

# usage cards

\*PRINT ON A6 ENVELOPE  
SETTING AND USE 4X6 INDEX  
CARDS

\*USE WASHI TAPE IN TOP LEFT  
CORNER TO REINFORCE AND  
THEN HOLE PUNCH

\*USE STRING OR METAL RING TO  
STORE CARDS AND KEEP IN KIT

# sniffles

\*FOR RESPIRATORY AND NASAL  
SUPPORT

\*APPLY TO CHEST AND FEET  
(COVER WITH SOCKS)

\*ALSO DIFFUSE RC AND LAVENDER  
OR RC AND THIEVES

CONTAINS: RC, RAVEN, AND LAVENDER

*owie*

\*FOR SKIN SUPPORT

\*WASH AREA AND APPLY AS  
NEEDED STRAIGHT TO SKIN OR, IF  
BANDAID IS NEEDED, APPLY TO  
BANDAID

CONTAINS: LAVENDER AND MELROSE

# tummy

\*FOR DIGESTIVE SUPPORT

\*APPLY TO ABDOMEN IN A  
CLOCKWISE MOTION

CONTAINS: DIGIZE, AROMAEASE, AND PEPPERMINT

*bites*

**\*CLEAN AREA AND APPLY AS  
NEEDED TO RELIEVE ITCHING AND  
SWELLING**

**CONTAINS: LAVENDER, PURIFICATION, AND MELROSE**

# *immunity*

\*FOR IMMUNE SYSTEM SUPPORT

\*APPLY UP AND DOWN SPINE  
AND ON BOTTOMS OF FEET  
(COVER WITH SOCKS)

CONTAINS: THIEVES, FRANKINCENSE, AND OREGANO

# chill out

\*APPLY TO WRISTS, BRAIN STEM,  
AND BEHIND THE EARS TO  
PROMOTE CALM AND SUPPORT  
EMOTIONS

\*CAN ALSO DIFFUSE LAVENDER  
AND ORANGE OR STRESS AWAY

CONTAINS: LAVENDER AND ORANGE