
TOP 10 USES FOR MARJORAM OIL

- 1. Support Healthy Circulation:** Mix with fractionated coconut oil and massage on legs to increase blood flow*
- 2. Occasional Menstrual Cramps:** Mix with fractionated coconut oil and massage on lower abs for period pains*
- 3. Tired Muscles:** Mix with Lavender & Rosemary to muscles for warming sensation. Great for tense neck & shoulders*
- 4. Stress & Anxiety:** Inhale when you are not feeling safe, unable to feel trust for others*
- 5. Digestion:** Rub on tummy and tummy reflex points on the feet. Supports digestive system and relaxes the colon things move along*
- 6. Immunity booster:** Add to warm epsom salt bath, scrubs, lotions and creams*
- 7. Sleep:** Inhaling marjoram supports brain wave function and helps relax the brains*
- 8. Feeling connection:** Inhale to help feel safe becoming close to other people*
- 9. Cardiovascular:** Massage and inhale. Marjoram oil may help promote cardiovascular function for capillaries, veins, and arteries remember how to keep their rhythm*
- 10. Pain Response Blend:** Mix 6 drops Frankincense, 6 drops Marjoram or Oregano you can also add 6 drops Lemongrass if it's really bad. Take internally or rub on topically*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

