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# TOP 10 USES FOR CITRUS BLISS OIL

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- 1. Energy Boosting:** Diffuse at home, in the car or at work. You can also drink a few drops throughout the day. The citrus oils are very cleansing to the body.
- 2. Respiratory Support:** Citrus Bliss 3 drops, Siberian Fir 2 drops, Eucalyptus 1 drop. Gently Blend and apply vertically along the sternum.
- 3. Air Freshener:** Diffuse at home, in the car or at work. You can even wear Citrus Bliss as a perfume. Be careful not to put it on your skin when you are about to have direct sunlight.
- 4. Surface & Glass Cleaner:** Combine in a 16 oz. glass spray bottle 1/2 cup white vinegar, 1/2 cup distilled water and 8 drops of any citrus essential oils. Shake gently and then spray and wipe.
- 5. Healthy Eating Habits:** Citrus oils are great cleansers for your organ. When you smell, take internally or rub citrus oils on the bottom of your feet, your cells will be encouraged to communicate better. Helping you feel hunger and satiety.
- 6. Laundry & Dishwashing:** Add a few drops of Citrus Bliss to your laundry liquid, or on dryer balls for cleaner and fresh smelling laundry.
- 7. Lymphatic & Immune Boost:** Rub on the bottom of feet, diffuse and rub on the back of neck a night (or when you are not exposed to sunlight).
- 8. Uplifts Depressed Mood:** Mix Citrus Bliss 3 drops, Siberian Fir 2 drops, Roman Chamomile 1 in a diffuser to uplift depressed moods.
- 9. Confidence Booster:** Rub the Citrus Bliss hand lotion on your hands and inhale.
- 10. Focus Support:** Citrus Bliss 2 drops, Lavender 2, Peppermint 2 drops. Gently blend and apply to temples and inhale.

Orange Peel



Lemon



Grapefruit



Bergamot



Vanilla Bean



Clementine



Tangerine



\*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.

