
TOP 10 USES FOR YLANG YLANG OIL

- 1. Skin:** Add Ylang Ylang to your skin blends to soothe skin, calm skin from insect bites and support skin tissues in general.
- 2. Hormone Imbalance:** Use Ylang Ylang all three ways: aromatically, topically and internally as needed to encourage the body to balance hormones.
- 3. Diffuse for Good Night Sleep:** 2 drops Ylang Ylang, 4 drops Roman Chamomile, and 4 drops Marjoram.
- 4. Calming Blend for Diffusing:** Ylang Ylang 10 drops, Clary Sage 10 drops, Geranium 12 drops, Roman Chamomile 12 drops, Lavender 18 drops, and Wild Orange 5 drops. Mix gently in glass container and then add to your diffuser product.
- 5. Healthy Blood Pressure:** Ylang Ylang 3 drops, Clary Sage 5 drops, Lavender 4 drops, and Marjoram 2 drops. Rub over heart and heart reflex points on left foot and left hand.
- 6. Healthy Blood Pressure Massage Oil:** Fractionated Coconut Oil 1 ounce, Ylang Ylang 4 drops, Lavender 4 drops, Melissa 1 drop, and Wild Orange 2 drops. Gently combine and apply to feet and legs.
- 7. Stress-Soothing Massage Oil:** 2 ounces Fractionated Coconut Oil, Ylang Ylang 3 drops, Roman Chamomile 4 drops, White Fir 4 drops, Marjoram 3 drops, and Frankincense 3 drops. Blend and apply often.
- 8. Joyous Person Oil Blend:** Fractionated Coconut Oil 4 teaspoons, Ylang Ylang 1 drop, Rose Oil 2 drops, Wild Orange 2 drops, Bergamot 3 drops, and White Fir or Siberian Fir 1 drop.
- 9. Harmony Personal Blend:** Fractionated Coconut Oil 4 tsp, Ylang Ylang 2 drops, Frankincense 4, Geranium 4 drops, and Vetiver 1 drop.
- 10. Self-Love and Self-Accepting Bath:** Ylang Ylang 2 drops, Patchouli 2 drops, Cypress 2 drops, and Bergamot 4 drops. Add oils to Epsom salt and enjoy!

*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.

