



Body Blend Application

Each essential oil has its own unique vibration to promote wellness in the body. The essential oils work energetically and physically to help restore natural balance to the body.

For best results, after skin stimulating and bathing pour a small amount into your palm, rub your hands together, take 4 deep breathes to receive the aromatherapy benefits then massage the oil into your skin using firm strokes and circular motions (refer to [DRY SKIN STIMULATION INSTRUCTIONS](#)) moving always towards your heart.

Face Blend Application

Each essential oil has its own unique vibration to promote wellness in the body. The essential oils work energetically and physically to help restore natural balance to the body.

After cleansing your face, tap two to three drops into you palm, rub your hands together, take 4 deep breathes to receive the aromatherapy benefits then using gentle circular motion massage into face and neck. Can be used on all skin types – day or night.

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