

WHEN TO USE THESE ESSENTIAL OILS

Enjoy these uses for your essential oils. Get your oils out to change your habits, change your health, change your family.

If you need essential oils - www.oils1st.com

VALOR

Courage - back of the neck or on feet
Confidence - back of the neck
Alignment - big toe, over arch
Self-Esteem - back of the neck

FRANKINCENSE

Inflammation - on the area of pain
Mediation - across forehead
Deep Breathing - under the nose
Skin Care - mix with lotion or cream

PEPPERMINT

Digestion & Bloating - abdominal area
Headaches - temples
Energizing - back of the neck
Take Deeper - on top of any oil

LAVENDER

Relaxing & Calming - under nose or temples
Relieve - pain or discomfort area
Complexion - soothing, healing
Soreness - muscles

HELICHRYSIUM

Breath - under nose
Allergy Season
Muscle & Ligament Soreness
Helps with open wounds - clotting blood

IDAHO FIR

Bones, Ligament, Muscles
Muscle Spasms
Breathe - under the nose or from a bottle
Energy - back of the neck

PANAWAY

Massage after workouts
Add to epsom salts for a bath
Muscle soreness - neck & shoulders
Cooling oil - back of neck

THIEVES

Supports: viral
Bacterial support clean-up
Infections cleanser - diluted
Use in DIY Household cleaner

ROSEMARY

Flavor w/ Vitality line
Focus - back of neck
Energy - back of neck
Purifying - dilute and apply to sore

DI-GIZE

Relief in Digestion - abdominal area
Bloating - abdomen and arch of feet
Nasty "bugs"
Energy - back of neck

YOUR CHOICES YOUR OILS.

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