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# TOP 10 USES FOR JASMINE ABSOLUTE OIL

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- 1. Aphrodisiac & hormone balancing:** Apply on the back of neck and lower abdomen. Add to diffuser or your 'love potions.'\*
- 2. Perfume:** Wear Jasmine as a perfume or combine it with other oils.
- 3. Child Birth:** Jasmine is excellent to use during childbirth in a massage. Rub over the low back, reflex points and abdomen in the early stages of labor. Jasmine helps the body alleviates discomforts, strengthens contractions and helps expel the placenta.\*
- 4. Skin Health:** Apply generously and regularly on dry, chapped, wrinkled skin. For extra dry chapped skin, mix 1 drop Jasmine 1 drop Geranium in palm of hand and mix with a carrier such as Fractionated Coconut Oil or doTERRA Hand and Body lotion. Remember to drink more water & take omega oils.\*
- 5. Sex Organ & Fertility Support:** Jasmine is great to strengthen male sex organs and helpful with enlarged prostate gland. Rub Jasmine on and around these organs and reflex points. For females, it is great for ovulation & fertility.
- 6. Mood Lifting:** Diffuse and smell Jasmine to help uplift mood.
- 7. Energizing:** Mix 2 drops Jasmine, 3 drops Patchouli, 2 drops Ginger, 2 drops Clary Sage and 3 Helichrysum with Fractionated Coconut Oil and apply Jasmine to the back of neck and the bottom of your feet and on sternum and get to bed to rest.
- 8. Coughs:** 1 tablespoon of Fractionated Coconut Oil, 2 drops of Jasmine, 3 drops of Myrrh, 2 drops Geranium, 3 drops Lemon; gently blend in glass container and apply in upward motion from sternum to tip of chin.\*
- 9. Voice & Throat:** Apply to the front of the throat down onto the sternum, on the wrists and inhale deeply. Jasmine can be mixed with any of the following oils for the voice and throat: Myrrh, Lemon, Geranium, Bergamot, Basil, Lime, Cypress, Wild Orange.\*
- 10. Increase Self Worth:** Mix Rose and Jasmine oil together rub over the heart and then inhale.

\*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.

