



## 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.

Isis Essentials™  
Application Instructions ©  
888.423.Isis  
[www.isisessentials.com](http://www.isisessentials.com)