



# BIRCH ESSENTIAL OIL

## INTENDED BENEFITS:

- Bone, Muscle, Joint, and Headache Analgesic
- Respiratory Support
- Mental & Emotional Support
- Anti-Inflammatory Effects
- Skin, Hair, & Scalp Care
- Detoxification Support



Ingredients: 100% guaranteed pure Betula Lenta Oil

## USE SUGGESTIONS

When using topically, \*\* dilution with a carrier oil is recommended.

- **BONE, MUSCLE & JOINT ANALGESIC/HEADACHES:**  
Dilute with CS Muscadine Oil (carrier oil) and apply to affected areas or add a few drops to warm water and soak feet.
- **RESPIRATORY SUPPORT:**  
Diffuse or inhale aroma.
- **INVIGORATING/EMOTIONAL SUPPORT/MENTAL CLARITY/FOCUS:**  
Diffuse.
- **ANTI-INFLAMMATORY:**  
Combining a few drops with CS Muscadine Oil (carrier oil) and applying may reduce swelling and inflammation.
- **SKIN & HAIR CARE/DANDRUFF:**  
Dilute with CS Muscadine Oil (carrier oil) and apply to blemishes, scars, stretch marks, or scalp to promote healthy skin. Can be added to shampoo.
- **DETOXIFICATION SUPPORT:**  
Add to massage oil or bath.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Individual results may vary.

\*\*Always perform a patch test on the skin before application the first time.

