

RECIPE

Headaches

(and just before a migraine sets in)

Application: Cold Compress



1 drop Marjoram



1 drop Peppermint

Instruction:

Add 1 drop of each Marjoram and Peppermint into a very cold bowl of water. Agitate the water to disperse the aromatic molecules. Using a facecloth, soak in the aromatic water and then squeeze out excess water.

Place the face cloth onto your face and press into your face area keeping eyes closed.

Repeat half a dozen times. In a plastic bag add ice cubes and place on compress on your neck area. Leave there for 10 minutes or as long as comfortable. Lie down and do some deep breathing slowly. Releasing tension with each breathe.

