
TOP 10 USES FOR MAGNOLIA[®] OIL

- 1. Menstrual Support:** Apply on the lower abs for relief from cramps. Also consider Bergamot, Frankincense, ClaryCalm and Roman Chamomile.
- 2. Increase Energy:** Diffuse or smell from cupped hands. Apply on forehead, back of the neck and over the heart.
- 3. Hormone & Libido Balancing:** Apply to wrists, forearm, ankles, on sex organs and smell from cupped hands.
- 4. Prostrate Support:** Apply near prostrate area 2-3 times a day.
- 5. Skin Support:** Apply directly on area of concern. Great for dry skin, wrinkles, irritations, redness, blemishes and other skin issues.
- 6. Sleep Support:** Apply on the back of neck, forehead, under nose and inhale from cupped hands before bed.
- 7. Perfume:** Apply to wrists and chest.
- 8. Respiratory:** Combine with Cardamom & Eucalyptus. Apply to chest, sinus areas, bottom of feet and back.
- 9. Anxious Feelings:** Apply over the heart and heart reflex points. Calming Anger & Irritability: Apply over the heart and heart reflex points.
- 10. Calming Anger & Irritability:** Apply over the heart and heart reflex points.

Affirmations/Personal Declarations:

- >>My heart is strong and can repair and renew often.
- >>I am effortlessly giving and receiving unconditional love.
- >>I allow peace and serenity to dwell in my heart.
- >>I let go of all pains, hurts and resentment.

