
TOP 10 USES FOR PASSION[®] OIL

- 1. Energy:** Apply to the bottom of feet.
- 2. Balance Libido:** Apply to ankle and wrist for more excitement.
- 3. Digestion:** Apply on tummy and bottom of feet.
- 4. Lungs & Sinus:** Inhale from cupped hands.
- 5. Circulation:** Inhale from cupped hands, apply onto legs and to the bottom of feet.
- 6. Immunity Boosting:** Apply to the bottom of feet. Diffuse as needed.
- 7. Menstrual Support:** Apply to ankle and lower abdomen for hormone balancing and relief from discomforts.
- 8. Mental Fog:** Diffuse and inhale from cupped hands.
- 9. Memory Support:** Diffuse and inhale from cupped hands.
- 10. Clarify Boundaries and Passions:** Diffuse and inhale from cupped hands.

>>I allow myself to be alive, creative and playful

>>I give myself permission to freely express my passions

