
TOP 10 USES FOR CONSOLE[®] OIL

- 1. Brain Support:** Apply 1-2 drops to forehead, back of neck and bottom of big toes.*
- 2. Low Libido:** Diffuse and/or apply on the lower abdomen.*
- 3. Lung & Respiratory Support:** Diffuse and/or apply 1-2 drops on the chest. Inhale deeply.*
- 4. Eliminating Waste Support:** Diffuse and/or apply 2-3 drops on the bottom of the feet. When our minds are wound up and stressed, all the organs are stressed too. The activity in the body slows down causing a lot of secondary health issues in the urinary tract and bowels.*
- 5. Heart Support:** Diffuse and/or apply 1-2 drops over the heart and heart reflex points.*
- 6. Grief & Sadness:** Diffuse in a diffuser or add to necklace diffuser. During times of loss Console helps comfort the soul and evoke feelings of hope.
- 7. Emotional Release & Reassurance:** Apply over the heart and heart reflex points morning and night as a reminder to be patient with healing and to think positive thoughts. You can also apply one to two drops to a shirt collar or scarf and smell throughout the day to ward off feelings of grief and sadness.
- 8. Fear & Emotional Pain Relief:** Diffuse Console and Melissa in a diffuser or add to necklace diffuser.
- 9. Resolving & Moving Through Trauma:** Diffuse Console in a diffuser or add to necklace diffuser. Rub Cypress on the legs. Rub Geranium over the heart. Apply Spikenard on the big toes. Do this for as many days as you need to.
- 10. Accepting Love & Comfort:** Diffuse Console in a diffuser or add to necklace diffuser.

Frankincense



Patchouli



Ylang Ylang



Sandalwood



Rose



Labdanum



Osmanthus



Amyris



*These statements have not been evaluated by Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.