

Chamomile Roman in Jojoba Oil

12mL

Description

This is a cooling and soothing oil for the mind and body

Also useful for: Stress, mild anxiety, nervous tension, insomnia and headaches.

How to use this product

Vaporisation

Create your own personal aromatic environment and balance emotional wellbeing.

HOW: Choose 3 essential oils. Add a total of 5 drops to the water your Oil Garden diffuser. As the mist rises it carries the pure essential oil particles into the surrounding air.

Massage

Nourish and rejuvenate the body while experiencing the healing benefits of pure essential oils.

HOW: Choose 3 essential oils. Add a total of 5 drops of essential oil to 10 ml of carrier oil and gently massage over the skin. The oils are absorbed into the body via the hair follicles working from within to improve general wellbeing.

Ingredients

Simmondsia chinensis seed fixed oil 970mcL/mL, Chamaemelum nobile flower essential oil 30mcL/mL

Recipes

PERIOD PAIN:

To ease the pain of PMS cramps mix the below in 1tbs of Sweet Almond oil and massage onto affected area.

2 drops Chamomile Roman

2 drops Lavender

1 drop Clary Sage

FLATULENCE:

To help ease stomach disturbances mix the below in 1tbs of Jojoba Oil and MASSAGE on to affected area.

2 drops Chamomile Roman

2 drops Lime

1 drop Petitgrain