
TOP 10 USES FOR SPIKENARD OIL

- 1. Aging Skin:** Add a few drops to your moisturizer, mix in your palms and apply on your face. Spikenard is great for skin.
- 2. Irritated Skin:** Dilute with Fractionated Coconut oil and blend with Cedarwood oil then apply it to irritated skin. These two oils are very gentle so they can be applied to sensitive areas on your body.
- 3. Skin Cleansing:** Add a few drops of Spikenard in with your cleanser before cleansing your skin. Spikenard is powerful against environmental threats.
- 4. Sleep & Relaxation:** Add to your diffuser before bed and rubbing on the bottom of your feet for a more relaxing and restful sleep. Spikenard helps relieve tension and stress throughout your whole body.
- 5. Gas & Ingestion:** Dilute 1-2 drops of Spikenard with Fractionated Coconut oil a massage on tummy in on the arch of the bottom of your feet. If you tend to have a stressful response to the world, use Spikenard daily.
- 6. Eye Health:** Dilute 1-2 drops of Spikenard with Fractionated Coconut oil a massage on big toes.
- 7. Muscle Spasms:** Dilute 1-2 drops of Spikenard with Fractionated Coconut oil and mix with 3 drops of DeepBlue Soothing blend a massage on affected areas.
- 8. Calming & Contentment:** Create a personalized fragrance by combining Spikenard with Clove, Cypress, Frankincense, Geranium, Juniper Berry, Lavender, Myrrh, Wild Orange, Rose, and Vetiver.
- 9. Reducing Selfishness:** Spikenard helps you be grounded so that you aren't always caught up in your own problems and agenda. Rub on the big toes and inhale. Say, "I see beyond me."
- 10. Appreciation & Gratitude:** Blend Myrrh, Spikenard and Wild Orange oil together. 1:1:1 ratio and count your blessings.

*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.

