TOP 10 USES FOR PATCHOULI OIL

- 1. Connected & Focused Kids: Dilute & mix with Vetiver for children for brain support. Rub on big toes, back of neck, forehead and ears.*
- 2. Memory Support: For Adults with memory concerns or recovering from trauma to the brain. Dilute & mix with Vetiver. Rub on big toes, back of neck, forehead and ears.*
- 3. Skin Concerns: Dilute & apply regularly on skin concerns. Especially on the feet and in private areas*
- 4. Stress & Head Tension: Combine with Peppermint & apply to the forehead, temples, & back of the neck.*
- **5. Cellulite Skin:** 4 ounces of Fractionated Coconut Oil, Patchouli 6 drops, Lemon 4 drops, Wild Orange 4 drops, Clary Sage 2 drops, White Fir 2 drops and Peppermint 1 drop. Apply generously*
- 6. Anger & Fear: 1-2 drops internally and rub over liver daily*
- 7. Central Nervous System: Mix with equal portions of Frankincense, Vetiver & Grounding blend, apply on feet.*
- 8. Obsessive Compulsive Behavior: Mix with Vetiver and rub on lower legs and feet*
- 9. Connect body to brain: Add to body lotion, to assist clearer body signals and communications, e.g. joy, pleasure, hunger.*
- **10.** Love and appreciate body: Smell often and add to body lotion. Massage on body daily. Add powerful new scripts removing image distortions and creating more love for the body. *



