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

**1.** Balance Libido: Apply to ankle and wrist for more excitement.

2. Hormone Balance & Fertility: Apply to ankle and lower abdomen for

hormone balancing and relief from discomforts.

**3. Focus & Learning:** Diffuse and inhale from cupped hands.

**4. Childbirth & Recovery:** Apply to the abdomen, massage on feet and/or diffuse.

**5. Seasonal Threats:** Apply on the feet or diffuse.

**6. Calm Colic:** Dilute and massage on baby's tummy in a clockwise direction. Apply to the bottom of the feet.

7. Insecurity, Fear, Worry: Diffuse and inhale from cupped hands.

>>I choose to respond with Faith and Peace

8. Hyperactivity & Overreaction: Diffuse and inhale from cupped hands.

**9. Mental strain:** Mix Peace oil with a little Sandalwood. Diffuse and inhale from cupped hands.

>>I only attach my happiness to positivity

**10. Meditation & Spiritual Connection:** Diffuse. Apply over the heart and 3rd eye.

>>I choose to live in the high vibration of Peace

