



## Product Information and Traditional & Alternative Uses

This woody fragrance essential oil has long been regarded as an aid in strengthening weak connective tissue as well as its impact on most respiratory complications including something as simple as a runny nose. It's also frequently used to improve the circulatory system as well as to stop bleeding and moderate excessive menstruation. By providing oxygen to the cells and performing as a diuretic it's long been used as a blood thinner and a solution for compromised blood vessels, capillaries, and even bleeding gums.

- 1 **COLDS**
- 2 **COUGH**
- 3 **BRONCHITIS**
- 4 **EXPECTORANT**
- 5 **CIRCULATION**

### Primary Action - Relaxing & Detox:

**ENHANCE MOOD:** Add to difuser and difuse throughout the day.

**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:** Use in a difuse 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 blissful bath.

