



essential oil

IMMUNITY

blend

apply to the bottoms of the feet & spine



essential oil

COUGH

blend

apply over the chest, back & bottoms of the feet



essential oil

BREATH

blend

apply over the chest, back & bottoms of the feet



essential oil

TUMMY

blend

apply on the belly



essential oil

ITCHINESS

blend

apply to the affected area



essential oil

INSECT BITE

blend

apply to the affected area



essential oil

BRUISES

blend

apply to the affected area



essential oil

SKIN HEALING

blend

apply to the affected area



essential oil

ENERGY

blend

apply over the heart & wrist



essential oil

FOCUS

blend

apply to the temples, back of neck & forehead



essential oil

ANXIETY

blend

apply to the bottoms of the feet & spine



essential oil

SLEEP

blend

apply to the bottoms of the feet