
TOP 10 USES FOR SANDALWOOD OIL

- 1. Sleep Support:** Add Sandalwood to other calming oils of your choice. Diffuse and/or rub blend to the neck and shoulders at bedtime for a restful night's sleep.*
- 2. Moisturizer:** Add 1–2 drops of Sandalwood oil to your favorite moisturizer or night cream for smooth, glowing skin. You can add it to body lotion too for whole body benefits.*
- 3. Relaxing Bath:** For relaxation and reducing tension add 1–2 drops of Sandalwood to your body, and soak in a hot bath mixed with epsom salt.*
- 4. Skin:** Sandalwood is gentle on the skin and is very supportive to all types of skin related growth and repair. Add 2-3 drops of Sandalwood to skin oil blends.*
- 5. Neurological Support:** Rub Sandalwood on the forehead, ears, back of neck and big toes. Sandalwood calms the mind. Diffuse and inhale often.*
- 6. Meditation:** This is a great oil to smell as you meditate. It help your mind be clear and still.*
- 7. Relieve Obsessive Overthinking:** 2-3 times a day rub diluted Sandalwood on the forehead, ears, wrists and back of neck. Consider wearing the Sandalwood oil in a necklace diffuser all day too.*
- 8. Uplifting Mood:** Add Sandalwood to your favorite oils such as Wild Orange, Cypress, Ylang Ylang and inhale to uplift your mood.*
- 9. Post Trauma Relief:** 3 drops Sandalwood, 2 drops Frankincense, 1 drop Melissa, 1 drop Wild Orange with 1 teaspoon of Fractionated Coconut oil. Mix in hands and inhale deeply.*
- 10. Open for Inspiration blend:** 12 drops Melissa, 30 drops Frankincense, 6 drops Spikenard, 10 Sandalwood. Mix oils in order in 10ml glass roller bottle. Fill the rest of the bottle up with fractionated coconut oil. Rub blend over heart, forehead and inhale.*

*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.

