

## Burn Relief

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

Recipe >> •5 drops Lavender •5 drops Peppermint •5 drops Melaleuca, fill rest with carrier oil.  
(halve for kids)

## Headache Melt

APPLY TO TEMPLES AND BACK OF NECK AS NEEDED

Recipe >> •15 drops Lavender •15 drops Peppermint •5 drops Marjoram •3 drops Copaiba, fill rest with carrier oil.  
(halve for kids)

## Dry Cough

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

Recipe >> •8 drops R.C. •5 drops Ginger •5 drops Frankincense •5 drops Thyme •5 drops Melaleuca, fill rest with carrier oil.  
(halve for kids)

## Tummy Tamer

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

Recipe >> •10 drops Digize •5 drops Ginger •5 drops Peppermint, fill rest with carrier oil.  
(halve for kids)

## Breathe Easy

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

Recipe >> •20 drops Raven, fill rest with carrier oil  
(halve for kids)  
OR  
•10 drops Peppermint •8 drops Eucalyptus •5 drops Lemon •5 drops Rosemary, fill rest with carrier oil  
(halve for kids)

## Sore Muscles

ROLL ON AFFECTED AREA AS NEEDED FOR RELIEF.

Recipe >> •20 drops PanAway, fill rest with carrier oil  
(halve for kids)  
OR  
•10 drops Peppermint •10 drops Eucalyptus •5 drops Black Pepper •5 drops Clove, fill rest with carrier oil. (halve for kids)

## Allergy Relief

ROLL ON TEMPLES, NECK, CHEST, AND BOTTOMS OF FEET

Recipe >> •10 drops Lavender •10 drops Peppermint •10 drops Lemon •3 drops Copaiba, fill rest with carrier oil.  
(halve for kids)

## Liquid Sleep

ROLL ON TEMPLES, NECK, WRISTS, AND BOTTOMS OF FEET

Recipe >> •10 drops Vetiver •15 drops Lavender •5 drops Frankincense •5 drops Cedarwood, fill rest with carrier oil.  
(halve for kids)

## Stress Away

APPLY TO TEMPLES, INSIDE OF WRISTS, THEN RUB A BIT IN YOUR HANDS, CUP, AND INHALE DEEPLY AS OFTEN AS NEEDED.

Recipe >> •5 drops Ylang Ylang •5 drops Tangerine •5 drops Bergamot •5 drops Frankincense, fill rest with carrier oil.

## Itch Stick

ROLL ON AFFECTED AREA AS NEEDED FOR RELIEF

Recipe >> •15 drops Lavender •10 drops Peppermint, fill rest with carrier oil.  
(halve for kids)

## 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 >> •15 drops Thieves •15 drops Lemon •15 drops Oregano •10 drops Frankincense •5 drops Melaleuca, fill rest with carrier oil.  
(halve for kids)

## Protective Blend

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

Recipe >> •10 drops Thieves •10 drops Frankincense •10 drops Lemon, fill rest with carrier oil.  
(halve for kids)

## Blemish Buster

APPLY DIRECTLY TO BLEMISH MORNING AND NIGHT.

Recipe >> •5 drops Tea Tree •5 drops Frankincense •5 drops Lemongrass •3 drops Basil, fill rest with carrier oil or witch hazel.

## Menstrual Support

APPLY TO LOWER ABDOMEN AND BOTTOMS OF FEET AS NEEDED FOR RELIEF.

Recipe >> •10 drops Dragon Time •5 drops Panaway, fill rest with carrier oil.  
OR  
•6 drops Roman Chamomile •2 drops Lavender •3 drops Ylang Ylang •2 drops Bergamot, •3 drops Geranium, fill rest with carrier oil.

## Fever Relief

APPLY TO FOREHEAD, SPINE, AND BOTTOMS OF FEET EVERY 1-2 HOURS AS NEEDED.

Recipe >> •5 drops Lavender •10 drops Peppermint •5 drops Lemon •5 drops Frankincense, fill rest with carrier oil.  
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