
Description

This oil is stimulating and enlivening.
Also useful for: Acne, oily skin, warts, corns, cold and flu

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.

Inhalation

Treat minor ailments and hydrate the skin.

HOW: choose 3 essential oils. Add a total of 5 drops to a bowl of hot steamy water. Place a towel over your head and inhale deeply for 10 minutes. The essential oil molecules are absorbed via the respiratory system into the body.

Ingredients

Citrus limon fruit peel 1mL/mL

Recipes

HAYFEVER:

To help ease symptoms of Hayfever, VAPORISE.

2 drops Lemon

2 drops of Eucalyptus

1 drop Chamomile German

HEADACHES:

To ease minor aching head and neck pain, VAPORISE

2 drops Lemon

2 drops Grapefruit

1 drop Basil