



## Product Information and Traditional & Alternative Use

Fresh, woody, earthy scent, this essential oil is most commonly used to fight respiratory infections including coughing spasms, relief for muscle aches—especially post-workout. It also has a centering effect to help feel uplifted and calm as well as serve as an effective deodorant alternative; this is also a rare essential oil that speeds up metabolism while detoxifying the body of fat and toxins.

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| <b>1 RELIEVES ARTHRITIS PAIN</b> | <b>5 REDUCE FLU SYMPTOMS</b>  |
| <b>2 HELP REDUCE BRONCHITIS</b>  | <b>6 PAIN RELIEVER</b>        |
| <b>3 REDUCE COLD SYMPTOMS</b>    | <b>7 RESPIRATORY RELIEF</b>   |
| <b>4 TREATS COUGHS</b>           | <b>7 BROKEN BONE RECOVERY</b> |

### Primary Use - Cold and Flu:

**MUSCLE PAIN RELIEF:** Add 5 drops each of Aeroma peppermint and lavender with 1 drop each of Aeroma turmeric, ginger and balsam fir. Add 1/8 teaspoon of cayenne powder with 10 drops

**COLD/FLU, RESPIRATORY & BRONCHITIS:** Use in a diffuse throughout the day. Apply 2 drops to the chest wait 30 seconds add 2 drops of Aeroma breathe. Use with a heating pad to enhance the action.

**BROKEN BONE RECOVERY:** Dilute with a carrier oil in the ratio of 1:1 apply multiple times throughout the day or as needed.

