

---

## Description

This oil brings certainty and relief to anxious states.

Also useful for: Nervous tension, stress and mild anxiety.

---

## 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

Pogostemon cablin leaf 1mL/mL

---

## Recipes

### ACNE:

To treat blemishes COMPRESS the below on area of concern. Add 5 drops to 1 litre of warm water. Immerse flannel. Squeeze out excess water and apply to affected area.

1 drop Patchouli

2 drops Geranium

2 drops Lavender

### SCARS:

To help to appearance of scars mix the below in 1tbs of Jojoba oil and MASSAGE on to area of concern.

2 drops Frankincense

2 drops Lavender

1 drop Patchouli