



DIRECT PALM INHALATION

For All Users



1 - 2 drops

(Place onto palms of hand. Gently rub the essential oils together and deeply inhale)

CAUTION:

This method of use should only be done with oils that can be safely applied to the skin. Check the safety data of the essential oil or consult your physician before applying to skin.

Palm 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

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.

