

Stress Free

Popular, effective 100% essential oils in perfect proportion deliver the ideal balance of calm and euphoria.

Bergamot, Clary Sage, Lavender and Mandarin in a ready – to go – blend; just add your favorite carrier oil for a relaxing massage or drop into the Vaporiser to create a stress-free house or office.

Methods for use:

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

As with all essential oils, take note of instructions and cautionary notes.

Essential Oil of Bergamot, Essential Oil of Clary Sage, Essential Oil Lavender, Essential Oil of Mandarin.