

How to Apply?

Preparing the blend:

For Men

- Take 50 ml Walnut Oil
- Add 25 drops Patchouli Essential Oil
- Add 15 drops Palmarosa Essential Oil



For Women

- Take 50 ml Apricot Oil
- Add 25 drops Geranium Essential Oil
- Add 15 drops of Juniper Berry Essential Oil



To Massage:

- Apply and gently massage onto the affected skin area twice daily, especially after a shower
- Give time for the oils to seep into the skin before dressing up

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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