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# TOP 10 USES FOR YARROW|POM<sup>®</sup> OIL

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- 1. Skin Cleansing & Beautification:** Apply directly on the skin as part of your daily skin care routine. You can mix it into your moisturizer for wrinkles and sagging skin.
- 2. Leg Veins:** Dilute with more Fractionated Coconut Oil, Helichrysum and Cypress and apply on leg veins for beautification.
- 3. Menstrual Support:** Take 2 drops in a capsule or apply on the abdomen daily to help balance menstrual cycles.
- 4. Energy Boost:** Take 2 drops in a capsule twice daily to fight fatigue.
- 5. Immunity Support:** Apply on spine and the bottom of the feet to help boost immunity and fight against environmental threats.
- 6. Detoxification:** Apply on feet or take 2-3 drops in a capsule twice daily to promote release of toxins.
- 7. Cellular Support:** 2-3 drops in a capsule 2-3 times daily to promote. Consider adding DDR Prime also.
- 8. Dry Itchy Skin:** Apply directly on the skin. Consider mixing in Cedarwood also.
- 9. Digestive Support:** 2-3 drops in a capsule 2-3 times daily to promote healthy digestion.
- 10. Metabolism & Blood Sugar Support:** Take 2-3 drops in a capsule 2-3 times daily. Consider Slim & Sassy oil also.



\*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.