

Essential Oil Guide for **MINOR SPORTS DISCOMFORT**

Remember to ALWAYS use a carrier oil in conjunction with the oils for children. Recommended carrier oils are coconut, olive or grapeseed.

sore muscles

- PanAway
- Marjoram
- Peppermint
- Wintergreen

sprains

- PanAway
- PanAway, Valor & Lavender (combo)

inflam- mation

- PanAway
- Lavender
- Thieves
- Peppermint
- Melaleuca

bruising

- PanAway
- Fennel
- Thieves
- Helichrysum

cuts & scrapes

- Melaleuca
- Lavender & Purification (combo)

stiffness

- PanAway
- Peppermint
- Deep Relief