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# F.Y.G. LAUNCHES ESSENTIAL OIL BLENDS COLLECTION

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Boost your mood with F.Y.G.'s Essential Oil Blend Collection, designed to enhance mind and body. With proven therapeutic qualities known to relieve stress, improve sleep, energize, balance or calm the mind, F.Y.G.'s 100% pure essential oil and oil blends aim to contribute to an overall improvement to your physical and mental well-being. Whether you are looking for a single essential oil to energise or improve sleep, or an oil blend to create a particular mood, F.Y.G. has something for all occasions.

Available in 7 fragrances and priced at £10 each, or £35 for a gift set, all of F.Y.G.'s essential oils and oil blends are 100% pure, therapeutic-grade, non-toxic and naturally, steam-distilled. They are free from synthetic fragrances and chemicals and are both vegan-friendly and cruelty-free.

F.Y.G. oil blends are available to be diffused via their brand new Wellbeing Pod, and in individual Roll-Ons which can be applied to the wrists and temples for a quick boost on-the-go. Treat yourself or someone you know to this empowering collection of pure essential oils and experience how the natural feel-good qualities begin to enhance your everyday.

**Find your scent. Find yourself. Find your Glow.**

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# ESSENTIAL OIL BLENDS / ROLL-ON OIL BLENDS



In The Zone Oil Blend/Roll-On  
£10 each, fyghome.com

Concentration is key with this simple, fresh blend of citrus and stimulating menthol, designed to get you in the zone and maintain focus.



Hit The Snooze Oil Blend/ Roll-On  
£10 each, fyghome.com

Catch some shut eye with this calming blend of fragrant florals and citrus fruits, known to naturally relax both body and mind.



Drop and Give Me Zen Oil Blend/ Roll-on  
£10 each, fyghome.com

Meditation station at the ready: a range of calming herbals combine to naturally relax your mind - perfect for a spot of meditation or mindfulness practice.



Rise and Shine Oil Blend/ Roll-On  
£10 each, fyghome.com

Wake up, shake up with a combination of mellow florals and a whack of citrus for a bit of zing. This gorgeous blend will naturally help improve mood and ease tension.



You Can Totally Do This Oil Blend/ Roll-On  
£10 each fyghome.com

Believe and you can achieve with this invigorating, woody, herbal and citrus blend, designed to boost positivity and keep you feeling uplifted.



Balancing Act Oil Blend/ Roll-On  
£10 each fyghome.com

**Balancing Act:** Get in sync with a blend of lush herbal and woody notes, designed to naturally help you find harmony and peace of mind.



Me. You. Bed. Now. Oil Blend/ Roll-On  
£10 each fyghome.com

**Me. You. Bed. Now.** Get in the mood with this flirty cocktail of florals and fresh citrus, set to naturally rejuvenate those cosy nights in.

# WELLBEING POD

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Whatever your wellbeing needs, F.Y.G.'s Wellbeing Pod and 100% Pure Essential Oils range will, with just a simple push of a button, positively enhance your everyday: helping you to de-stress, improve sleep, lift your mood, find balance and harmony or just completely relax.

Designed to diffuse the optimal amount of fragrance throughout your home, this beautifully-crafted, sleek ceramic diffuser will work to not only improve your physical, mental and emotional wellbeing, but also doubles as a stunning piece of minimalist décor.

The future of home fragrance is here.

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Wellbeing Pod, £75  
fyghome.com

# ESSENTIAL OILS GIFT SET

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With so many individual oils boasting various mood-boosting qualities, it can at first be difficult to navigate your way through them all.

With this in mind, we created the **F.Y.G. Essential Oils Gift Set**, showcasing eight of the most popular and beneficial pure essential oils known to enhance mind and body.

## So what are the magic eight?

1. Sweet Orange (*Citrus sinensis*)
  2. Lavender (*Lavandula officinalis*)
  3. Eucalyptus (*Eucalyptus globulus*)
  4. Peppermint (*Mentha piperita*)
  5. Frankincense (*Boswellia carterii*)
  6. Lemongrass (*Cymbopogon citratus*)
  7. Rosemary (*Salvia rosmarinus*)
  8. Tea Tree (*Melaleuca alternifolia*)
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Essential Oils Gift Set, £35  
fyghome.com

# MEET THE FOUNDER: DEMI PENDAKIS

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“It’s not business. It’s personal.

I have always been surrounded by fashion, design and style. Growing up with the influence of my father’s fashion business, it was a natural progression to forge my own successful career in the fashion and design industry.

This is what I love. It is what I am passionate about. And F.Y.G. has simply become the natural extension of my experience of and love for stylish, affordable and sustainable design.

In creating F.Y.G. it was important to produce not just another scented product but an immersive experience. What started as a desire to re-capture my childhood joy of family holidays spent in Greece, then developed into a project of encapsulating a range of significant and beautiful experiences from the past.

Whilst each scent has a story and individual character to evoke memory, feeling, mood, it was equally important to create modern designs - to fit in with and subtly enhance any living space. And with all of that, F.Y.G. had to be sustainable. That is why each product is 100% natural and recyclable.

So, I invite you to take your time, shop around, try out something new. And **Find Your Glow.**”





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