

# Lavender, Frankincense, and Magnesium

*Learn how to use magnesium and essential oils to improve your sleep.*



## **Topical magnesium gel/oil**

Use two nickel-sized amounts anywhere on your skin.



## **Oral magnesium**

Take 150-700 mg.



## **Frankincense**

Uses: brain drainer, immune, stress relief, bowels, anti-inflammatory, pain. Place on temples and base of skull.



## **Lavender**

Uses: sleep, respiratory, circulation, stress, immune, digestive, wounds. Rub on back of neck or bottom of feet or abdomen or pillow.



## **Carrier Oils**

Use jojoba or MCT oil with your essential oils.



**At-Home  
Lyme  
Program**