



A little drop to show you care

Quick Reference User Guide:

Aching Muscles

Add 6 drops to a warm bath. Agitate to mix. Soak for at least 20 minutes.

Acne/Pimples*

Add 6 drops to 10ml of cleanser and/or moisturiser. Use as normal.

Athlete's Foot*

Add 6 drops to 10mL of vegetable oil or lotion and rub into the feet up to 3 time daily

Bites (insects)*

Add 6 drops to 10mL of vegetable oil. Apply to the bite and allow to dry.

Burns(minor/sunburn)*

Add 12 drops to 20mL of water and soak a dressing. Apply to unbroken skin.

Colds**

Add 1 drop to your clothing at chest level, or to a tissue and store close to your face. Place tissue under pillow or on window sill out of reach from children.

Coughs**

As for colds and/or place one drop into a steaming bowl of water then inhale gently for a minute, have a minute's break then repeat as desired.

Dandruff*

Add 12 drops to 20mL of both shampoo and conditioner and wash as normal. Repeat every 2nd day until under control, then use weekly.

Dermatitis*

Add 6 drops to 10mL of vegetable oil or lotion and rub gently into skin.

Eczema*

As for Dermatitis.

Headaches*

Add 6 drops to 10mL of vegetable oil or lotion and rub on temples.

Head Lice*

Add 12 drops to both shampoo and conditioner and wash as normal. Repeat every 2nd day until under control, then use weekly.

Intensive Hair Serum

Add 30 drops to 50mL of vegetable oil, stir and apply to dry hair. Leave for at least 30 minutes then remove by shampooing hair as normal. Shampoo and condition as mentioned for head lice then repeat Intensive Hair Serum again in one week.

Insomnia/Sleeplessness*

Place 1 drop on a tissue or hanky and place under your pillow. Refer to method for aching muscles and enjoy a warm bath prior to bedtime if desired.

Menstrual Problems*

Add 6 drops to 10mL of vegetable oil or lotion and massage into lower abdomen.

Oil Burners

Add 6-8 drops to the bowl of your oil burner along with water for a fresh, clean and sweet smelling home. Also good to burn when there is colds or sinusitis in the family.

Psoriasis*

Add 6 drops to 10mL of vegetable oil or lotion and rub gently onto skin.

Rashes*

Add 6 drops to 10mL of vegetable oil or lotion and rub gently onto rash.

Rheumatism*

Use as for 'Aching Muscles'. May also add 6 drops to 10mL of vegetable oil or lotion and rub into effected joints.

Sinus/Blocked Noses*

Apply 1 drop to clothing around chest level or to a tissue and store near face/nose. May do a daily inhalation as mentioned under 'coughs'.

Stress/Tension*

Bathe daily by adding 3 drops to a warm bath and/or use 1 drop on a tissue and inhale at regular 5-30 minute intervals for a calming effect.

Tinea*

Refer to 'Athlete's Foot'

If symptoms or coughing persist consult your health care professional. *Not to be used in children under two years of age without medical advice. Always read the label. Use only as directed. Keep out of reach of children. Not to be taken. Discontinue if any adverse reaction occurs. Always avoid eye area.

Ingredients: Each mL contains essential oils of: True Lavender 777.8mcL; Melaleuca (Tea Tree) 111.1mcL; Eucalyptus 111.1mcL