

# 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

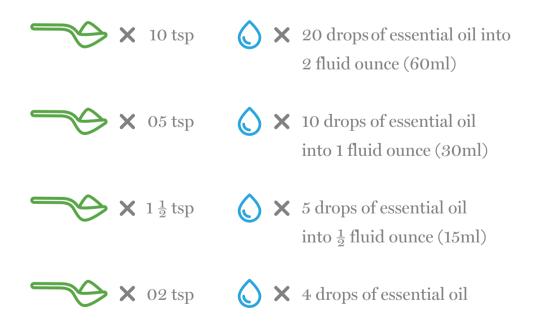


Bruises and Wounds



Dysmenorrhea

#### **Dilution with Carrier Oils or Lotions**



#### Disclaimer

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