



GOLDEN PETALS

APPLICATION GUIDE

DIGESTIVE EASE BLEND



1 TOPICAL APPLICATION

Dispense 3–4 drops of the Golden Petals Digestive Ease Blend onto your palms.
Gently rub your palms together to warm the blend.



2 APPLICATION AREAS

Apply the blend gently to the following areas:

- Abdomen (around the navel)
- Lower abdomen
- Lower back
- Wrist (pulse points)

Avoid contact with eyes and sensitive areas.



3 MASSAGE TECHNIQUE

Massage the abdomen in a clockwise direction using gentle, circular motions.
Massage for 1–2 minutes until the oil is fully absorbed.
This supports digestion and helps relieve discomfort and bloating.



4 FREQUENCY OF USE

For best results:

- Apply twice daily – after meals and before bedtime.
- Can be used 3 times a day for indigestion or discomfort.
- Consistent use helps maintain healthy digestion.



5 AROMATIC USE (OPTIONAL)

Add 5–8 drops to a diffuser and enjoy for 15–20 minutes after meals to support digestion and create a calm, soothing environment.



6 BENEFITS

This synergistic blend helps:

- Support healthy digestion and nutrient absorption
- Relieve bloating, gas and abdominal discomfort
- Soothe the digestive tract
- Promote overall gut balance and well-being



7 SAFETY & USAGE

- The blend is 100% natural and safe for regular use.
- Not a substitute for medical treatment.
- Consult your healthcare professional if you are on medication or have a medical condition.
- Store in a cool, dry place away from direct sunlight.



www.thegoldenpetals.com