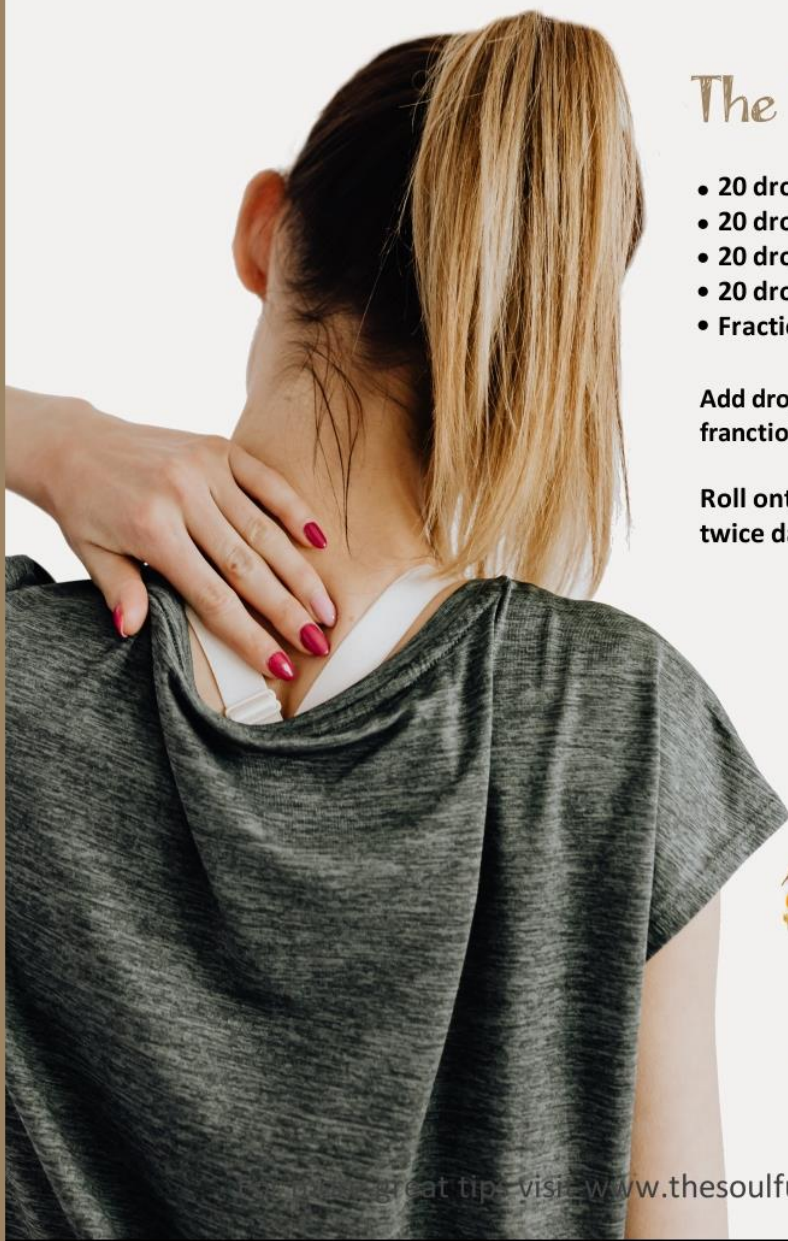




Fibromyalgia Support



The Essential Oil Recipe

- 20 drops of chamomile oil
- 20 drops of lavender oil
- 20 drops of wild orange oil
- 20 drops of marjoram oil
- Fractionated coconut oil

Add drops to a 10 ML roller bottle. Fill to the top with fractionated coconut oil.

Roll onto areas of concern and bottoms of feet twice daily or as needed.



For more great tips visit www.thesoulfuljourney.ca/resources.html

the SOULFUL JOURNEY
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