

# How to Apply?

## Preparing the Blend for massage:

- Take 50 ml Apricot Oil
- Add 10 drops Black Pepper Essential Oil
- Add 10 drops Ginger Essential Oil
- Add 15 drops Juniper Berry Essential Oil
- Add 15 drops of Eucalyptus Essential Oil



## To Massage:

- Apply gently to the **affected area**, two to three times daily, preferably after a bath, in the afternoon, & in the night before going to sleep.
- Allow it time to be absorbed into the skin before turning onto your back

## 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 oils with Apricot oil or any other essential 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.