
Description

This oil promotes self-confidence, courage and creativity.

Also useful for: Colds, coughs, muscular cramps and spasms.

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.

Avoid using in direct sunlight

Ingredients

Citrus sinensis fruit 1mL/mL

Recipes

ROMANCE:

To add a little love in your life mix the below in 1tbs of Jojoba Oil and MASSAGE.

2 drops Orange

2 drops Ylang Ylang

1 drop Patchouli

BOREDOM:

To help the feeling of being bored, VAPORISE.

2 drops Orange

2 drops Frankincense

1 drop Lavender