20 drops Respiratory Blend
12 drops Lime
Fill rest of the 5ml bottle
with Fractionated Coconut oil.
Apply over sinuses, above eyebrows and under nose. It is very effective to layer with Lavender to reduce inflammation.

Stuffy Nose

20 drops Respiratory Blend
12 drops Lime
Fill rest of the 5ml bottle
with Fractionated Coconut oil.
Apply over sinuses, above eyebrows and under nose. It is very effective to layer with Lavender to reduce inflammation.

Stuffy Nose

15 drops Roman Chamomile
20 drops Bergamot
25 drops frankincense
Fill rest of the 5ml bottle
with Fractionated Coconut oil.
Use topically at night on bottom of feet, chest, back of neck, wrists or inhale from hands.

Sleepy time Blend

15 drops Roman Chamomile
20 drops Bergamot
25 drops frankincense
Fill rest of the 5ml bottle
with Fractionated Coconut oil.
Use topically at night on bottom of feet, chest, back of neck, wrists or inhale from hands.

Sleepy time Blend

30 drops Lavender
30 drops Melaleuca
20 drops Fractionated Coconut oil.
Apply to "owie" as needed. This blend works for easing scrapes, cuts and blisters. Also good for scaly, itchy patches like eczema or hives.

Owie Blend

30 drops Lavender
30 drops Melaleuca
20 drops Fractionated Coconut oil.
Apply to "owie" as needed. This blend works for easing scrapes, cuts and blisters. Also good for scaly, itchy patches like eczema or hives.

Owie Blend

40 drops Wild Orange
40 drops Peppermint
Fill rest of the 5ml bottle
with Fractionated Coconut oil.
Use this blend anytime during the day when you need a mental lift; great for studying, housework, mid-afternoon slump. Apply to back of neck, on bones behind ears or in palms and inhale.

Focus Blend

40 drops Wild Orange
40 drops Peppermint
Fill rest of the 5ml bottle
with Fractionated Coconut oil.
Use this blend anytime during the day when you need a mental lift; great for studying, housework, mid-afternoon slump. Apply to back of neck, on bones behind ears or in palms and inhale.

Focus Blend

30 drops Lavender
30 drops Melaleuca
20 drops Fractionated Coconut oil.
Apply to "owie" as needed. This blend works for easing scrapes, cuts and blisters. Also good for scaly, itchy patches like eczema or hives.

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Focus Blend

20 drops Oregano
40 drops Lemon
30 drops Protective Blend
Fill rest of the 5ml bottle
with Fractionated Coconut oil.
This is agreat remedy for the onset of an illness. When you feel the aches or scratchy throat coming, it's time to start! Apply on throat, behind ears and on bottom of feet.

Flu Bomb

20 drops Oregano
40 drops Lemon
30 drops Protective Blend
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Flu Bomb

40 drops Respiratory Blend
25 drops Eucalyptus
20 drops frankincense
Fill rest of the 5ml bottle
with Fractionated Coconut oil.
Roll onto chest and/or back. can also apply to tops of feet at the bridge of the toes (lung reflex point). Great for kids since it is diluted!

Cough Blend

40 drops Respiratory Blend
25 drops Eucalyptus
20 drops frankincense
Fill rest of the 5ml bottle
with Fractionated Coconut oil.
Roll onto chest and/or back. can also apply to tops of feet at the bridge of the toes (lung reflex point). Great for kids since it is diluted!

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Cough Blend

20 drops Lavender
20 drops Cypress
20 drops Frankincense
20 drops Fractionated Coconut oil.
Roll on to bruised area as needed to help with pain and to cut down duration of bruise.

Bruise Blend

20 drops Lavender
20 drops Cypress
20 drops Frankincense
20 drops Fractionated Coconut oil.
Roll on to bruised area as needed to help with pain and to cut down duration of bruise.

Bruise Blend

40 drops Wild Orange
40 drops Digestive Blend
Fill rest of the 5ml bottle
with Fractionated Coconut oil.
Apply to bottoms of feet and/or directly to the belly. This blend is convenient for adults and children with digestive issues. The orange also helps to cut down the Digestive Blend smell.

Belly Blend

40 drops Wild Orange
40 drops Digestive Blend
Fill rest of the 5ml bottle
with Fractionated Coconut oil.
Apply to bottoms of feet and/or directly to the belly. This blend is convenient for adults and children with digestive issues. The orange also helps to cut down the Digestive Blend smell.

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Belly Blend

20 drops Lemon
20 drops Lavender
20 drops Peppermint
Fill rest of the 5ml bottle
with Fractionated Coconut oil.
Convenient to use when traveling. Roll onto palms of hands, cup and inhale.

Allergy Bomb

20 drops Lemon
20 drops Lavender
20 drops Peppermint
Fill rest of the 5ml bottle
with Fractionated Coconut oil.
Convenient to use when traveling. Roll onto palms of hands, cup and inhale.

Allergy Bomb

30 drops Peppermint
30 drops Lavender
20 drops Fractionated Coconut oil.
Massage.into achy areas as needed.

Aching Muscles

30 drops Peppermint
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30 drops Lavender
20 drops Fractionated Coconut oil.
Massage.into achy areas as needed.

Aching Muscles

30 drops Peppermint
30 drops Lavender
20 drops Fractionated Coconut oil.
Massage.into achy areas as needed.

Aching Muscles

20 drops Lemon
20 drops Lavender
20 drops Peppermint
Fill rest of the 5ml bottle
with Fractionated Coconut oil.
Convenient to use when traveling. Roll onto palms of hands, cup and inhale.

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