

PERI BOTTLE SPRAY BLEND

FOR THOSE TENDER AREAS

What you need;

- 15ml bottle with a spray head
- Distilled water
- Frankincense
- Lavender oils (we recommend DoTerra)

1 Use a 15ml bottle with a spray head and add distilled water

2 Apply 10 drops each of frankincense and lavender oils

3 Spray on tender areas when weeing or after a shower for soothing and healing

Note:

Spraying on to your tender areas when urinating or relieving yourself can help with irritation, discomfort or stinging with tearing and episiotomy's. These ingredients will help soothe and support your recovery.

*Essential oil information can be found in **Essential Oils for Pregnancy**

Birth and Babies Second Edition by Stephanie Fritz



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