

## Herbal/Root Healing Oil For Headaches/Migraines

**Ingredients:** pure 100% peppermint oil and leaf extract, feverfew, valerian, caffeine, & ginger root.

**Use as directed:** Apply 1-2 drops of oil to temple on the side that aches or is painful and if you experience a generalized headache or migraine place on both temples and base of nares (may have a slight burning sensation when placed at base of nares). This oil can also be used in a diffuser or humidifier for aromatherapy to help relieve headache or migraine. Try aromatherapy for at least 15 minutes per day in meditation with soft high vibrational music. Apply no more than twice a day. Can also place 5-10 drops in bath water and soak.

**Other suggestions:** Diet can play a major role in migraine/headache frequency, duration, and intensity. Potential preventive measures and treatments for acute or chronic migraines/headaches include:

- eating a low-fat diet
- eliminating or limiting foods that show IgG antibody production
- improving gut flora content
- direct sun light (believe it or not)
- alkaline water
- increasing fruit and vegetable consumption
- detoxing your body (i.e. liver, colon, etc.)



## Herbal/Root Healing Oil For Skin Health

**Ingredients:** pure 100% witch hazel, bromelain, licorice root, chamomile, licorice root, turmeric.

**Use as directed:** Apply 1-2 drops of oil on infected or inflamed area of the skin and rub in gently preferably apply after bath. Can be applied to clear old scars, dark spots (even skin tone), infected skin, eczema or dry skin, irritated skin, bruises, bites, minor burns, acne, and sensitive scalp. Can also place 5-10 drops in bath water and soak.

**Other suggestions:** Avoid perfume soaps, body washes, lotions, and other commercial skin care products which may increase or worsen the skin's condition.



## Herbal/Root Healing Oil For Anxiety

**Ingredients:** pure 100% lavender oil and leaf extract, chamomile, valerian, ashwagandha, cbd oil and extract.

**Use as directed:** Apply 1-2 drops of oil to the nape of the neck, behind both ears, and/or base of nares and rub in gently. Try aromatherapy for at least 15 minutes per day in meditation with soft high vibrational music. Apply no more than twice a day. Can also place 5-10 drops in bath water and soak.

**Other suggestions:** Avoid anxiety triggers such as places, people, things, or thoughts that causes anxiousness.

