





MASSAGE OILS

Adults

2 - 3% DILUTION	 × 15 drops (per ounce of carrier oil)
3% DILUTION	 × 20 drops (per ounce of carrier oil)
5% DILUTION	 × 30 drops (per ounce of carrier oil)
10% DILUTION	 × 60 drops (per ounce of carrier oil)

Children, Pregnant Women, Elderly

0.5 - 1% DILUTION	 × 5 drops per ounce of vegetable oil
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Massage Aromatherapy Usages



Arthritis & Rheumatism
Muscular / Joint pain



Pregnancy and
childbirth massage



Relax and soothe
the nervous system



Enhancing immunity



Relieving muscle spasms



Chronic / acute pain relief



Stress / Anxiety











Headaches / Migraines



Insomnia

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

All information contained within this site is for reference purposes only and are not intended to substitute the advice given by a pharmacist, physician, or any other licensed health-care professional. Apollen products have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any health condition or disease.