

YLANG YLANG USES

Bath

Add into an Epsom Salt bath for a relaxing fragrance

Perfume

Dab a few drops on your wrists for an easy flower perfume.

* for this remedy, dilute and test a little of the oil on your hand to ensure no unknown skin sensitivity exists

\*do not touch to eyes, wash hands after use

Joyful Diffuser Blend

* 2 drops Bergamot Essential Oil
* 2 drops Grapefruit Essential Oil
* 1 drop Ylang Ylang Essential Oil

Sources: pinterest.com and doterra.com