



# FRESH MADE *with Love*

## How to use Fresh Made with Love Aromatherapy Synergies

A “Synergy” is- The effect of two or more agents working together to produce an effect that is greater than the sum of the parts. Each Fresh Made with Love synergy is two or more essential oils blended together to create a unique and powerful therapeutic benefit.

*Examples of how Fresh Made with Love Synergies may benefit your health include: Prevent & Fight Infection, Reduce Stress, Anti- Bacterial, Antiseptic, Anti-inflammatory, Promote Energy, and Anti-Aging.*

### How to use *Fresh Made with Love Synergies* on the body

*Fresh Made with Love Synergies absorb readily into the blood stream through topical application for therapeutic results.*

**Pulse Points:** Many synergies can be used like perfume. Apply 1 or 2 drops directly on pulse points.

**Massage:** Add Fresh Made with Love synergy to a carrier oil (sweet almond, apricot, etc.) or body moisturizer.

**In Bath:** Add several drops to full tub just before getting into bath. Swish around to distribute.

**In shower:** Cover or close drain & add several drops. Get a footbath and aromatic steam.

**Compress:** Blend 3-8 drops in a bowl with hot or cold water, soak then wring out cotton cloth & apply to desired area.

**Foot Soak:** Fill a basin with hot or cold water & add 4-8 drops, or a tablespoon of Essential Bath Salts made with synergy of your choice.

### How to use *Fresh Made with Love Synergies* in the air

*Obtain therapeutic results while enjoying the aromatic pleasures of Fresh Made with Love aromatherapy Synergies.*

*Inhalation: A few drops on a tissue can be placed over nose. Try putting one in your pillow for benefits while you sleep.*

**Steam:** Add a couple drops of a synergy to a bowl of very hot water, cover head & bowl with towel and inhale.

**Evaporation:** Aroma lamps work by using a tea light candle to heat up the water infused with a several drops of synergy. Also available are plug-in heater diffusers for home & car.

**Nebulizing Diffuser:** This is the best way to disperse a synergy into the air. It uses a glass nebulizer that vaporizes essential oils directly into the air without using heat.

### Safety & Care information:

The fact that essential oils are so concentrated means Fresh Made with Love Essential Oil Synergies must be used with respect. Some may be irritating to the skin or mucous membranes. Place one drop on inside of elbow to test for sensitivities. Many should be avoided during pregnancy. Consult a professional if you have any concerns. Essential oils are very sensitive to heat, light, and some metals and plastics. Store your oils out of the sun in original cobalt blue glass bottle with airtight top.

*Fresh Made with Love Aromatherapy Synergies are handcrafted by blending 100% pure, natural and organic Therapeutic grade essential oils. Fresh Made with Love synergies can be used like any pure essential oil in all Aromatherapy applications. Please read the basics of Aromatherapy before you begin using Fresh Made with Love synergies in article titled “Aromatherapy 101”*