

How to Use?

- In general, blend 20-30 drops of an essential with 50 ml of carrier oil and massage gently on skin and hair for nourishment
- Rub the **Essential oil blend for Diabetic neuropathy** gently over the affected area in a rotating manner before sleep
- Apply 1-2 drops of tea tree oil in combination with a carrier/base oil around the wounds and gently cover with a clean cloth
- Gently rub the **Essential oils blend for Bronchitis** on chest, neck and below the nose to aid the symptoms of bronchitis
- Additionally, blend few drops of tea tree oil with lemon essential oil, white vinegar, and water to make a powerful antibacterial house cleaner

REMEMBER

- There is no fixed recipe when it comes to essential oils and what might work for you might not work for someone else. Since we are all biochemically exclusive, it's best to experiment with a variety of essential oils, pay attention to your body, and find the "personal blends" that work most optimally for you
- Essential oils are not for ingestion
- For topical usage, always dilute the essential oil with Apricot Oil or any other carrier oil of your choice
- Always do a patch test before applying
- Pregnant women, people with allergies and people with special conditions should seek their doctor's advice before using them