

How to Apply Vibrant Blue Oils

FOCUS & ATTENTION

Massage across brow, back of neck, collar bone or on temples and wrists.

PARASYMPATHETIC

Rub on back of neck and vagal nerve (below ears on neck) before meals.

UPLIFT

Apply to vagal nerve (below ears on neck), over heart and areas of poor circulation.

LIVER SUPPORT

Compress over the liver, on the ears. Place a drop on your hands and inhale.

NERVE REPAIR

Massage into the area of nerve damage, apply a cold compress and relax for 15 minutes. For earache, apply a few drops to cotton and place in the ear. Massage on the shoulders, neck, across the forehead for nervous stress and tension.

BLOOD SUGAR

Add 3-5 drops to a glass of water and drink in between meals.



SLEEP

Apply to back of neck, navel, wrists, ears, under nose or on pillow at bedtime.

BREATHE

Rub on throat and upper chest. Put a few drops on pillowcase for respiratory conditions.

CALM

Apply to the heart, nape of the neck, wrists and outside of ears.

ENERGIZE

Rub on heart, temples, thyroid, kidneys, liver (right front), pancreas (left front) and glands.

DIGEST

Massage over the stomach area or apply on a hot wet towel compress. Apply behind ears for morning sickness. Inhale and apply over stomach for motion sickness.

IMMUNE

Massage on feet twice daily. Dilute with massage or olive oil and apply on throat, around ears, stomach, intestines. Massage diluted oil on thymus and under the arms to strengthen the immune system.

Most oils are highly effective when applied on the bottom of the feet.

