



## Product Information and Traditional & Alternative Uses

In the early 1970s, prominent movie stars credited the use of Palmarosa essential oil for their flawless, ageless skin. It is used in traditional and alternative treatments to help many skin related issues like eczema and psoriasis, boils, abscesses, and acne. Palmarosa is also one of the most used essential oils for dog skin disorders and horse skin fungus.

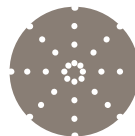
- |                      |                    |
|----------------------|--------------------|
| 1 SKIN TONIC         | 5 MOISTURIZED SKIN |
| 2 MOSQUITO REPELLENT | 6 WOUND HEALING    |
| 3 VIRUSES            | 7 CALMING          |
| 4 ANIMAL SKIN HEALTH |                    |

### Primary Action - Skin Care:

**SKIN TONIC:** Make a homemade skin tonic. Combine 1/4 cup witch hazel, two tsp. vegetable glycerin, 1 tbsp aloe vera gel, 10 drops palmarosa, 8 drops geranium, and 8 drops sacred frankincense. Add to 4 oz spray bottle fill the remainder with distilled water or hydrosol (preferably rose, geranium, or lavender). Shake well apply to your face directly after exfoliating.

**MOISTURIZER:** Apply a generous amount of Enoscents lotion to the palm of your hand and add 2-3 drops of Aeroma palmarosa.

**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.



**Try Me!**