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Questions? info@vibrantblueoils.com

BLEND	BENEFITS
Adrenal	Balances the adrenals to support anxiety, stress, low back pain and fatigue.
Gall Bladder	Supports viscosity of bile to help support fat digestion, detoxification and constipation.
Heart	Helps support cardio system and emotions associated with the heart.
Hormone Balance	Supports the release of stored hormones and the fat they are stored in.
Intestinal Mucosa	Helps revitalize healthy flora in small intestine.
Liver	Supports liver function (great during detoxifications).
Lymph	Supports optimal movement of lymphatic fluid throughout the body.
Pancreas	Tonifies the pancreas, supporting healthy digestion and blood sugar handling.
Thymus	Strengthens the thymus gland for optimal immune support against infections, viruses, bacteria, fungus, parasites, tumors and inflammation.

THYMUS/HEART

Apply over heart. To stimulate immune activity, gently thump thymus for 15 seconds after application.

Body Balance oils are highly effective when inhaled.

LYMPH

Apply to sides of neck, lymph nodes under arms and around Inguinal Ligament.

LIVER/HORMONE BALANCE

Apply topically or via warm compress over the liver (right side of the body, below the breast)

ADRENAL

Apply on the adrenal glands (start at belly button, move 2 inches out and 2 inches up to find adrenal glands), massage across lower back (one fist above the 12th rib on each side)

GALL BLADDER

Before meals, apply on Gall Bladder (right side, third rib, often right below underwire of bra)

PANCREAS

Massage over Pancreas Chapman point or pancreas (left front umbilicus 2/3 up to ribs).

PROSTATE

Massage around pelvis

INTESTINAL MUCOSA

Apply over the Small Intestine at Duodenum. (Start at belly button, move up and to the right). You can also massage in a clockwise motion around the belly button.

Most Oils are highly effective when applied on the bottom of the feet

