

How to Apply?

Preparing the Blend:

- Take 50 ml Apricot Oil
- Add 10 drops Frankincense essential oil
- Add 20 drops Lavender essential oil



To Massage:

- Massage twice a day, for relief from joint & muscle pain due to limited movement
- This blend can be used for a full body massage after a physiotherapy session as well.

Additionally:

- **Diffuse** either Lavender or Frankincense oil in the room where you spend maximum time. You can combine a drop of each as well for comfort
- **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.
- 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.