

# How to Apply?

## Preparing the blend

- Take 50 ml Apricot Oil
- Add 25 drops Cypress Essential Oil
- Add 15 drops Rosemary Essential Oil

## For massage

- Apply on affected area twice daily
- Always massage upwards, towards the heart
- Also apply at the bottom of your feet before sleeping



## For Hot Compression

- Add five drops of Cypress Essential Oil into water along with 1 tablespoon of Apricot oil
- Soak a clean cloth in the water and compress for 15 minutes

## 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 essential oil with Apricot Oil or any other carrier oil of your choice
- Always do a patch test before applying
- Hypertensive patients, pregnant women, people with allergies, and people with special conditions should seek their doctor's advice before usage