



GOLDEN PETALS

APPLICATION GUIDE

MUSCLE REJUVENATION



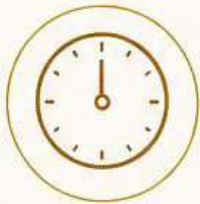
1. DISPENSE

Take one full dropper of the Muscle Rejuvenation Blend in your palms and rub your palms together gently.



2. APPLY

Apply the oil to the affected area in a gentle, circular motion.



3. MASSAGE

Begin a deep tissue massage, adjusting the pressure based on your sensitivity and comfort. Be gentle with tender or injured areas. Massage for 1 to 2 minutes, or until the oil is fully absorbed and the area starts to feel warm.



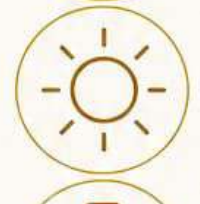
4. WRAP (OPTIONAL)

Once absorbed, wrap the area with a cotton cloth, crepe bandage, or cotton towel.



5. FREQUENCY

In cases of severe pain, apply once a day for muscle recovery and 2–3 times a day for severe injuries.



6. SENSATION

You may experience a cooling sensation initially, which helps reduce pain and inflammation.



7. RESULTS

After a short time, the area will begin to warm up from within, indicating that the healing properties of the blend are taking effect.

