TOP 10 USES FOR AROMATOUCH OIL

1. Muscles Discomforts: Massage directly on areas that are sore or aching. Use a carrier oil such as Fractionated Coconut Oil.*
2. Shoulder, Head & Neck Tension: Massage a few drops of AromaTouch oil on neck, shoulder and head to ease tension. It is especially helpful before bed to relax the body.*
3. Circulation: Cypress oil found in AromaTouch is wonderful for promoting more blood circulation. Basil and Marjoram is warming. Warm legs with a warmed up 'wheat' pack, massage a lot of AromaTouch oil on. Massage in a circular motion and rub out the 'crystals' in the leg. Do this regularly morning and night on each leg until leg muscles are softer and healthy color again.*
4. Connective Tissue Support: This is a great oil for massage therapist who do facial tissue release.*
5. Lymphatic Support: Apply to the bottom of your feet twice a day.*
6. Blood Pressure: Apply to the bottom of your feet twice a day.*
7. Cold Hands & Feet: Massage on hands or feet. Consider adding other warming oils such as Cassia & Cinnamon.*
8. Cramps: Massage on legs and lower abs. Drink water with a drop of Lemon oil and Peppermint oil to help the body absorb the oils better.*
9. Anxious Feelings: 1 drop of AromaTouch in the palms and cup over nose and inhale.*

It is safe to relax.
10. Tense Feelings: 1 drop of AromaTouch in the palms and cup over nose and inhale.*

It is safe to go with the flow.

I give permission for me and others to be human and make mistakes.

*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.