



## Product Information and Traditional & Alternative Uses

Nutmeg is actively present in the alternative health practices. It is used and included in numerous studies that show nutmeg to have beneficial properties for the prevention of various concerns. It showed in many studies to be a natural option for digestive problems, arthritis, and other inflammatory health conditions. As well as a powerful tonic and analgesic.

- 1 PAIN RELIEF
- 6 CALMING
- 2 PURIFY AIR
- 7 RELAXATION
- 4 AIR FRESHENER
- 5 REDUCE STRESS

### Primary Action - Pain Relief:

**PAIN RELIEF:** Dilute with a carrier oil in a 1:1 ratio and apply to the area of discomfort.

**REDUCE STRESS:** Apply 1-2 drops to the back of the neck and temples. Practice relaxation techniques such as deep breathing, positive affirmations, meditation, etc.

**REDUCE NEGATIVE IONS:** Add five drops to Aeroma Plus diffuser or 10-15 drops to Aeroma Pure diffuser and diffuse throughout the day. Add a few drops to vacuum cleaner's filter.

**CALMING/RELAXATION:** Apply 1-2 drops to the back of the neck and temples. Practice relaxations techniques such as deep breathing, positive affirmations, meditation, etc. Add 2-5 drops to each scoop of Star Flake bath salt and take a stimulating bath.

