



## Neat?

Essential oil lovers will sometimes refer to using their oils 'neat.' This simply means that we are not diluting the oil. In our family we use most of our oils neat - but ALWAYS recommend that people dilute, dilute, dilute if they are concerned.

What to dilute with? Any carrier oil - olive, grapeseed, coconut, avocado, sunflower are just a few examples of what can be used.

PanAway is one of our best-selling blends and for good reason. I carry all of my stress in my neck and shoulders, so this is a go-to oil for me and often refer to it as 'PainAway.'

I use it regularly for my teenage boy who is constantly complaining of leg cramps.

I call it the "Ben Gay" of oils except without any of the yucky chemical like stuff.

It is a soothing oil that contains Peppermint, Wintergreen, Clove and Helichrysum. It's another "spendy oil" which makes the value of that starter kit totally worth it!

## Pain Cream

While it's good alone, when you mix Panaway with some other essential oils it can feel like a magic lotion!

To 1 C. Coconut Oil add  
10 Drops PanAway, 10 Drops Peppermint, 10 Drops Copaiba, and 10 drops Lemongrass.

## Places to roll 'PainAway'

Shoulders after a long meeting.  
Neck after staring at a computer.  
Back after a day of shoveling snow.  
Stiff hands after too much stirring, typing, knitting.  
Aching knees and ankles after a long day of standing.

## Why Helichrysum?

One of the reasons that Panaway is a bit spendy is because it includes helichrysum. Helichrysum essential can be a wonderful remedy for many skin irregularities. This includes cuts, burns, dermatitis, wounds, irritated skins, boils, eczema and bruises.

It can also help people who have been affected by acne and psoriasis. It is believed to soothe away stress, anger and destructive feelings.



# #oilforthat

Mix with a glob (yes, official measurement) of coconut oil mixed with a drop of Panaway.

Apply topically after exercise, sports, or a long day of work to soothe overworked or tired muscles

## Use neat on leg cramps or any other cramps ;)

## Headache Roller

In a roller bottle mix 10 drops of peppermint and 10 drops of Panaway. Fill with carrier oil.

When you first get the headache twinge, roll onto temples, back and sides of the neck, and even on your wrists. Inhale slowly and deeply - let God's drops of goodness work!.

## Foot Soak

Feet hurt? Give yourself a nice foot soak by adding 2 drops Panaway and 2 drops Lavender to epsom salt.

Fill a tub with hot water (and maybe a glass with wine) add the recipe and soak your feet!

