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# TOP 10 USES FOR AROMATOUCH OIL

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- 1. Muscles Discomforts:** Massage directly on areas that are sore or aching. Use a carrier oil such as Fractionated Coconut Oil.\*
- 2. Shoulder, Head & Neck Tension:** Massage a few drops of AromaTouch oil on neck, shoulder and head to ease tension. It is especially helpful before bed to relax the body.\*
- 3. Circulation:** Cypress oil found in AromaTouch is wonderful for promoting more blood circulation. Basil and Marjoram is warming. Warm legs with a warmed up 'wheat' pack, massage a lot of AromaTouch oil on. Massage in a circular motion and rub out the 'crystals' in the leg. Do this regularly morning and night on each leg until leg muscles are softer and healthy color again.\*
- 4. Connective Tissue Support:** This is a great oil for massage therapist who do facial tissue release.\*
- 5. Lymphatic Support:** Apply to the bottom of your feet twice a day.\*
- 6. Blood Pressure:** Apply to the bottom of your feet twice a day.\*
- 7. Cold Hands & Feet:** Massage on hands or feet. Consider adding other warming oils such as Cassia & Cinnamon.\*
- 8. Cramps:** Massage on legs and lower abs. Drink water with a drop of Lemon oil and Peppermint oil to help the body absorb the oils better.\*
- 9. Anxious Feelings:** 1 drop of AromaTouch in the palms and cup over nose and inhale.\*
- 10. Tense Feelings:** 1 drop of AromaTouch in the palms and cup over nose and inhale.\*

*It is safe to relax.*

*It is safe to go with the flow.*

*I give permission for me and others to be human and make mistakes.*



\*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.