

# How to Apply?

## Preparing the Blend for massage:

- Take 50 ml Apricot Oil
- Add 15 drops Cedarwood Essential Oil
- Add 15 drops Lavender Essential Oil



**To massage-** Apply on the **nape of the neck, pulse points, temples, below the nose and bottom of your feet** before sleeping

## Preparing the Blend for Diffusion

In a diffuser filled with water add-

- 5 Drops Lavender
- 3 Drops Frankincense
- 3 Drops Cedarwood



**To diffuse** - Use the above essential oil blend in the room at least 30 mins before bedtime

## Additionally, try:

Aromatic Cotton Ball by the bedside-

- Add a drop of lavender or cedarwood oil to a tissue or cotton ball and place it near your pillow at bedtime

## 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.

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