
TOP 10 USES FOR ELEVATION[®] OIL

- 1. Immunity:** Apply 3-4 drops to the bottom of feet to boost immunity.
- 2. Elevating Massage:** Mix 2 ounces of Fractionated Coconut Oil and 8 drops of Elevation. Massage all over and enjoy an uplifting experience.
- 3. Mood Lifting Bath:** ½ cup Epsom Salts, 4-6 drops Elevation oil added to Epsom salts and then add hot water and stir; relax in hot tub for 10 minutes, pat dry – enjoy relief.
- 4. Subtle Mood Lifting Technique:** Apply Elevation to underwear around the inside rim liberally, fold normally and place in drawer with the intention of good feelings. The fragrance will dissipate but the vibration will be released into person as the day goes on. It can also be applied to the edges of crew neck t-shirts or inside of thick socks.
- 5. Open Airways:** Diffuse in a diffuser or add a few drops of Elevation to open airways and support the lungs
- 6. Seasonal Relief:** Apply a few drops to the bottom of the feet especially around the toes and put cotton socks on.
- 7. Maintaining Buoyancy:** Apply Elevation on the wrist in the morning and add Citrus Bliss a the diffuser necklace throughout the day.
>>I choose to be joyful, bright, optimistic, carefree, elevated, cheerful and abundant
- 8. Clear Mind For Inspiration:** Apply one drop of Elevation of the 3rd eye in lifting (opening eye) motion. Do when you feel a need to open up your mind for heavenly downloads.
- 9. Love Letters:** Add a drop of Elevation to letters and notes.
- 10. Uplifting Office:** Diffuse in a diffuser or add a few drops of Elevation on a cotton ball and place in the areas near grumpy negative office people.

Frankincense Resin



Hawaiian Sandalwood



Myrrh Gum Resin



Lavender Flower



Rose Flower



Helichrysum Flower



*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.

