

Chronic & Acute Discomfort

Essential Oils Protocol

1. BALANCE®

Grounding Oil Blend: Warm, woody aroma of Balance, creates a sense of calm and well-being. A blend of spruce, Ho Wood, frankincense, and blue tansy provides a sense of balance and opens up your blood to circulate better and relax you.

8. MARJORAM

Valued for its calming properties, marjoram may be applied topically to soothe tired, stressed muscles or to support the respiratory or nervous system. Marjoram is best used for muscle spasms leaving you feeling calm and relaxed.



2. LAVENDER

Lavender is widely used and acknowledged for its calming and relaxing qualities. It is frequently used to reduce muscle tension by calming and relaxing your muscles, especially tension caused by anxious feelings.

7. SIBERIAN FIR

Due to high levels of bornyl acetate, Siberian Fir is known for comforting and soothing muscle aches and discomfort when applied topically. Siberian Fir also aids in tissue repair, especially white tissue: tendons, ligaments, cartilage and meniscus.



Instructions
Apply oils in order on area of pain or along spine. Apply 2-4 drops morning and night. Dilute with carrier oil if you have sensitive skin.



3. FRANKINCENSE

Frankincense is one of the most precious oils because of its extraordinary internal and external health benefits. Frankincense reduces inflammation and supports the repair and restoration of cellular damage and scar tissue while promoting cellular health. Also aids memory and increased clarity.

6. CYPRESS

Cypress is used to ease tight, tense muscles and used topically to support localized blood flow. Cypress is especially useful for joint pain.



4. AROMATOUCH®

Massage Oil Blend: Basil, grapefruit, cypress, marjoram, peppermint, and lavender combine the therapeutic benefits of each oil to relax muscles, calm tension, soothe irritated tissue, increase circulation, and smooth limbs.

5. DEEP BLUE®

Soothing Oil Blend: Wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum and osmanthus work together to ease achy joints and sore muscles. This oil blend helps to create a myelin sheath around nerves so they are not easily irritated. The effects are deep and penetrating with sustained results, and felt almost immediately.