TOP 10 USES FOR DEEP BLUE OIL

- 1. Muscles, Back, & Joints: Apply 1-2 drops Deep Blue oil or rub and massage gently on the area of discomfort.*
- 2. Circulation: Apply 1-2 drops Deep Blue & 1-2 drops AromaTouch to increase circulation in the legs due to lack of blood flow.*
- 3. Inflammatory Response: Apply 1-2 drops Deep Blue oil or rub and massage gently on the area of discomfort. Apply to hands, knees, elbows and other areas of discomfort for cooling soothing comfort. Also use the Deep Blue Polyphenol Complex daily. Read more here.*
- **4. Muscle Tension:** Apply 1-2 drops Deep Blue & PastTense for extra support in areas of stiffness and tension such as the shoulders and neck.*
- **5. Growing Kids:** When growing children experience discomforts in their legs before bed from growth spurts, apply and massage the Deep Blue Rub on the areas of discomfort.*
- **6. Bruises & Soothing:** Apply 1-2 drops Deep Blue oil or rub and massage gently on the area of discomfort.*
- 7. Pre & Post Exercise Rub: Apply Deep Blue oil or rub and massage gently on the muscles before and after workouts. It protects the muscles and tissues during workouts.*
- 8. Injury Care: Apply 1-2 drops Deep Blue oil on neck and head to support your body every few hours when you've experienced whiplash.*
- 9. Releasing Emotional Pain: Mix 1 drops of each of Deep Blue, Eucalyptus and Cypress together and inhale as you work through letting go of the need for limiting beliefs.*
- 10. Courage To Face Pain: Mix 1 drops of each of Deep Blue and Breathe oil and inhale as you work through painful thoughts and feelings.*

