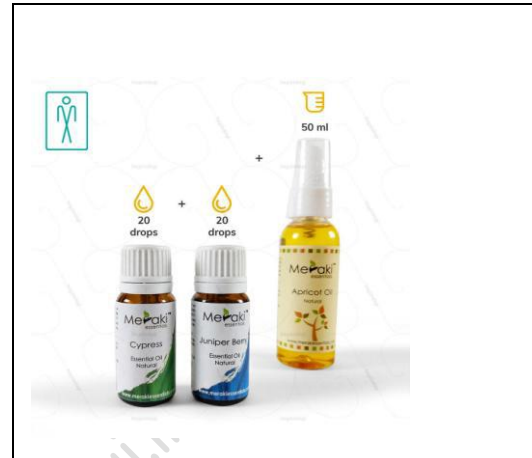


# How to Apply?

## Blend for Men:

- Take 50 ml Apricot Oil
- Add 20 drops Cypress Essential Oil
- Add 20 drops Juniper Berry Essential Oil



## Blend for Women:

- Take 50 ml Apricot Oil
- Add 20 drops Geranium Essential Oil
- Add 20 Drops Cypress Essential Oil



## To Massage:

- Gently apply on the **lower abdomen** and pelvic area two to three times daily
- Use preferably after a bath, in the afternoon & in the night before going to sleep

## Additionally:

- You can **diffuse** a drop each of the above combos in a room 30 minutes before bed time

## 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 the blend.

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