



100% ORGANIC AROMATHERAPY BODY OIL



For the outside



This grounding oil blend is wonderful for massaging into the belly for stomach discomfort, muscles for aches and pains, head to relieve headache and as a massage oil. Bhumi soothes irritation, inflammation, redness, itching and dryness.



For the inside (do not consume)

Ground yourself after a stressful or busy day. Bhumi is the perfect blend if you carry your stress in your belly. Take in a few deep breaths to help with nausea and anxiety. Bhumi is emotionally balancing and calming, clears the mind, increase focus and concentration.

[BHUMIHEALING.COM](https://www.bhumihealing.com)

Find us on Etsy   

THERAPEUTIC BENEFITS

Anti (infectious, microbial, septic, viral, bacterial, inflammatory, fungal, & aging)



EUCALYPTUS

Moisturizes, eases inflammation, pain & helps wound healing. Promotes a healthy respiratory system, breaks up mucus, & helps breath deeper. Relieves anxiety, depression, tension & headaches.



CARDAMOM

Improves breathing, stomach issues, muscular relief, IBS, cramps, Crohns, PMS, colitis, constipation, nausea, COPD, cough & congestion. Relieves exhaustion, fatigue & depression.



CEDARWOOD

Improves cerebral activity, relaxes the body, enhances concentration, decrease hyperactivity, & stress. Helps ease tension, clear the mind & encourages quality sleep.



PATCHOULI

Helps with infertility, bereavement, menopause, PMS, muscular dystrophy, ovarian cysts & ADD/ADHD. Aids moodiness, depression & irritability.



LEMONGRASS

Relieves muscular aches & pains, sprains & strains, headache, colitis, pneumonia & gastrointestinal disorders. Reduces fever, exhaustion, stress & anxiety.



SWEET FENNEL

Reduces constipation, gas, gout, indigestion & endometriosis. Toning & slimming. Boosts confidence, assertiveness, mental strength & relieves emotional aggravation.

How to Use

Shake well. Place 3-5 drops in palm. Gently rub hands together taking in a few deep cleansing breaths. Enjoy as aromatherapy, body, belly & chest massage oil, before yoga, meditation, prayer, affirmations or breath-work.

Any statements mentioned about essential oils have not been evaluated by the FDA. Products and methods recommended are not intended to diagnose, treat, cure or prevent any disease. The information provided here is in no way intended to replace but rather compliment any medical treatment. Please read directions on the bottle, avoid use when pregnant or breastfeeding.

Bhumi Ingredients

Apricot, Avocado, Cardamom, Cedarwood, Eucalyptus, Fennel, Jojoba, Lemongrass & Patchouli Oils. All natural. No preservatives. Discard if oil changes color or scent.

