
TOP 10 USES FOR VETIVER OIL

1. Mental Clarity: Vetiver 4 drops, Peppermint 3 drops, and Frankincense 3 drops. Dilute lightly and rub on on the big toes, ear lobes, forehead, and back of neck. and inhale.*

2. Calming: To help relieve anxious feelings, mix Vetiver with Myrrh 1:1 and applying behind the knees right after shower in the morning.

3. Tension-Buster: Vetiver 3 drops, Patchouli 1 drop, Wild Orange 2 drops, and Ylang Ylang 2 drops.*

Stress Reducing Bath: ½ cup Epsom salts, Lavender 2 drops, Cypress 2 drops, Geranium 1 drop, White Fir 1 drop, and Vetiver 1 drop.*

4. Relieve Obsessive Over-Thinking: Vetiver 2 drops, Sandalwood 4 drops and apply to the back of the neck or on the bones behind the ears and bottom of big toes.*

5. Skin: Vetiver oil normalize oily skin and clear acne. It replenishes moisture in dry and dehydrated skin. It strengthens connective tissue of the skin. Vetiver is great for scars too.*

6. White & Red Blood Cell Stimulant: Enhances immunity by increasing the production of white blood cells that fight infection. Anytime you use Vetiver, it improves immunity and circulation.*

7. Massage Blend for Jaw Muscles: Helichrysum 4 drops, White Fir 3 drops, Vetiver 2 drops, & Balance 2 drops. Dilute in coconut oil.

8. Post Surgery Blend: Vetiver 4 drops, Lavender 3 drops, Helichrysum 2 drops, and Siberian Fir 2 drops in a capsule and take internally.*

9. Sweet Sleep Blend: 2 tablespoons Fractionated Coconut oil, Sandalwood 6 drops, Wild Orange 2 drops, Ylang Ylang 2 drops, Coriander 1 drops, and Vetiver 1 drop. Mix in a separate bottle.*

10. Joint or Muscle Pain After Injury: Vetiver 4 drops, Lavender 3 drops, and Bergamot 2 drops, all in a capsule and take internally.*

*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.

