromatherapy and the topical application of essential oils to help restore wellness and balance. Aromatherapy utilizes the effect of aromas on the senses. The sense of smell goes directly to the limbic section of the brain without further processing. In addition to smell, this section of the brain is also responsible for our moods and emotions.

As we breathe in, warm moist air carries tiny molecules of the essential oils through the nasal passages and to the brain, where they may affect mood and optimize the feeling of health and well-being. Combined with skin contact this is the most efficient way to enjoy the benefits of pure essential oils.

Inhalation of certain scents may bring about a positive reaction to common complaints; Aches and pains. Lack of Energy, Stress, Sleeplessness, Nasal Congestion...etc.

Aromatherapy is a wonderful holistic approach to balancing the mind, body and spirit on many levels.

What are the patches made of?

The patches are made of polyester cloth that is coated with an adhesive layer, which is bio-compatible (skin friendly), comprised of medical and food grade ingredients, and is both LATEX and PRESERVATIVE FREE.

The adhesive layer is then infused with a combination of essential oils and extra virgin olive oil.

How do I apply the Patch?

Patches should be placed on clean dry skin. (The placement of each patch also depends on the variety being used; see instructions on packaging.)

Step 1: Remove the patch from its protective packaging just before you are ready to use it. (Once removed from its packaging and exposed to the air, the essential oils will begin to dissipate.)

Step 2: Wash and dry the area where the patch will be applied to remove any excess oils or lotions that could prevent the patch from adhering properly. (The area where the patch is being applied should be relatively hairless to facilitate better adhesion and lessen discomfort upon removal.) Do not apply any patch to burned, broken or severely irritated skin.

Step 3: Remove the protective liner from the patch, trying to avoid touching the adhesive. Discard the liner so that it is out of reach of children or pets. Recycle if possible in your area.

Step 4: Apply the patch to the prepared patch site. Press the patch firmly into place with the heel of your hand for at least 10 - 15 seconds. Make sure that it sticks well, especially around the edges.

Wear the patch for up to 24 hours.

After 24 hours remove the patch, fold it in half with the adhesive side in and dispose of it out of reach of children and pets.

What is the best way to remove the patch?

Because the adhesive is very aggressive, we do not recommend pulling the patch off your skin quickly, as this could irritate the skin.

Some suggestions for removal are:

- Let the patch fall off in the shower or bath.
- Wet the patch with a damp cloth and remove it slowly.
- Rubbing the patch briskly with your hand to warm the adhesive and then peeling it off slowly.



In the next couple of months we will be changing our name from

Naturopatch of Vermont

To

**NATURAL PATCHES
of
VERMONT**

Everything else is staying the same

Same Company

Same Great Product.

www.naturalpatchesofvermont.com

info@naturalpatchesofvermont.com

5983B US Route 5 South, Westminster VT. 05158

Toll Free: (800) 340-9083 Phone: (802) 722-9009

Fax: (802) 722-9779

www.naturopatch.com

Email: info@naturopatch.com



CUSTOMER FAQ

What are essential oils and what are their benefits?

Essential oils are the life-blood of the plant, functioning as the plant's immune defense system, and may be derived from all parts of the plant; Bark, Seeds, Roots, Flowers...etc. Anti-fungal, Anti-bacterial, Anti-parasitic, Anti-microbial, Anti-viral and Antiseptic in nature, they help to promote physical, emotional and spiritual well-being. When applied to the human body, essential oils, which maintain a high vibrational frequency, can help to restore health and balance.

Will the patches irritate my skin?

Every individual responds differently to anything applied to the skin. All oils are listed on the product packaging and we ask that you review this information, especially if you know that you have sensitivity or allergies to a specific plant or oil.

If you are unsure, do a "patch test" before applying the patch. Cut a small piece of the patch and wear it for 24 hours to determine whether or not you will have a reaction. If at any time during this period you experience any irritation or discomfort, remove the patch immediately.

We also recommended alternating the patch location, if you use the patches on a regular basis.