

Clean Those Receptor Sites!



Cellular Scrub Recipe

1. Put 2 drops of oil in your palm – use 1 drop if you are age 12 or over 75
2. Rub drop(s) on the entire bottom of each foot in the morning
3. Your oil will change each week
4. After Week 3 go back to Week 1 and do it all over again.

Week 1: Clove or Cinnamon Oil
Week 2: Frankincense, Three Wise Men or Sandalwood Oil
Week 3: Orange or Lavender