



MARJORAM ESSENTIAL OIL

INTENDED BENEFITS:

- **Muscle Relaxation & Support**
- **Joint & Arthritis Support**
- **Sleep Aid**
- **Emotional Balance, Stress & Anxiety Relief**
- **Respiratory Support**
- **Digestive Aid**



Ingredients: 100% guaranteed pure Origanum Majorana

USE SUGGESTIONS

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

- **MUSCLE RELAXATION AND SUPPORT/SPASMS/TENSION:**
Dilute with CS Muscadine Oil (carrier oil) and massage on affected area.
- **JOINT & ARTHRITIS SUPPORT:**
Diluting with CS Muscadine Oil (carrier oil) and massaging on affected areas may have anti-inflammatory effects.
- **SLEEP:**
Diffuse, add to warm bath, or mix with water and spray on pillow.
- **CALMING/ANTI-ANXIETY/ANTIDEPRESSANT/ RELAXATION/EMOTIONAL SUPPORT:**
Diffuse as needed.
- **RESPIRATORY SUPPORT/EXPECTORANT/COUGH/COLD:**
Add to hot water and inhale steam.
- **DIGESTIVE SUPPORT:**
Dilute with CS Muscadine Oil (carrier oil) and massage onto abdomen.

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.

