

# 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 enhance absorption. Adjust accordingly for children and babies.

To purchase oils at 25-55% off or for specific guidance, visit [www.thenaturalswitch.com.au](http://www.thenaturalswitch.com.au) or call 0402 819 396.



THE  
NATURAL  
SWITCH

[thenaturalswitch.com.au](http://thenaturalswitch.com.au)