

How to Apply?

Preparing the blend

- Take 50 ml Apricot Oil
- Add 25 drops Lavender Essential Oil
- Add 25 drops Ylang Ylang Essential Oil



For massage

- Apply on pulse points, the back of your neck, temples, behind ears and the soles of feet two to three times daily
- Preferably use after bath, in the afternoon, & in the night before going to sleep

For diffusion

- Diffuse a couple of drops of Lavender or Ylang Ylang essential oil, or a combination drop of each in the room where you spend maximum time

Additionally

- You can also spray either of the essential oils on the linens of your bed while going to sleep, or onto a cotton ball placed next to your pillow when going to sleep

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
- Hypertensive patients, pregnant women, people with allergies, and people with special conditions should seek doctor's advice before usage