



GOLDEN PETALS

APPLICATION GUIDE

IMMUNITY ELIXIR BLEND



1 TOPICAL APPLICATION

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



2 APPLICATION AREAS

Apply the blend gently to the following areas:

- Forehead
- Temples
- Throat
- Chest
- Back of the neck (nape area)

Avoid direct contact with the eyes and sensitive areas.



3 MASSAGE TECHNIQUE

Using your fingertips, massage each area in gentle, circular motions for 1–2 minutes until the oil is fully absorbed. This helps stimulate circulation and supports the body's natural defense system.



4 AROMATIC USE (OPTIONAL)

Add 5–8 drops to a diffuser. Diffuse for 20–30 minutes to purify the air, create a protective environment, and support immunity.



5 FREQUENCY OF USE

For best results:

- Apply 2–3 times daily or as needed.
- Ideal during seasonal changes, travel, or when feeling low.
- Consistent use helps strengthen natural immunity.



6 BENEFITS

This synergistic blend helps:

- Strengthen the body's natural defense system
- Support respiratory health and clear the airways
- Protect against seasonal and environmental stress
- Promote overall vitality and well-being
- Uplift mood and restore balance



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.



EXTRA TIP

For added benefits, you may also practice steam inhalation. Add 2–3 drops in hot water, cover your head with a towel and inhale deeply for 3–5 minutes.



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