


CLOTH INHALATION

For All Users

 × **2 - 4 drops**
(on cloth or tissue)

In order to take the medicine through cloth inhalation, hold cloth or tissue in the palms of your hand and take 2-3 deep inhalations through the nose. If inhaling through a cotton ball, gently waft the cotton ball under the nose and take 2-3 deep inhalations. This method of application can be used 2-3 times or can vary depending on when needed.

Cloth Inhalation Aromatherapy Usages



Support healthy breathing



Reduce nasal congestion



Uplift mood



Stress / Anxiety











Relieve nausea



Support hormonal balance

Dilution with Carrier Oils or Lotions

 × 10 tsp	 × 20 drops of essential oil into 2 fluid ounce (60ml)
 × 05 tsp	 × 10 drops of essential oil into 1 fluid ounce (30ml)
 × 1 ½ tsp	 × 5 drops of essential oil into ½ fluid ounce (15ml)
 × 02 tsp	 × 4 drops of essential oil

Disclaimer

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