

Natural Remedy Cheat Sheet

Restful Sleep

Lavender
Frankincense

Diffuse or apply with carrier oil to soles of feet and pulse points.

Calm + Relax

Lavender
Wild Orange
Frankincense

Diffuse, apply with carrier oil to back of neck and pulse points. Inhale from palms.

Energy + Focus

Peppermint
Lemon

Diffuse or apply with carrier oil to soles of feet and pulse points. Inhale from palms

Tummy Troubles

DigestZen
Wild Orange

Massage into abdomen with carrier oil. For adults, add 1-2 drops to water to take internally.

Immune Bomb

OnGuard
Tea Tree
Frankincense
Oregano

Add to a rollerball and top with FCO. Apply to soles of feet and behind ears daily when immunity is low.

Breathe Easy

Easy Air
Frankincense

Diffuse or apply with carrier oil to chest, back and soles of feet.

Muscle Tension

IceBlue
Frankincense

Add to a rollerball and top with carrier oil. Apply to affected area and massage.

Head Tension

Lavender
Frankincense
Peppermint

Add to a rollerball and top with carrier oil. Apply to temples, back of neck and behind ears.

Youthful Skin

Lavender
Frankincense

Apply to the face and neck with coconut oil for healthy, smooth skin. Also perfect to soothe skin irritations.

Always dilute oils in a carrier oil when using topically to reduce sensitivity and enhanced absorption.

Adjust accordingly for children and babies.

Click here for a dilution guide or contact hello@thenaturalswitch.com.au for guidance or to purchase oils.



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