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# TOP 10 USES FOR PASTTENSE<sup>®</sup> OIL

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- 1. Head tension:** Apply to the back of neck and temples.
- 2. Neck and shoulder tension:** Apply on neck and shoulders and massage.
- 3. Joint & Muscle tension:** Apply onto joints and massage in.
- 4. Hot flashes:** Apply to the back of neck.
- 5. Overheated:** Apply to the back of neck.
- 6. Hangover:** Apply to temples and stomach. Drink 2-3 drops of lemon oil in warm water.
- 7. Bruises:** Apply on bruises.
- 8. Stress & overworked:** Apply on neck and shoulders and massage.
- 9. Muscle cramps:** Apply on muscles and massage. Drink a lot of water.
- 10. Clarity of Mind:** Mix PastTense with Clary Sage and apply to back of neck, forehead and inhale.

## Affirmations/Personal Declarations:

>>I quickly let go of stress, tension, fatigue and other draining beliefs

>>I choose calm relaxed, and positive forward thinking



Frankincense Resin



Marjoram Leaf



Roman Chamomile Flower



Basil



Rosemary



Lavender



Wintergreen Leaf



Cilantro Herb



Peppermint Plant



\*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.