
TOP 10 USES FOR WINTERGREEN OIL

- 1. Massage Muscles & Joints:** Wintergreen can be used alone or mixed with other essential oils to massage muscles and joints. It is best to dilute it a little with Fractionated Coconut oil.
- 2. Bone Spurs & Cartilage:** Blend 5 drops Wintergreen, 4 drops Cypress, 3 drops Helichrysum, 3 drops Siberian Fir, and 2 drops Peppermint. Dilute it a little with Fractionated Coconut oil and apply to area
- 3. Frozen Shoulders & Stiff Knees:** Dilute it a little with Fractionated Coconut oil and mix with Siberian Fir. Rub over affected area 2-3x/day.
- 4. Teeth Whitening:** Add 1-2 drops Wintergreen oil to baking soda and brush teeth. Add 1 drop Birch oil if you have it.
- 5. Sprains:** Mix 5 drops Wintergreen, 4 drops Lemongrass, 4 drop Siberian Fir, 6 drops Cypress. Dilute it a little with Fractionated Coconut oil and apply to area 3-4 times a day.
- 6. Cramps & Charley Horses:** Dilute Wintergreen oil with a little with Fractionated Coconut oil and massage area. Drink water mixed with Lemon & Peppermint oil.
- 7. MS Nerve Support:** Blend 4 drops Wintergreen, 4 drops Frankincense, 3 drops Sandalwood, 3 drops Thyme, 2 drops Peppermint in 1 tablespoon of Fractionated Coconut oil.
- 8. Urinary Tract & Bladder:** Dilute 1-2 drops Wintergreen, 1-2 drops of Geranium oil with a little with Fractionated Coconut oil massage on lower abdomen for urinary tract & bladder support.
- 9. Surrender & Letting Go Of Control:** Dilute and massage Wintergreen, Sandalwood, and Balance on the bottom of feet. Then soak in a warm bath with epsom salt.
- 10. Surrendering To The Divine:** Smell Wintergreen and allow your heart to relax and feel safe. Picture your burdens removed from your shoulders and placed on the alter.

*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.

