



HELICHRYSUM ESSENTIAL OIL

INTENDED BENEFITS:

- Nerve, Muscle, & Joint Discomfort Relief
- Emotional Support
- Respiratory Support
- Skin Healing & Anti-Aging
- Cold Sore Relief
- Digestive Aid



Ingredients: 100% guaranteed pure Helichrysum Italicum

USE SUGGESTIONS

When using topically, **begin by applying with a carrier oil and then apply neat if the body responds well and no sensitivities arise.

- **NERVE, JOINT AND MUSCLE DISCOMFORT:**
Dilute with CS Muscadine Oil (carrier oil) and massage on affected areas to promote relief and relaxation.
- **EMOTIONAL SUPPORT:**
Diffuse or inhale aroma to reduce stress and promote relaxation and well-being.
- **RESPIRATORY SUPPORT:**
Diffusing and inhaling aroma, or adding to hot water and inhaling steam during respiratory symptoms may help clear congestion and promote easier breathing.
- **SKIN CARE:**
Dilute with CS Muscadine Oil (carrier oil) or moisturizer and apply to scars, fine lines, wrinkles, and age spots to promote cell regeneration, and soothe skin irritations.
- **COLD SORE RELIEF:**
Diluting with CS Muscadine Oil (carrier oil) and applying directly to area may soothe, reduce severity, lessen outbreaks, and promote faster healing.
- **DIGESTIVE SUPPORT:**
Diluting with CS Muscadine Oil (carrier oil) and gently massaging on abdomen may help soothe and promote proper function.

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.

