

YOUNGEVITY.  
ESSENTIAL OILS



Essential Oil Blend

# BOUNCE BACK

**Supports:** Nervous, Muscular, Skeletal, Circulatory, Muscular

**Suggested Carriers:** Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, MIA Simply Line, Soul Purpose Unscented line, Ultimate CM Cream™

**Supplement With:** Healthy Body Start Pak™, Brain & Heart Pak™, Ultimate Memory Fx™, Sleep EZE™, Ultimate D-Stress™

**Ingredients:** Birch, Rosemary, Geranium, Lavender Spike, Lemongrass, Cypress, Marjoram



## BOUNCE BACK

Essential Oil  
Blend

10 ML  
(67164)



**Safety:** Not recommended for undiluted use on children under the age of 5 or pregnant women. Use with caution on individuals using blood thinners.

### Cosmetic Uses / Environmental Uses:

- Bath: In 1/4 cup of bath salt, add 2-4 drops of essential oil blend.
- Diffuse: Add 4-5 drops of essential oil blend to diffuser for 10 minutes, 3 times a day.
- Inhale: From lid or 1 drop on tissue, or in palm of hand, cover mouth and nose and inhale.
- Massage: Add 2-4 drops of essential oil blend to 1 tbsp. of carrier oil or 1 tsp. Ultimate CM Cream.
- Mist: Mix 5-8 drops of essential oil blend with 2 oz. of water or Plant Derived Minerals in a spray bottle. Shake well before spraying.
- Topical: Add 1-2 drops essential oil blend to 3 drops carrier oil and apply to small area or on bottoms of feet.

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