

# How to Apply?

## Preparing the blend

- Take 50 ml Apricot Oil
- Add 20 drops Rosemary Essential Oil
- Add 10 drops Juniper Berry Essential Oil
- Add 10 drops Black Pepper Essential Oil
- Add 10 drops Ginger Essential Oil



## For massage

- Apply on the affected area, two to three times daily
- Apply preferably after a bath, in the afternoon & in the night before 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