

---

# TOP 10 USES FOR HELICHRYSUM OIL

---

- 1. Deep Pain:** 3 drops of Helichrysum, 2 drops Roman chamomile, 1/4 teaspoon Epsom salts, and 1 quart hot water in a bowl. Dip a clean cloth in water solution and use as a wet compress. (Dr. Sue Lawton)\*
- 2. Bruises:** Dilute Helichrysum with Fractionated Coconut Oil and apply on bruise. Use water to drive it in deeper for internal bruises.\*
- 3. Clean & Clear Skin:** Add a few drops to moisturizers, lotions, and body butter.\*
- 4. Occasional Burns:** 1-2 drops Helichrysum, 2-3 drops Lavender, directly on the skin.\*
- 5. Sun Damage Protection:** Mix 1-2 drops Helichrysum, 2-3 drops Lavender to 2 table spoons of dōTERRA Rose Oil Lotion if it is a burn from the sun.\*
- 6. Heavy Metals:** 2 drops of Helichrysum and 2 drops of Lavender in a veggie capsule, swallow. Take 2-3 times a day for 3-5 months. Drink a lot of water. (Dr. Sue Lawton)\*
- 7. Speed Up Bone Repair:** Add Helichrysum near affected area. Twice a day for as long as you need.\*
- 8. Head Aches & Pains:** 1-2 drops of Helichrysum & 1-2 drops Frankincense and rub on temples, massage into the scalp.\*
- 9. Spiritual Strength & Courage:** Smell Helichrysum and rub it over your heart. Allow the balm of God to be your companion during those tough hours.\*
- 10. Trauma Balm:** Inhale & rub Helichrysum & Sandalwood on your heart reflexes as you work through releasing emotions of trauma.\*

\*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.

