



Navel Oils

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Navel Oils for different purposes

- Neem oil : Acne/ Eruptions
- Almond oil : Facial glow
- Mustard oil : Dry/ chapped lips , mild detox
- Olive/ Coconut oil : Fertility improvement
- Alcohol dip in cotton : cold/ flu/ running nose / pain stomach
- Brandy soaked in cotton : menstrual cramps
- Sesame oil : Joint pains/ strengthen bones
- Mustard + Ginger oil in equal amounts : Stomach upset/ Bloating / nausea/ digestive upset
- Warm ghee : Immunity / constipation / strong digestive system / joint pains
- Thyme oil : HT / heart stress/ toning of heart muscles / diuretic/ weight loss/ digestion / bronchitis/ whooping cough (first diluted with a carrier oil like olive/ coconut/ almond)
- Knee pain : Castor oil : 3 drops and spread it around your navel
- Tremors/ lethargy/ joint pains/ dry skin : Mustard oil 3 drops