
TOP 10 USES FOR WHISPER[®] OIL

- 1. Balancing Hormones:** Apply on the insides of the forearms to support hormone balance.
- 2. Perfume:** Apply on the bones behind the ears for a calming fragrance. It will be your balancing perfume!
- 3. Overheated:** For hot flashes, apply on the insides of the forearms to support hormone balance. Apply on the back of the neck into the back of the hair-line prior to sleep to relieve hot flashes during night.
- 4. Cramping:** Apply around the core (center of cramping) for relief of cramping during cycles. Add DigestZen for bloating.
- 5. Libido & Sex Drive:** Diffuse and wear on wrists.
- 6. Head Tension:** Apply to temples for hormonal head tension. Apply on the webbing between thumb and forefingers on inside and outside of the hand for tension and distraction. Rub hands together and inhale.
- 6. Blood Pressure:** Apply over heart and heart reflex points.
- 7. Anger:** Apply behind the knees in the morning for relief prior to onset of period. Diffuse around nasty cranky people.
- 8. Self-Expression & Presence:** Rub over throat chakra and say your affirmation. Whisper helps you let go of the overly masculine exterior and embrace your feminine side. For males who are overly masculine, add Frankincense to Whisper and use as a cologne. >>I am FREE to be me
- 9. Self-Confidence & Creativity:** Diffuse, rub on 3rd and 4th chakra and say your affirmation. >>My creativity flows freely and powerfully
- 10. Connected to Mother:** Add Myrrh to Whisper, inhale and say your affirmation. >>I am nourished by the mother energy



*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.