

lavender

AROMATIC | TOPICAL | DIETARY

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APPLY 2-4 DROPS ON LOCATION TO SOOTHE THE PAIN OF MINOR BURNS.

DIFFUSE, INHALE DIRECTLY, OR APPLY TO BOTTOMS OF FEET TO PROMOTE RELAXATION AND RESTFUL SLEEP.

TAKE INTERNALLY OR DIFFUSE TO REDUCE ALLERGY SYMPTOMS FOR ADULTS AND CHILDREN.

RUB A DROP OF LAVENDER OIL ON YOUR PALMS AND SMOOTH OVER YOUR PILLOW TO HELP RELAX THE WHOLE FAMILY.

RUB LAVENDER OIL ON DRY, CHAPPED, OR IRRITATED SKIN.

APPLY A DROP OF LAVENDER OIL ON LOCATION TO RELIEVE COLD SORE SYMPTOMS.

RUB SEVERAL DROPS OF LAVENDER AND COCONUT OIL ON SUNBURNED SKIN TO REDUCE PAIN, REDNESS, AND IRRITATION.

APPLY DROPS OF LAVENDER OIL TO COCONUT OIL TO HELP ALLEVIATE RASHES AND STOP THE ITCHING.

DIFFUSE LAVENDER OIL DURING STRESSFUL PERIODS OF THE DAY TO RELAX MUSCLES AND EASE TENSION.

ADD TO A BATH WITH EPSOM SALT TO PROMOTE RELAXATION AND PEACEFUL SLEEP.

BODY EDGE FITNESS

YOUNG LIVING INDEPENDENT DISTRIBUTOR

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