



Thyroid Support



The Essential Oil Recipe

- 10 drops Peppermint
- 10 drops Clove
- 10 drops Lemongrass
- 10 drops Myrrh
- 10 drops Frankincense

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

Roll onto throid area and bottoms of your feet twice daily.



Using Essential Oils to Support Thyroid

Essential oils for thyroid can be applied topically since they are easily absorbed by the skin. As natural disinfectants and antimicrobial properties, essential oils can be absorbed through the skin to blood stream when using topically. Apply directly onto your thyroid area to enjoy the effect immediately. When applied to the thyroid areas at the bottom of our feet, essential oils can be quickly absorbed and spread throughout the body due to the largest pores of our body. You may also diffuse the oils for added benefit.

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

the SOULFUL JOURNEY
Marlyn Quast-Frank
Certified Health & Nutrition Coach
www.thesoulfuljourney.ca
email: marlyn@thesoulfuljourney.ca

