TOP 10 USES FOR FENNEL OIL

1. Increase Breast Milk: Rub Fennel or Basil on breast tissues after feedings 3-4 times a day - avoid the nipples.

2. Women's Monthly Cycle Body Oil: 4 oz (2tbsp) of coconut oil, 5 drops Fennel, 4 drops Ylang Ylang, 5 drops Clary Sage, 6 drops Roman Chamomile, 4 drops Lime, 5 drops Coriander.

3. Cycle-Regulating Oil: 2 ounces of coconut oil, 3 drops Fennel, 2 drops Vetiver, 2 drops Rose, 4 drops White Fir, 6 drops Clary Sage, and 6 drops Roman Chamomile. Massage this blend on the backs of the ankles, wrists, low back or over tummy.

4. Menopause Balancing Bath: 1/2 cup of Epsom Salts, Fennel 1 drops, Geranium 1 drop, Clary Sage 2 drops, Roman Chamomile 2 drops. Mix oils into bath salts and then into bath water-soak 15 minutes.

5. Cellulite Massage: Combine 2 drops Fennel oil, 2 drops Rosemary, 2 drops Cypress, 4 drops Lemon, and 1 drop Patchouli. Blend in a separate container then apply to sides of thighs in upward motion.

6. Weight-Management Inhalant: Combine Fennel 6 drops, Ginger 3 drops, Rosemary 2 drops, Black Pepper 1 drop. Gently blend and pour onto wick and seal inhaler and use when you want to reduce cravings.

7. Appetite-Suppressing Inhalant: Combine 6 drops Fennel, 9 drops Bergamot, and 6 drops Patchouli. Add oils to wick and seal the inhaler. Use to reduce cravings and stretch time between meals.

8. Appetite-Suppressing Stomach Rub: Combine 2 ounces of coconut oil, 8 drops Fennel, 4 drops Patchouli, and 5 drops Grapefruit.

9. Creativity Diffuser Blend: Combine 10 drops Fennel, 4 drops Ylang Ylang, 12 drops Coriander, 15 drops Wild Orange, and 6 drops White Fir.

10. Courage Boosting Blend: Combine 1 tablespoon coconut oil, 3 drops Fennel, 4 drops Thyme, 1 drop Black Pepper, and 1 drop Ginger. Blend in a separate container and apply to bones behind the ears and the backs of the knees.

JadeBalden