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# TOP 10 USES FOR LITSEA OIL

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- 1. Respiratory Support:** Apply to chest & inhale from cupped hands.
- 2. Occasional Coughs:** Dilute and apply to throat area.
- 3. Immunity Boosting:** Add Litsea to your immunity blend. Diffuse Litsea to clean the air during winter season.
- 4. Back Support:** Dilute with Fractionated Coconut Oil and apply on back.
- 5. Menstrual Cramps:** Dilute with Fractionated Coconut Oil and apply on abdomen.
- 6. Blemishes & Oily Skin Balancing:** Use as a spot treatment during the day or at night to help reduce the appearance of blemishes. Also add to cleanser or moisturizer. Do a skin test for sensitivity. Litsea is found in doTERRA HD Clear oil.
- 7. Healthy Blood Pressure:** Apply to chest, back of neck, and inhale from cupped hands. Apply to heart reflexes.
- 8. Excessive Perspiration:** Coriander, Geranium, Petitgrain, Zendocrine, Douglas Fir, & Litsea are all natural deodorants. Dilute and apply to underarms.
- 9. Seasonal Relief:** Dilute and apply a few drops on the bottom of feet, diffuse, and apply to chest.
- 10. Cellulite Massage:** Combine 2 drops Fennel oil, 2 drops Rosemary, 2 drops Cypress, 3 drops Litsea and 1 drop Patchouli. Blend in a separate container then apply to sides of thighs, legs and buttocks in upward motion.

\*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.

