



GOLDEN PETALS

APPLICATION GUIDE

VERTIGO EASE BLEND



1. DISPENSE

Place 3–4 drops of the Golden Petals Vertigo Ease Blend onto your palms.



2. APPLICATION AREAS

Apply the blend gently to the following areas:

- Temples
- Behind the ears
- Back of the neck
- Base of the skull



3. MASSAGE TECHNIQUE

Massage gently in circular motions using your fingertips until the oil is fully absorbed.

Focus on the temples, behind the ears, and back of the neck to help ease dizziness and tension.



4. INHALATION SUPPORT

After application, cup your palms over your nose and take 3–5 slow, deep breaths.

The aromatic vapours help calm the mind and promote balance and clarity.



5. FREQUENCY OF USE

For best results:

- Apply at the first sign of dizziness or vertigo.
- Reapply every 4–6 hours as needed.
- Use up to 3 times daily for ongoing balance and comfort.



6. BENEFITS

This soothing blend helps:

- Relieve dizziness, lightheadedness, and imbalance.
- Ease nausea associated with vertigo.
- Reduce tension in the head and neck.
- Promote inner calm, focus, and overall well-being.



7. SAFETY & USAGE

The blend is 100% natural and safe for frequent use.

Avoid contact with the eyes and mucous membranes.

For sensitive skin, perform a patch test before regular use.



www.thegoldenpetals.com