
TOP 10 USES FOR BALANCE OIL

- 1. Jet Lag & Travel:** Inhale Balance oil from cupped hands and apply Balance oil across your forehead, on your ears and on the back of the neck. It helps your brain reset and soothes the nerves when traveling.*
- 2. Balancing Moods:** Inhale Balance oil throughout the day. Apply Balance oil across your forehead, on your ears, on the back of the neck, and on the bottom of big toes. Do this morning and night. Use a necklace diffuser.*
- 3. Neurological Balancing:** Put Balance oil on ring fingers and criss-cross arms. Put oiled ring fingers on opposite temples of your head and hold for a few seconds. This encourages left and right brain communication. *
- 4. Brain & Memory Support:** Inhale Balance oil from cupped hands and apply Balance oil across your forehead, on your ears and on the back of the neck and on the bottom of big toes. Do this daily.*
- 5. Sleep & Restlessness:** Massage Balance along the spine before bed for a more restful sleep. This often helps with restless sensations in the legs.*
- 6. Balancing Babies:** Balance oil helps babies who are learning to walk be more balanced. Rub along the spine and on the bones of ears.*
- 7. Chiropractic Adjustment Support:** Rub on the bottom of your feet prior to a Chiropractic visit to help with the treatment and keeps you aligned longer.*
- 8. Driving Long Distances:** Before, during and after long trips on the road apply Balance on low back on wrists and on the back of the neck. This will help with circulation, keep muscles & joints flexible, calm nerves, & assist in focus.*
- 9. Monkey Brains:** Apply Balance oil across your forehead, on your ears and on the back of the neck & on the bottom of big toes. Do this morning & night.* This helps you switch off at night and take it one task at a time during the day.
- 10. Tranquility:** Apply Balance & Lavender on the back of the neck, over the heart and on the wrists – rub wrists together and inhale.*

Spruce Leaf



Ho Wood Leaf



Osmanthus Flower



Frankincense



Blue Tansy Flower



Fractionated Coconut Oil



*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.

