

How to Apply?

Preparing the blend

- Take 50 ml Apricot Oil
- Add 10 drops Vetiver Essential Oil
- Add 10 drops Lavender Essential Oil
- Add 10 drops Rosemary Essential Oil
- Add 10 drops Ylang Ylang Essential



Massage:

- Topically apply the blend on the **top of your nose, forehead, nape of neck, pulse point** and **bottom of your feet** thrice a day

Additionally:

- You can diffuse the above oils in the room where you spend maximum time
- Diffuse the oils in your room 30 minutes before going to bed at night

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.

- Avoid using rosemary oil if you are suffering from epilepsy
- 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