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# TOP 10 USES FOR ARBORVITAE OIL

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- 1. Irritated Skin:** Add a few drops to a spray bottle with water and spray on surfaces or hands to protect against environmental threats. Arborvitae can be used diluted on the skin.
- 2 Sun Exposure:** Arborvitae can be used diluted on the skin with Helichrysum and Lavender after sun exposure.
- 3. Bug Repellent:** Apply to wrists and ankles while hiking. Diffuse to purify the air and to repel insects inside the home.
- 4. Wood Polish:** Mix 4 drops of Arborvitae essential oil and 2 drops of Lemon essential oil for a natural wood preservative and polish.
- 5. Seasonal Support:** Arborvitae is great for seasonal threats too. Rub on the bottom of your feet in the morning.
- 6. Powerful cleansing and purifying agent:** Add a few drops of Arborvitae in a spritzer bottle and spray on skin for cleansing and purifying.
- 7. Immunity Blend:** Here is the immunity blend that I use often. 5 drops On Guard, 4 drops Oregano, 3 drops Frankincense, 2 drops Melaleuca, and 1 drop Arborvitae. For Adults, you can multiply this blend by 4 and put this blend in a 10ml roller bottle. For children 5+ multiply by 2. For infants just make this blend as is. Fill up the rest with Fractionated Coconut Oil whether you are making this blend for adults, children or infants. Rub on feet daily for immunity boosting. If you are trying to help the body heal from something, then do it 2-3 times a day.
- 8. Calming:** Use during meditation for a sense of peace and calm.
- 9. Uplifting:** Put in a necklace diffuser and smell. Mix Arborvitae with your favorite uplifting blend, too.
- 10. Trusting in the Divine:** Rub Arborvitae over the heart and heart-reflexes and repeat positive affirmations.

\*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.

