



# ANTI-STRESS & ♥ FOCUS RESET ♥

5 ESSENTIAL OILS TO  
REGULATE YOUR BRAIN AND  
RECOVER MENTAL CLARITY



VMO GUIDE 2026





# VMO GUIDE 2026

**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.**



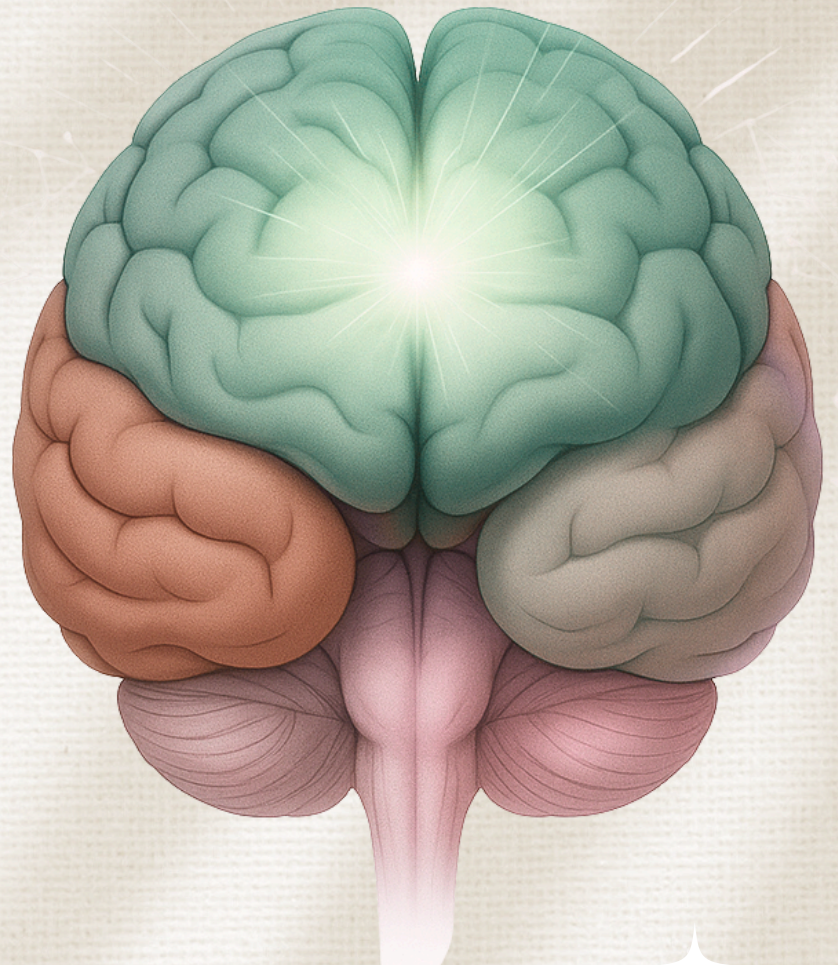
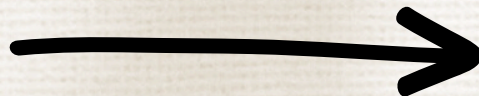
**THIS IS NOT WELLNESS MARKETING.  
THIS IS CONSCIOUS MEDICINE  
APPLIED TO REAL BRAINS.**





# 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

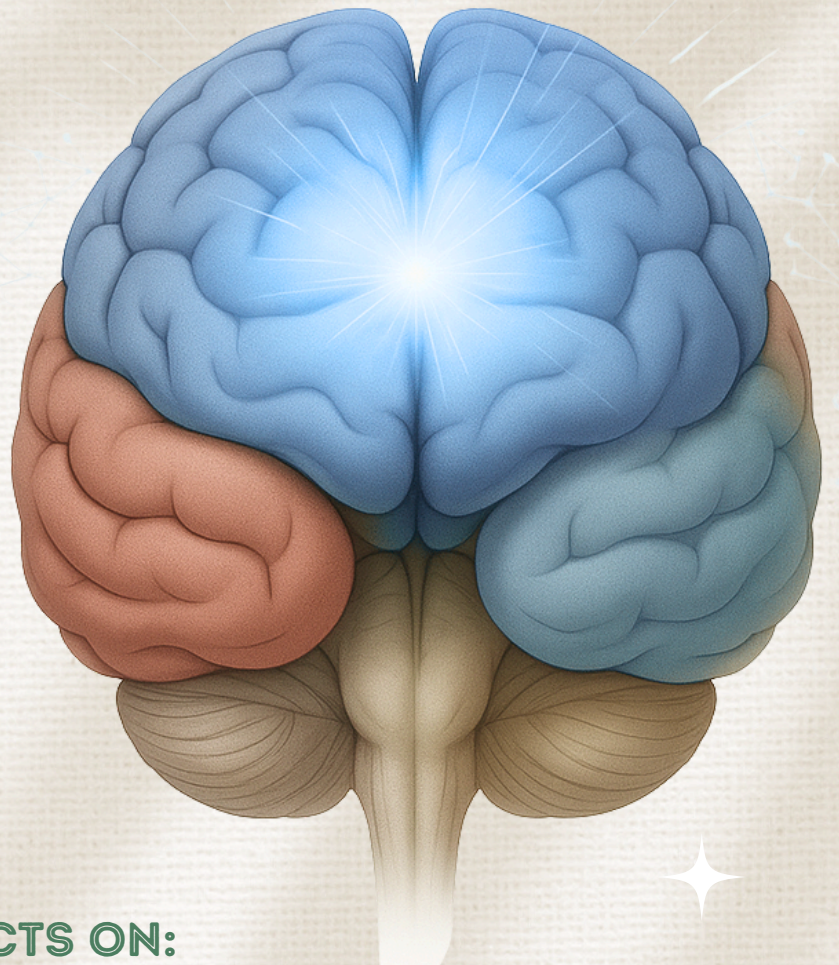
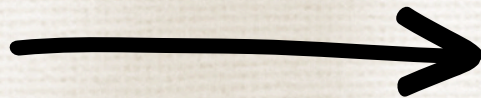


2



# 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.

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

## 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.

## WHEN NOT TO USE

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

THIS OIL IS FOR ACTIVATION, NOT CALMING.

## 1-MINUTE FRONTAL RESET PROTOCOL

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



3



# 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 EQUALLY 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

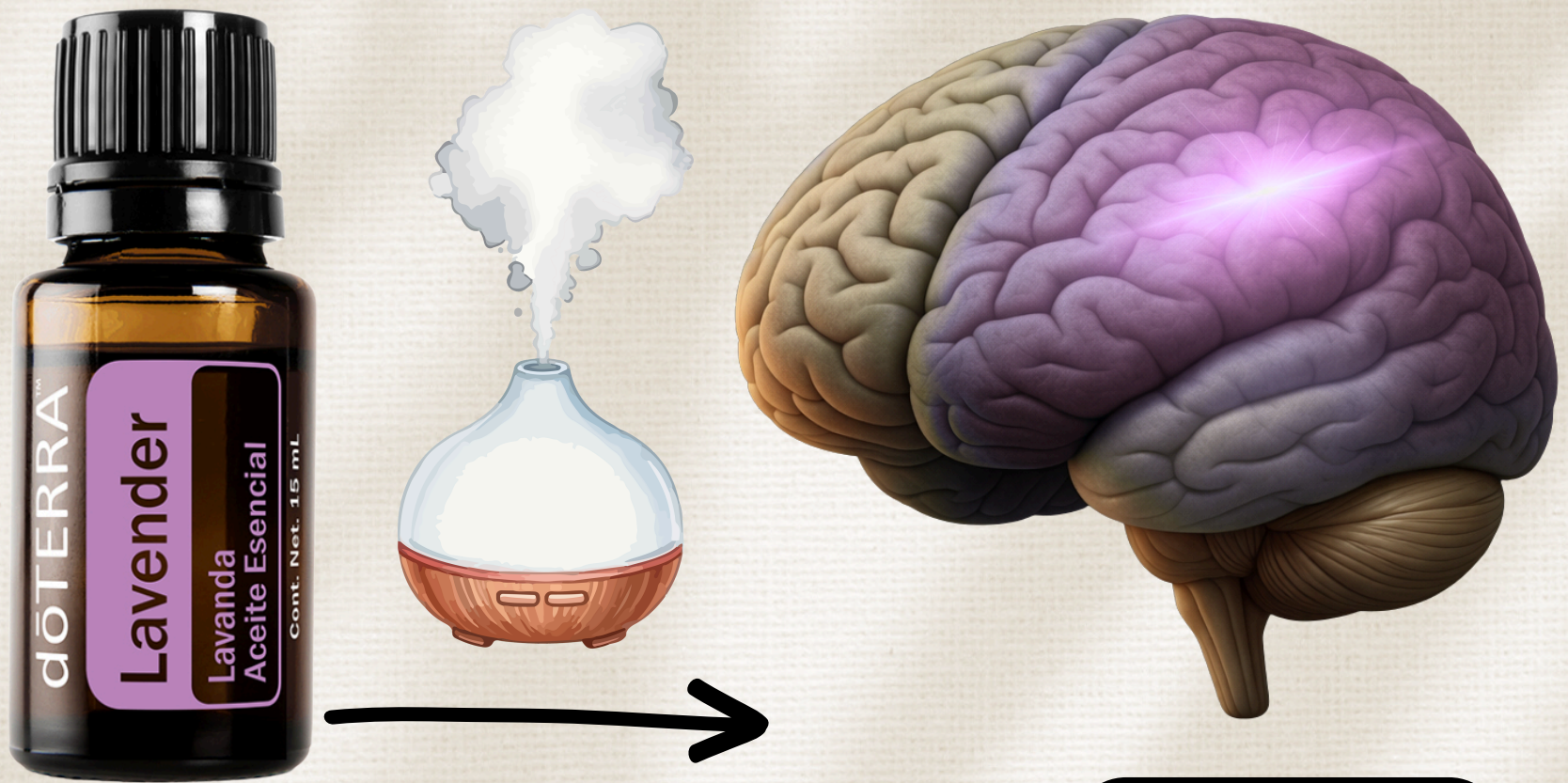
4





# 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"

## 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 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

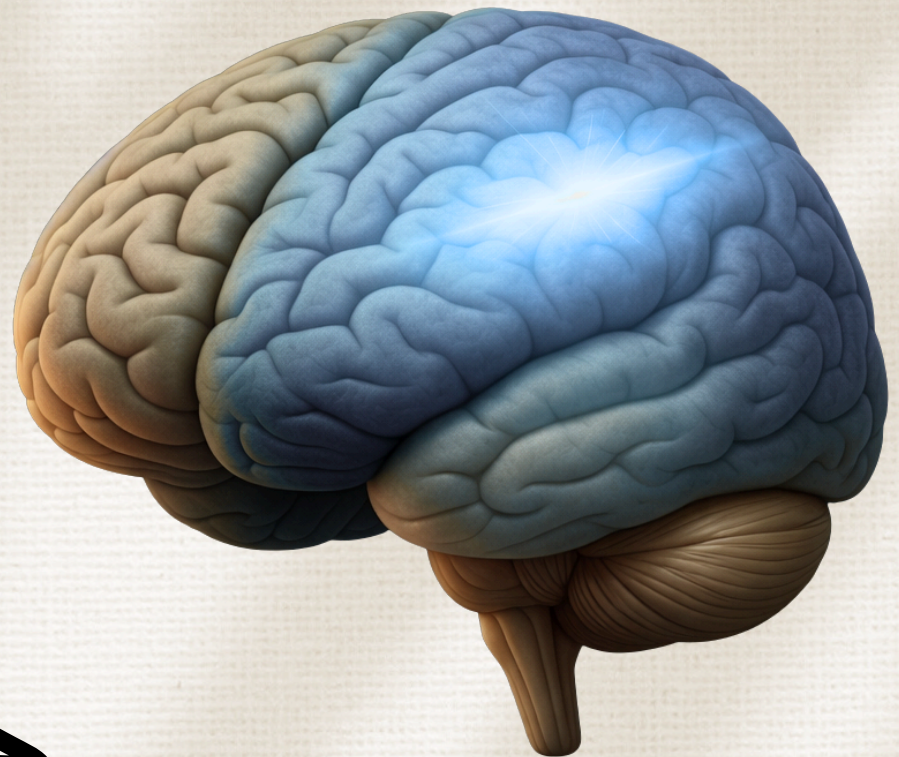


5



# 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

6







# ANTI-STRESS & ♥ FOCUS RESET ♥



## VMO GUIDE 2026

