



## Product Information and Traditional & Alternative Uses

Possessing a cortisone-like action makes this Aeroma product ideal for the integumentary system (skin) as it subdues inflammation on the skin with both an anti-viral and antiseptic effect. This enables the tissues to regenerate through an increase in the circulation of the body while also aiding in the proper absorption of vitamin C and iron in the stomach. Also used as a gentle diuretic effect thus helping to escort toxins from the body.

- |                               |                              |                                   |
|-------------------------------|------------------------------|-----------------------------------|
| <b>1</b> INDIGESTION          | <b>7</b> JOINT PAIN          | <b>10</b> URINARY TRACT INFECTION |
| <b>2</b> FLATULENCE           | <b>8</b> MUSCLE PAIN         |                                   |
| <b>4</b> BLOATING             | <b>9</b> INFLAMMATORY ISSUES |                                   |
| <b>5</b> KIDNEY STONES RELIEF | <b>10</b> ANALGESIC          |                                   |

### Primary Action - Relaxing & Detox:

**INDIGESTION/BLOATING:** Apply a few diluted drops in the ratio of 1:1 on the abdomen area and massage in a clockwise motion for 60-90 seconds.

**URINARY TRACT INFECTION:** Make a powerful antibacterial blend. Combine four drops of Aeroma lavender, 4 drops Aeroma Tea Tree, and 2 drops Aeroma Juniper Berry to 10 drops of a carrier oil. Apply topically around the bladder area, or with the help of a professional use a syringe to squirt some of this mixture up the urethra,

**JOINT PAIN:** Combine two drops each of the following Aeroma essential oils Frankincense sacra, frankincense carterii, turmeric, and juniper berry. Apply directly to the area of discomfort.

**KIDNEY STONE RELIEF:** Apply 1-2 drops diluted in a 1:1 ratio over kidney area. Use a warm compress allow the compress to sit for 15-20 minutes. Reapply up to 3 times daily or as needed.

