
TOP 10 USES FOR ROSEMARY OIL

- 1. Clean Air:** Diffuse Rosemary in a diffuser.
- 2. Relieve Uric Acid Build Up (in the legs):** Mix 4 drops Rosemary, 6 drops Cypress, 5 drops Lemon, and 5 drops Lavender with Fractionated Coconut oil and rub on legs. Drink plenty of water. Taking the Lifelong Vitality supplements helps too. (Dr. Sue Lawton)
- 3. Dry Scalp:** Mix 3 tablespoons Epsom salt, 5 drops Rosemary, and 2 drops Grapefruit in 2 quarts of water. Rinse hair and scalp. (Dr. Sue Lawton)
- 4. Breathe Easier Blend:** Blend 2 drops Rosemary, 3 drops Wild Orange, 2 drops Ginger, and 4 drops Eucalyptus with Fractionated Coconut oil. Rub on chest and inhale.
- 5. Sinus Foot Bath:** In a foot bath, mix 2 tablespoons of Epsom salt, 2 drops Rosemary, 1 drop Ginger, 1 drop White Fir, and warm water. Soak for 10-15 minutes. (Dr. Sue Lawton)
- 6. Fatigue-Fighting Bath:** 2 tablespoons of Epsom salt, 2 drops Rosemary, 4 drops Wild Orange, 2 drops Thyme, 2 drops Peppermint. Mix into your bath water and soak, inhale and relax. (Dr. Sue Lawton)
- 7. Focus:** 1 drop Rosemary, 2 drops Wild Orange; apply to wrists prior to long drives or exams. (Dr. Sue Lawton)
- 8. Leg Veins:** Mix 5 drops Cypress, 5 drops Rosemary, 2 drops Patchouli diluted in Fractionated Coconut oil and massage on leg veins. Do this twice a day. Drink a lot of water.
- 9. Immune System Reboot:** 7 drops Rosemary, 4 drops Eucalyptus, 4 drops Lemon, 2 drops Cinnamon, 3 drops Clove Bud, 3 drops Lavender, rubbed on the feet at night. Wear cotton socks. Do this 4 nights in a row. (Dr. Sue Lawton)
- 10. Transition Support:** Inhale and repeat positive affirmations of hope such as, "I am open minded to new positive changes."

*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.

