

## TUMMY TAMER

APPLY TO TUMMY AREA AND BOTTOMS OF FEET EVERY 30-60 MINUTES FOR RELIEF

RECIPE >> 5 DROPS DIGIZE 2 DROPS GINGER  
2 DROPS PEPPERMINT, FILL REST WITH CARRIER OIL

## BREATHE EASY

APPLY TO SINUS AREA, UNDER NOSE, AND CHEST AS NEEDED. THEN RUB A BIT IN YOUR HANDS, CUP, AND INHALE DEEPLY.

RECIPE >> 10 DROPS R.C., FILL WITH CARRIER OIL OR  
5 DROPS PEPPERMINT 4 DROPS EUCALYPTUS 3 DROPS LEMON  
2 DROPS ROSEMARY, FILL REST WITH CARRIER OIL

## IMMUNE HERO

ROLL ON CHEST, WRISTS, AND BOTTOMS OF FEET MORNING AND NIGHT (AND THROUGHOUT THE DAY AS NEEDED)

RECIPE >> 5 DROPS THIEVES 5 DROPS FRANKINCENSE  
5 DROPS LEMON, FILL REST WITH CARRIER OIL

## LIQUID SLEEP

ROLL ON TEMPLES, NECK, WRISTS, AND BOTTOMS OF FEET 30-60 MINUTES BEFORE BEDTIME

RECIPE >> 5 DROPS VETIVER 7 DROPS LAVENDER  
2 DROPS FRANKINCENSE 3 DROPS CEDARWOOD, FILL REST WITH CARRIER OIL

## FEVER FIGHTER

APPLY TO FOREHEAD, SPINE, AND BOTTOMS OF FEET EVERY 1-2 HOURS AS NEEDED TO HELP BODY COOL DOWN NATURALLY

RECIPE >> 3 DROPS LAVENDER 5 DROPS PEPPERMINT  
2 DROPS LEMON 3 DROPS FRANKINCENSE, FILL REST WITH CARRIER OIL

## ITCH STICK

ROLL ON AFFECTED AREA AS NEEDED FOR RELIEF

RECIPE >> 7 DROPS LAVENDER 5 DROPS PEPPERMINT, FILL REST WITH CARRIER OIL

## OUCHIE OINTMENT

APPLY TO AFFECTED AREA AS NEEDED FOR RELIEF

RECIPE >> 5 DROPS FRANKINCENSE 5 DROPS LAVENDER  
5 DROPS MELALEUCA, FILL REST WITH CARRIER OIL

## BURN BE GONE

APPLY TO AFFECTED AREA AS NEEDED FOR BURN RELIEF (GREAT FOR SUNBURNS TOO!)

RECIPE >> 5 DROPS LAVENDER 5 DROPS PEPPERMINT  
5 DROPS MELALEUCA, FILL REST WITH CARRIER OIL

## CALM THE CRAZY

APPLY TO BACK OF NECK, CHEST, WRISTS, AND BOTTOMS OF FEET AS NEEDED

RECIPE >> 3 DROPS LAVENDER 2 DROPS VETIVER  
3 DROPS VALOR 2 DROPS STRESS AWAY,  
2 DROPS PEACE & CALMING, FILL REST WITH CARRIER OIL

## COUGH CONTROL

ROLL OVER BACK AND CHEST, PULL SHIRT OVER NOSE AND INHALE WHENEVER YOU THINK ABOUT IT

RECIPE >> 2 DROPS CYPRESS 2 DROPS GINGER  
3 DROPS R.C. 3 DROPS FRANKINCENSE 2 DROPS THYME  
2 DROPS MELALEUCA, FILL REST WITH CARRIER OIL

## FLU BOMB

ROLL ON CHEST, WRISTS, AND BOTTOMS OF FEET EVERY 1-2 HOURS AS NEEDED. (INTENDED FOR SHORT TERM USE. DON'T USE FOR MORE THAN 2 WEEKS AT A TIME)

RECIPE >> 5 DROPS THIEVES 5 DROPS LEMON  
3 DROPS OREGANO 3 DROPS FRANKINCENSE  
2 DROPS MELALEUCA, FILL REST WITH CARRIER OIL

## BOLD & BRAVE

ROLL ONTO THE BACK OF NECK, TUMMY, OR BOTTOMS OF FEET FOR A BOOST OF COURAGE AND CONFIDENCE

RECIPE >> 5 DROPS TANGERINE 3 DROPS CINNAMON BARK  
3 DROPS FRANKINCENSE 3 DROPS BERGAMOT  
2 DROPS SANDALWOOD (OPTIONAL), FILL REST WITH CARRIER OIL

## ALLERGY ASSIST

APPLY TO SINUS AREA, UNDER NOSE, AND CHEST AS NEEDED. THEN RUB A BIT IN YOUR HANDS, CUP, AND INHALE DEEPLY.

RECIPE >> 5 DROPS PEPPERMINT 4 DROPS LAVENDER  
4 DROPS LEMON 2 DROPS FRANKINCENSE, FILL REST WITH CARRIER OIL

## FOCUS FINDER

ROLL ONTO WRISTS OR HANDS AND INHALE DEEPLY TO PROMOTE A SENSE OF CLARITY AND ALERTNESS.

RECIPE >> 5 DROPS VETIVER 4 DROPS PEPPERMINT  
4 DROPS ROSEMARY 3 DROPS TANGERINE, FILL REST WITH CARRIER OIL

## HEADACHE HELPER

APPLY TO FOREHEAD, TEMPLES, AND BACK OF NECK. THEN RUB A BIT IN YOUR HANDS, CUP, AND INHALE DEEPLY.

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