

FIGHT SEASONAL ALLERGIES

WITHOUT YOUR
MEDICINE CABINET

LAVENDER, LEMON AND PEPPERMINT ESSENTIAL
OILS CREATE POWERFUL, ALL-NATURAL ALLERGY RELIEF.

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3 WAYS TO USE

- 1.** Add 3 drops of each and rub behind ears and on back of neck.
- 2.** Add 5 drops each to an empty vegetable capsule (available at health food store or Young Living)*
- 3.** Add 1 drop each to a spoonful of local honey for children. For adults you can do 2-3 drops each.*

*Only Young Living Oils are safe to ingest. For information about the differences between Young Living and drug store brands, please visit our website.

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I AM A

LEMONDROPPER

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