
TOP 10 USES FOR GERANIUM OIL

- 1. Scar & Skin Care Tissue Support:** 4 teaspoons of Fractionated Coconut Oil, Geranium 4 drops, Lavender 4 drops, Patchouli 3 drops, and White Fir 3 drops. Apply over area several times a day.*
- 2. Moisturizer:** Add 1-2 drops to your favorite moisturizer to support skin and tissues regeneration.
- 3. Quick-Calming Inhalant:** Geranium 2 drops, Myrrh 2 drops, Ylang Ylang 2 drops, Frankincense 3 drops, and Vetiver 1 drop.*
- 4. Menopause-Balancing Bath:** Geranium 2 drops, Roman Chamomile 2 drops, Clary Sage 2 drops, Coriander 1 drop into ½ cup Epsom salts in bottom of dry bathtub. Add very warm water, soak, and inhale.*
- 5. Cramp Relief Bath:** Geranium oil 3 drops, Marjoram 2 drops, Ylang, Ylang 2 drops, Coriander 1 drop, and Rose 1 drop.*
- 6. Varicose Vein Massage Oil:** Fractionated Coconut Oil 4 teaspoons, Geranium 2 drops, Cypress 3 drops, Patchouli 2 drops, Rosemary 2 drops. Start with the ankles and gently massage upward motion to above knees 2 -3 times a day.*
- 7. Balance Libido:** Mix 4 drops Lavender, 4 Rosemary, 1 drop Geranium in the diffuser and create fireworks! Wink wink!*
- 8. Body Odor:** Dilute with fractionated coconut oil and rub under arm pits to decrease unpleasant body odor.*
- 9. Self-Love and Self-Acceptance Blend:** Mix 4 drops Frankincense, 4 drops Geranium, 2 drops Lavender, 3 drops Patchouli, 2 drops Roman Chamomile, and 2 drops Ylang Ylang. Rub over your heart and say, "I love and accept myself unconditionally. I am enough."*
- 10. Over-Analytical & Attached:** Mix Geranium 3 drops, Sandalwood 2 drops, and Patchouli 1 drop with a little Fractionated Coconut Oil. Rub on forehead, back of neck, on the ear lobes, bottom of big toes and inhale deeply. This helps calm the overthinking mind and helps you follow the heart!*

*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.

