

COMPRESS

For All Users



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

Compress Aromatherapy Usages



Muscular aches and pains



Skin problems

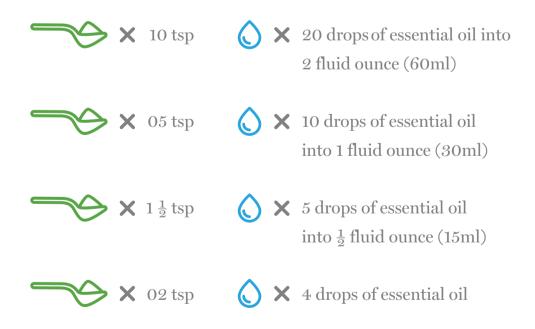


Bruises and Wounds



Dysmenorrhea

Dilution with Carrier Oils or Lotions



Disclaimer

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