



## COMPRESS

### For All Users



7 - 10 drops into 4 ounces of hot water. Soak cloth into the water and wrap around the area that needs attention.

### Compress Aromatherapy Usages



Muscular aches and pains



Skin problems



Bruises and Wounds



Dysmenorrhea

### 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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