## YOUNGEVITY. ESSENTIAL OILS



Essential Oil Blend

## BALANCE OF LIFE™

SUPPOITS: Muscular, Reproductive, Nervous, Respiratory, Lymphatic, Digestive

Supplement With: Healthy Body Start Pak<sup>™</sup>, Ultimate EFA<sup>™</sup>, Ultimate Selenium<sup>™</sup>, On-The-Go Ultimate Cardio<sup>™</sup>, Rebound fx<sup>™</sup>, Ultimate Gluco-Gel<sup>™</sup>, Ultimate D-Stress<sup>™</sup>

Ingredients: Pinyon Pine, Juniper, Great Western Sage

Suggested Carrier S: Jojoba Carrier Oil, Grapeseed Carrier Oil, Kukui Carrier Oil, Plant Derived Minerals", Dead Sea Bath Salts - Unscented, Ultimate CM Cream<sup>w</sup>, water





Safety: Not for pregnant or nursing women, or children under 8. Always dilute when using. Possible skin irritant.

## Cosmetic Uses / Environmental Uses:

- Bath: In 1/4 cup of bath salts, use 2-4 drops of Balance of Life™ Essential Oil Blend.
- Diffuse: Add 10-12 drops of essential oil to a diffuser.
- Inhale: Place 1-2 drops on your hands, rub them together, then inhale.
- Massage: In 1 tbsp. of carrier oil, mix 2-3 drops of essential oil.
- Mist: In 1 oz. of water or Plant Derived Minerals<sup>30</sup>, use 10 drops of essential oil, shake and spray.
- Topical: Add 1 drop of essential oil to 3 drops of carrier oil and apply to small area or the bottoms of feet.