



HEALTHY + WISE RECIPES

ADRENALS

- 10 drops Geranium
- 10 drops Rosemary
- 10 drops Lemongrass
- 10 drops Frankincense

Top with FCO in 10 mL roller bottle.
Apply over adrenals 2-3x daily.

EARS

- 20 drops Lavender
- 20 drops Basil
- 10 drops Purify

Top with FCO in 10 mL roller bottle.
Apply around ear several times daily
as needed.

CELLS

- 40 drops DDR Prime

Top with FCO in 10 mL roller bottle.
Apply to spine 2x daily.

HEAD

- 20 drops Peppermint
- 10 drops Lavender
- 10 drops Frankincense

Top with FCO in 10 mL roller bottle.
Apply to temples and back of neck
as needed.

IMMUNE

- 30 drops On Guard
- 10 drops Copaiba

Top with FCO in 10 mL roller bottle.
Apply to spine and/or bottom of feet
2x daily.

HEART

- 20 drops Ylang Ylang
- 20 drops Copaiba
- 10 drops Lavender
- 10 drops Marjoram

Top with FCO in 10 mL roller bottle.
Apply over heart 2x daily and
as needed.

THYROID

- 10 drops Clove
- 10 drops Myrrh
- 10 drops Lemongrass
- 10 drops Frankincense

Top with FCO in 10 mL roller bottle.
Apply over thyroid and bottom of feet
2-3x daily.

SKIN

- 10 drops Frankincense
- 10 drops Lavender
- 10 drops Myrrh
- 10 drops Blue Tansy

Top with FCO in 10 mL roller bottle.
Apply for healthy, radiant looking skin.

LUNGS

- 20 drops Breathe
- 10 drops Frankincense
- 10 drops Marjoram

Top with FCO in 10 mL roller bottle.
Apply to chest and upper back as needed.

LIVE *Naturally*
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