

## Methods of Usage

Neat, or in 10% dilution on Quantum Acupoints (see chart)

Neat or in 10% dilution on key body areas: Place a drop or two directly onto clean and intact skin on the wrists, shoulders, temples or neck. This is effective remedy for stress and nervous depression.

Note: not recommended for use undiluted on facial skin.

Blended with a carrier oil: Use 15 drops per 1 TBL of carrier oil such as grapeseed, rosehip, jojoba, fractionated coconut or hazelnut oils, and massage over any area where you would like for healing to occur.

Bath: Place 8 – 12 drops into 3 handfuls of bath salt and disperse, or add 8 drops to vodka or whole milk and disperse in bath

Diffuser: Follow diffuser manufacturer's instructions, but typically add about 8 drops

Room Deodorizer: Add 15 drops per 2oz distilled water and spray as desired

Cupped hand inhalation:

Put 1 – 3 drops of EO (less for undiluted Neroli) in the palm of one hand, rub together, cup over nose and mouth and inhale through the nose and out the mouth for 4 to 8 breath cycles