

Aura Cacia®



*pure aromatherapy*



## AMYRIS & FRANKINCENSE MEDITATION ANOINTMENT

### INGREDIENTS:

- 3 drops amyris essential oil
- 3 drops frankincense Precious Essential™

### DIRECTIONS:

As a precursor to meditation, prayer or yoga practice, dispense oils into palm of hand. Apply a drop to center of forehead and massage into temples. Rub palms together and cup hands over face, inhaling deeply and slowly several times.

For more recipes visit [www.auracacia.com](http://www.auracacia.com)