

Essentials
VIDEO SERIES

SORE MUSCLES MASTER BLEND

What you'll need:

11 drops Eucalyptus Dives
7 drops Juniper Berry
5 drops Chamomile Roman
5 drops Marjoram Sweet
1 oz carrier oil

What you'll do:

Blend together and use in a 3% dilution
in your favorite carrier oil and massage
onto areas of concern.

*Meant for sore muscles.



PLANT THERAPY®
100% PURE ESSENTIAL OILS