

GOLDEN PETALS

APPLICATION GUIDE

MENSTRUAL RELIEF BLEND



1 TOPICAL APPLICATION

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



2 APPLICATION AREAS

Apply the blend to the following areas:

- Lower abdomen (avoid direct application on the lower belly button)
- Lower back
- Hips
- Inner thighs

Avoid contact with eyes and sensitive areas.



3 MASSAGE TECHNIQUE

Using your fingertips, massage the blend gently in clockwise circular motions on the lower abdomen. Massage the lower back and hips with long, upward strokes. Continue for 2–3 minutes until the oil is fully absorbed. This helps relax the muscles and promotes comfort.



4 FREQUENCY OF USE

For best results:

- Apply 2–3 times daily during the menstrual cycle.
- Begin application 1–2 days before your period for preventive comfort.
- Continue throughout the days of discomfort as needed.



5 BENEFITS

This synergistic blend helps:

- Relieve menstrual cramps and abdominal discomfort
- Ease mood swings and irritability
- Support hormonal balance naturally
- Promote relaxation and emotional well-being
- Encourage a sense of comfort and lightness



6 SAFETY & USAGE

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



7 SELF CARE TIP (OPTIONAL)

Add 5–8 drops to a bowl of hot water. Inhale the steam gently for 5–7 minutes to promote relaxation and ease discomfort. (Close eyes and cover head with a towel.)

EXTRA TIP

Stay hydrated, rest well, and include light stretching, warm drinks, and a balanced diet for overall comfort during your menstrual cycle.



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