
TOP 10 USES FOR MELISSA OIL

- 1. Skin Clearing:** Use internally and externally. Take a few drops in a capsule several times a day. Dilute lightly and spray on affected area several times a day.*
- 2. Gut Cleansing:** Take Melissa internally to support a clean internal environment.*
- 3. Blood Pressure Massage Oil:** 1 ounce of Coconut Oil, 4 drops of Lavender, 4 drops of Ylang Ylang, 1 drop of Wild Orange, and 1 drop of Melissa. Massage blend into skin daily. More often if stressful day.*
- 4. Tension-Release Diffuser Blend:** 15 drops of Lavender, 10 Drops of Clary Sage, 4 drops of Geranium, 2 drops of Melissa, and 2 drops of Ylang Ylang. Diffuse.*
- 5. Vertigo Support:** Take in a capsule or apply behind the ears and back of neck.*
- 6. Decreasing Personal Disappointment Blend:** 4 teaspoons of Fractionated Coconut Oil, 4 drops of Frankincense, 4 drops of Rose, and 2 drops of Melissa.*
- 7. Relaxing Personal Blend:** 4 teaspoons Fractionated Coconut oil, 4 drops of Sandalwood, 3 drops of Melissa, 2 drops of Frankincense, 2 drops of Ylang Ylang, 1 drop of Vetiver, and 1 drop of Clary Sage.*
- 8. Grief-Relief Personal Blend:** 4 teaspoons of Fractionated Coconut Oil, 4 drops of Wild Orange, 2 drops of Melissa oil, 2 drops of Myrrh oil, and 1 drop of Rose oil. Inhale and rub over heart.*
- 9. Panic-Preventing Personal Blend:** 4 teaspoons of FCO, 4 drops Geranium oil, 2 drops of Lavender, 2 drops of Melissa, 1 drop of Frankincense, 1 drop of Wild Orange, and 1 drop of Ylang Ylang.*
- 10. Shock-Soothing Personal Blend:** 4 teaspoons of Fractionated Coconut Oil, 2 drops of Melissa, 2 drops of Coriander, 2 drops of Wild Orange, 1 drop of Rose, and 1 drop of Melaleuca. Inhale and rub over 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.

