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# TOP 10 USES FOR BREATHE OIL

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- 1. Occasional Throat Discomfort:** Apply to the throat externally, Breathe 2 drops, Lavender 4 drops, and Basil 2 drops. Tip: Mix in a glass roller bottle with a little Fractionated Coconut Oil and apply. Use Breathe Respiratory drops.
- 2. Seasonal Threats:** Apply under the nose, on the bottom of the feet as often as needed.
- 3. Winter Time Support:** Put 2-3 drops in a steaming cup and inhale. Rub on chest and back.
- 4. Clear & Easy Breathing:** Put 1-2 drops in palms and cup it over nose and mouth and inhale deeply. Also, add 2-4 drops of Breathe in a diffuser.
- 5. Sinus Support:** Put 1-2 drops of Breathe on sinus areas and on the bottom of feet. Note: Many times, sinus issues are gut issues so use DigestZen oil too. Add 5-10 drops on wick of inhalers. [Click here to get your inhalers.](#)
- 6. Occasional Coughs:** Apply on chest area, throat area and on the bridge of nose. Drink Lemon oil in warm water throughout the day.
- 7. Prior To Exercise:** Rub Breathe on the chest and bottom of feet and use cotton socks before exercise.
- 8. Vapor Stick:** Assist with breathing and lungs. Rub on chest, back and feet. This rub has all the benefits of the Breathe oil and no petroleum jelly!
- 9. Sleep Soundly:** Diffuse 2-3 drops of Breathe in a 6-hour diffuser before bed. Rub a few drops on the area where the toes meet the feet. This will help keep the airways open and support clear breathing while you sleep.
- 10. Releasing Grief & Sadness:** Release the trapped energy of grief from your lungs. Inhale Breathe oil and say,

>It is safe for me to let go of GRIEF (breathe out)

>>I allow myself to allow in LOVE (breathe in)

Peppermint



Eucalyptus



Cardamom



Lemon



Ravintsara



Ravensara



\*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.

