

ANTI-STRESS &
FOCUS RESET

5 ESSENTIAL OILS TO
REGULATE YOUR BRAIN AND
RECOVER MENTAL CLARITY



VMO GUIDE 2026



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**STRESS IS NOT PSYCHOLOGICAL
WEAKNESS.**



IT IS A NEUROBIOLOGICAL OVERLOAD.

**THIS NEUROKIT IS DESIGNED TO
REGULATE THE BRAIN CIRCUITS MOST
AFFECTED BY MODERN LIFE:**

- **ATTENTION**
- **EMOTIONAL CONTROL**
- **SENSORY OVERLOAD**
- **MENTAL FATIGUE.**

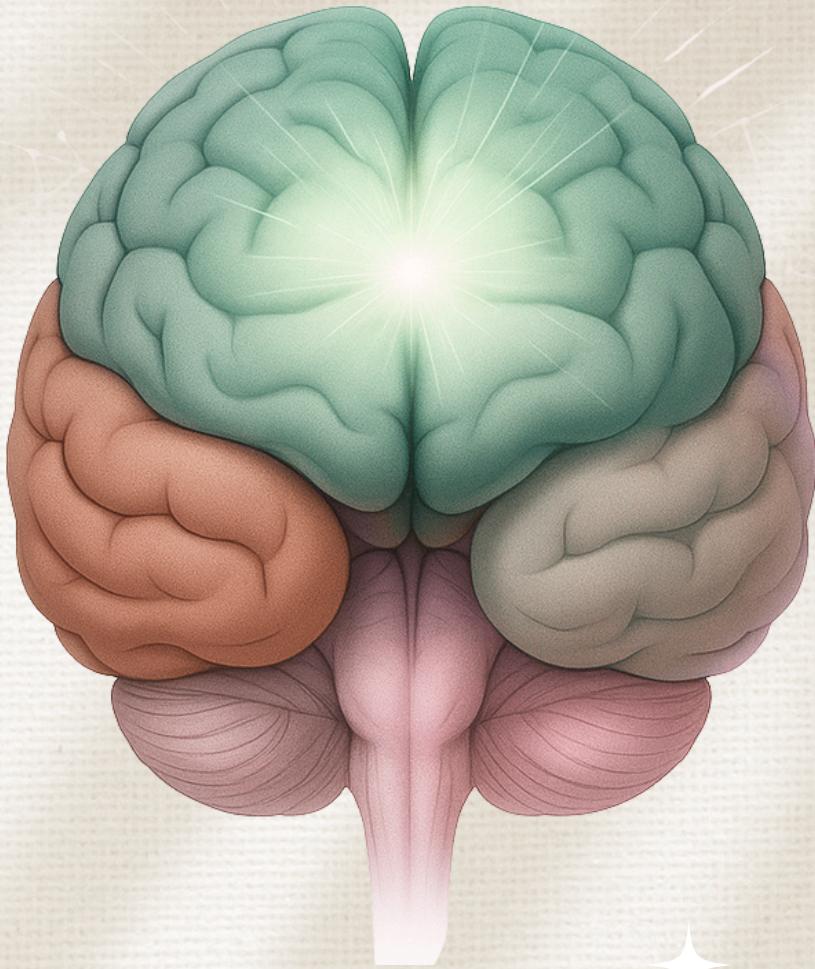


**THIS IS NOT WELLNESS MARKETING.
THIS IS CONSCIOUS MEDICINE
APPLIED TO REAL BRAINS.**



FRANKINCENSE | FR-TM LOBE

PURPOSE • MEMORY • NEURAL RESILIENCE



WHY IT WORKS?

FRANKINCENSE (BOSWELLIA SPP.) ACTS ON:

- LIMBIC SYSTEM MODULATION (AMYGDALA + HIPPOCAMPUS)
- PREFRONTAL-TEMPORAL INTEGRATION
- NEUROINFLAMMATORY REGULATION
- MEMORY CONSOLIDATION & IDENTITY PROCESSING

IT DOES NOT STIMULATE.
IT STABILIZES NEURAL NETWORKS UNDER CHRONIC STRESS
AND COGNITIVE OVERLOAD.

WHEN STRESS BECOMES CHRONIC, THE BRAIN LOSES MEANING, NOT JUST CALM.

WHEN STRESS FEELS LIKE:

- MENTAL EMPTINESS
- LOSS OF DIRECTION OR MOTIVATION
- EMOTIONAL DISCONNECTION
- CHRONIC FATIGUE WITH OVERTHINKING
- "I DON'T KNOW WHY I'M DOING THIS ANYMORE."

WHEN NOT TO USE

- ACUTE PANIC OR HYPERAROUSAL (USE CALMING OILS FIRST)
- WHEN IMMEDIATE STIMULATION IS NEEDED (CHOOSE PEPPERMINT INSTEAD)

THIS OIL IS FOR INTEGRATION, NOT ACTIVATION.

1-MINUTE PURPOSE PROTOCOL

1 DROP – INHALE SLOWLY

USE:

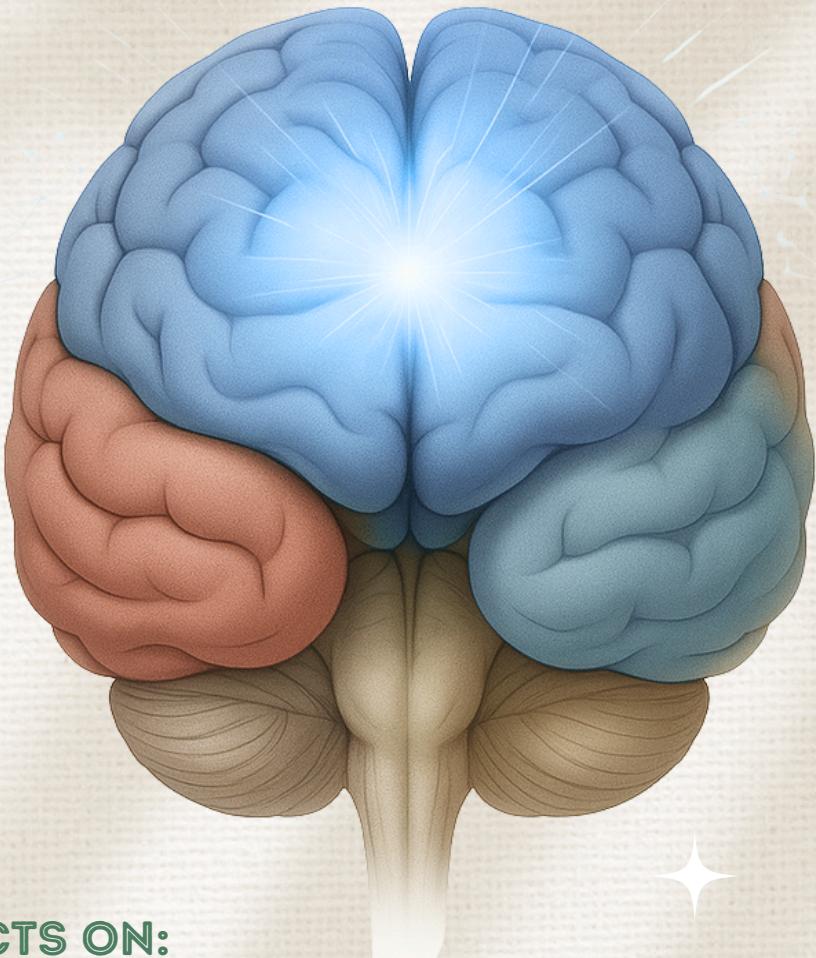
- BEFORE JOURNALING OR MEDITATION
- BEFORE STRATEGIC DECISIONS
- AT THE END OF THE DAY FOR MEANING-BASED REFLECTION

SAFE FOR EVENING USE



PEPPERMINT | FRONTAL LOBE

EXECUTIVE CONTROL · TASK INITIATION · MENTAL CLARITY



WHY IT WORKS?

PEPPERMINT (MENTHA × PIPERITA) ACTS ON:

- PREFRONTAL CORTEX ACTIVATION
- NORADRENERGIC & DOPAMINERGIC TONE
- REACTION TIME & COGNITIVE ALERTNESS

IT DOES NOT SEDATE.
IT RESTORES EXECUTIVE SIGNAL WHEN STRESS
SHUTS THE FRONTAL LOBE DOWN.

WHEN CORTISOL STAYS HIGH:

- THE PREFRONTAL CORTEX GOES OFFLINE
- TASK INITIATION COLLAPSES
- THE BRAIN DEFAULTS TO AVOIDANCE OR PARALYSIS

PEPPERMINT PROVIDES A SENSORY "WAKE-UP CUE" TO THE FRONTAL NETWORKS.

STRESS IS NOT
ALWAYS ANXIETY.
SOMETIMES IT IS
LOSS OF FRONTAL
CONTROL.

1-MINUTE FRONTAL RESET PROTOCOL

1 DROP · INHALE
BEFORE WORK OR PLANNING
NEVER USE AT NIGHT



WHEN NOT TO USE

- AT NIGHT
- DURING INSOMNIA OR HYPERAROUSAL
- IF ANXIETY IS DRIVEN BY SYMPATHETIC EXCESS

THIS OIL IS FOR ACTIVATION, NOT CALMING.

LEMON | PARIETAL LOBE

COGNITIVE ORDER • ATTENTION FILTERING • MENTAL CLARITY



WHY IT WORKS?

LEMON (CITRUS LIMON) ACTS ON:

- PARIETAL CORTEX ORGANIZATION
- ATTENTION FILTERING & SENSORY INTEGRATION
- COGNITIVE PRIORITIZATION
- MENTAL CLARITY WITHOUT OVERSTIMULATION

IT DOES NOT SEDATE.
IT CLEARS MENTAL NOISE AND RESTORES HIERARCHY.

STRESS IS NOT
ALWAYS ANXIETY.
SOMETIMES IT IS
LOSS OF COGNITIVE
ORDER.

WHEN STRESS FEELS LIKE:

- EVERYTHING FEELS EQUIALLY URGENT
- MENTAL CLUTTER
- DIFFICULTY PRIORITIZING
- DECISION FATIGUE
- OVERWHELM WITHOUT ANXIETY
- "TOO MUCH INFORMATION, NO ORDER"

WHEN NOT TO USE

- ACUTE PANIC OR HYPERAROUSAL (USE CALMING OILS FIRST)
- WHEN IMMEDIATE STIMULATION IS NEEDED (CHOOSE PEPPERMINT INSTEAD)

THIS OIL IS FOR INTEGRATION, NOT ACTIVATION.

1-MINUTE PARIETAL PROTOCOL

USE:

- DIFFUSER DURING PLANNING OR STUDY
- 1 DROP ON COTTON NEAR WORKSPACE

BEST FOR:

- STRATEGIC PLANNING
- STUDY & LEARNING
- MENTAL DECLUTTERING

AVOID AT NIGHT



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LAVENDER | LIMBIC SYSTEM

GABA REGULATION • NERVOUS SYSTEM CALMING • SLEEP REPAIR



WHY IT WORKS?

LAVENDER (*LAVANDULA ANGUSTIFOLIA*) ACTS ON:

- LIMBIC SYSTEM (AMYGDALA REGULATION)
- GABAERGIC TONE MODULATION
- STRESS-SLEEP CIRCUITRY
- AUTONOMIC NERVOUS SYSTEM BALANCE

IT DOES NOT SEDATE ARTIFICIALLY.
IT SIGNALS SAFETY TO THE BRAIN.

CHRONIC STRESS
PERSISTS WHEN
THE BRAIN DOES
NOT RECEIVE
SAFETY SIGNALS.

WHEN STRESS FEELS LIKE:

- NIGHT-TIME ANXIETY
- RACING THOUGHTS BEFORE SLEEP
- EMOTIONAL HYPERVIGILANCE
- DIFFICULTY SWITCHING OFF
- “I’M EXHAUSTED BUT CAN’T REST”

1-MINUTE LIMBIC PROTOCOL

USE:

- DIFFUSER 20–30 MIN BEFORE SLEEP
- 1 DROP DILUTED ON WRISTS OR SOLES OF FEET

BEST FOR:

- SLEEP PREPARATION
- ANXIETY REDUCTION
- NERVOUS SYSTEM RECOVERY

ESSENTIAL FOR NIGHT USE



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WHEN NOT TO USE

- ACUTE PANIC OR HYPERAROUSAL (USE CALMING OILS FIRST)
- WHEN IMMEDIATE STIMULATION IS NEEDED (CHOOSE PEPPERMINT INSTEAD)

THIS OIL IS FOR INTEGRATION, NOT ACTIVATION.

YLANG YLANG | TEMPORAL LOBE

EMOTIONAL REGULATION • SELF-PERCEPTION • AFFECTIVE MEMORY



WHY IT WORKS?

YLANG YLANG (CANANGA ODORATA) ACTS ON:

- TEMPORAL LOBE EMOTIONAL PROCESSING
- LIMBIC-TEMPORAL INTEGRATION
- SEROTONERGIC MODULATION
- AFFECTIVE MEMORY & SELF-PERCEPTION

IT DOES NOT STIMULATE.
IT SOFTENS EMOTIONAL OVERDRIVE AND RESTORES
INTERNAL SAFETY.

STRESS IS NOT
ALWAYS MENTAL
OVERLOAD.
SOMETIMES IT IS
EMOTIONAL
MEMORY ASKING TO
BE SOOTHED.

WHEN STRESS FEELS LIKE:

- EMOTIONAL REACTIVITY
- IRRITABILITY WITHOUT CLEAR CAUSE
- FEELING "TOO MUCH"
- SELF-CRITICISM OR EMOTIONAL FATIGUE
- DISCONNECTION FROM PLEASURE OR SOFTNESS

NEUROBIOLOGICAL EFFECT

WHEN THE TEMPORAL LOBE IS OVERLOADED:

- EMOTIONAL MEMORY BECOMES DISTORTED
- THE BRAIN OVERREACTS TO NEUTRAL STIMULI
- SELF-PERCEPTION BECOMES HARSH OR UNSTABLE

1-MINUTE LIMBIC PROTOCOL

USE:

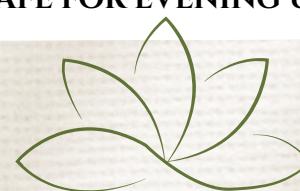
- DIFFUSER DURING EMOTIONAL PROCESSING OR JOURNALING
- 1 DROP DILUTED ON WRISTS OR HEART AREA

BEST FOR:

- EMOTIONAL REGULATION
- STRESS LINKED TO RELATIONSHIPS
- INNER DIALOGUE SOFTENING

SAFE FOR EVENING USE

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ANTI-STRESS & FOCUS RESET



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