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# TOP 10 USES FOR CLARYCALM<sup>®</sup> OIL

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- 1. Monthly Cycle Support & Cramping:** Roll ClaryCalm on lower abs 2-3 times a day. Add more after 5 minutes.
- 2. Hormonal Head Tension:** Roll ClaryCalm on the inside of forearms, on ankles, and lower abs 2-3 times a day. Use the Phytoestrogen Essential Complex & Bone Nutrients as directed on the bottles.
- 3. Hot Flashes:** Roll ClaryCalm on the bones behind the ears, wrists, inside of forearms, on ankles, and lower abs 2-3 times a day.
- 4. Skin Issues:** Roll on areas of skin irritations and imperfections. Repeat 2-3 times a day. Consider mixing with Fractionated Coconut oil to keep oil on the surface longer.
- 5. Birthing:** Roll ClaryCalm on the bones behind the on ankles, and lower abs to help encourage birthing process to progress. Repeat every 2-3 hours.
- 6. Libido Balancing:** Roll ClaryCalm on the bones behind the lower abs 2-3 times a day.
- 6. Fertility:** Roll ClaryCalm on the inside of forearms, on ankles, and lower abs 2-3 times a day. Use the Phytoestrogen Essential Complex & Bone Nutrients. Do the 30-day Cleanse & Restore program every 2-3 months.
- 7. Women's Hormone Balancing Soak:** Prepare a warm foot bath with 1/2 cup of epsom salt. Roll ClaryCalm & 1 drop of Coriander on the on ankles and soak your feet in it.
- 8. Balancing Moods Swings:** Diffuse 2-3 drops of ClaryCalm or inhale deeply from cupped hands.
- 9. Releasing Emotional Tension:** Diffuse 2-3 drops of ClaryCalm or inhale deeply from cupped hands.
- 10. Sacral Chakra:** Roll ClaryCalm on the lower abs 2-3 times a day.

