

Product Information and Traditional & Alternative Uses

Painstakingly harvested from the leaves and flowering tops, this vital essential oil has been used widely as an anti-inflammatory, a remedy for wounds as it clots the bleeding, and for skin care as a skin tonic. We like it especially for women who suffer a myriad of reproductive system challenges, while others use it for its impact on circulation issues common with diabetes. This is also one of the essential oils used in our Physical Aromatic Touch (PAT) modality.

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|------------------------------|------------------------------------|-----------------------------------|
| 1 REDUCE BLEEDING | 5 REDUCES AGITATION | 9 TONES SKIN |
| 2 SEDATIVE (RELAXANT) | 6 HELPS TO BALANCE HORMONES | 10 PREVENT NERVOUS FATIGUE |
| 3 ANTI-INFLAMMATORY | 7 REDUCE MENOPAUSE SYMPTOMS | |
| 4 HELPS WITH ANXIETY | 8 MILD ANTIBACTERIAL | |

Primary Action - Hemostasis & Tonic:

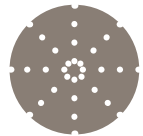
REDUCE BLEEDING: Apply 2-3 drops undiluted directly on the cut to help with clotting and reduce bleeding. You may momentarily see an increase in bleeding before it slows down.

REDUCE ANXIETY/SEDATIVE/REDUCE/AGITATION/BALANCE HORMONES: Add five drops to Aeroma Plus diffuser or 10-15 drops to Aeroma Pure diffuser and diffuse throughout the day. Additionally, you may apply 1-2 drops t the bottom of your feet and for female related hormonal issues use over the uterine area and solar plexus.

SKIN CARE: Make a homemade skin tonic. Combine 1/4 cup witch hazel, two tsp. vegetable glycerin, 1 tbsp aloe vera gel, 10 drops palmarosa, 10 drops myrtle, 8 drops geranium drops and 5 drops lavender. 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.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Consult your primary care provider before making any changes to your current dietary regimen. Many essential oils may enhance or decrease the effectiveness of prescription drugs.



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