

## Usage Guide:All Purpose

**All Purpose** provides First Aid relief in many situations, including headaches, colds, cuts and burns.

\*For all, apply the roll-on in a clockwise and then anticlockwise motion:

**For Headaches:** Apply on your **Agya chakra, ear lobes, Throat chakra, Solar Plexus (front and back), & Navel chakra**, as soon as you feel the headache coming on. Repeat application after 2-3 hours.

**Fatigue, Flu & Recovery from illness:** Apply on your **Forehead, Agya, Throat, Back Heart, Solar Plexus (front and back) Navel, Sacral, and Basic Chakras** twice daily, ideally after bath and before sleeping.

**Burns & cuts :** Apply **immediately** on the burn or cut

*All natural essential oils in coconut oil.  
No chemical additives; fragrance or otherwise.*

**For more details on usage for children and tips scan QR Code and click**



Usage Instructions

*These are complementary modalities, not meant to replace your Allopathic practice.  
Keep Essential oils away from children, pets, pregnant women. Do not heat these oils as essential oils are volatile.*

