

GOLDEN PETALS

# APPLICATION GUIDE

## MIGRAINE RELIEF BLEND



### 1 TOPICAL APPLICATION

Dispense 2–3 drops of the Golden Petals Migraine Relief Blend onto your fingertips. Gently rub your palms together to activate the blend.



### 2 APPLICATION AREAS

Apply the blend to the following areas:

- Temples (both sides)
- Forehead (avoid the area close to the eyes)
- Back of the neck and base of the skull
- Neck and shoulders

Avoid direct contact with eyes and sensitive areas.



### 3 MASSAGE TECHNIQUE

Using your fingertips, massage the blend gently in small circular motions.

- Temples: circular motions for 30–60 seconds on each side.
- Forehead: outward strokes from the center to the sides.
- Neck & shoulders: firm, downward strokes.

Continue for 2–3 minutes until the oil is fully absorbed.



### 4 FREQUENCY OF USE

For best results:

- Apply at the onset of a headache or migraine.
- Repeat after 6–8 hours if needed.
- Can be used up to 3 times daily.



### 5 BENEFITS

This synergistic blend helps:

- Relieve headache and migraine discomfort
- Reduce tension and stress
- Promote relaxation and calm
- Support clearer breathing and mental clarity
- Eases associated symptoms like nausea and restlessness



### 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: apply a drop on the inner forearm and wait for 30 minutes.
- 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 3–5 drops to a bowl of hot water. Inhale the steam gently with a towel over your head for 5–7 minutes to support easier breathing and faster relief. (Close eyes.)



#### EXTRA TIP

Rest in a quiet, dark room and stay hydrated. Practice deep breathing and gentle stretching for enhanced relief.



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