

Therapeutic Benefits:

Clear Jojoba Oil unclogs pores, is highly absorbent, with anti-inflammatory properties, leaving the skin light and silky feeling. It is suitable for all skin types.

Lemon purifies the immune and lymphatic systems, and dissolves cellulite.

Sweet Orange is rich in d-Limonene, promotes tissue repair. (**Clinical Studies** show essential oils with high levels of d-Limonene have improved abnormal cells when added to the diet)

Lavender balances physically, and emotionally, relaxes, relieves pain, and offers cellular repair.

Geranium balances, regenerates tissue, and opens the liver to discharge toxins.

Frankincense adds significant oxygen, stimulates the immune system, wards off infections, and discourages metastasis.

Nerolina is antibacterial, antifungal, adds green aroma.

Marjoram eases congestion and pain. It was called "Joy of the Mountains" (folklore)

Rose damascena raises the frequency of every cell, offers emotional balance, and brings well being and love to the body.

Spray into your hand, and with a gentle stretching and relaxing motion, massage your breasts and underarm area

1 oz bottle will generally last about 3 months



Motivated by her sister's struggle with breast cancer, and a request from a clinical thermographer to create a breast oil, Joyce researched which essential oils to use.

She created Healthy Girls Breast Oil to use with a loving, lymphatic self massage on breasts and under arms.

Joyce has a Bachelor of Science degree in Education and certifications in Holistic Aromatherapy and Reflexology.

Her purpose is to educate women to become aware of their bodies, love and accept themselves, and appreciate their beauty.

Joyce is available to teach the benefits of therapeutic essential oils, and the lymphatic self massage, to individuals, small or large groups, businesses, and organizations.

*Order Healthy Girls Breast Oil
Here:*

715-878-4474/ 715-828-0117

joyce@aromatherapynaturesway.com

www.healthygirlsbreastoil.com



*Increases self-awareness and
helps to:*

- *Balance*
- *Detoxify*
- *Soften breast Tissue*
- *Stimulate the immune system*
- *Improve lymphatic circulation*

Lady Lymph



Nurture and Protect Your Breasts with Healthy Girls® Breast Oil



Lymphatic Self massage

1. Start with the lymph on the neck. Gently stroke downward from the top of neck to the top of collar bone, 6-10 times.
2. Feel the hollow spot above the collarbone. Gently stretch the skin from the shoulder toward the neck, 6-10 times. This opens the lymph passages before it empties into the circulatory system.
3. Spray Healthy Girls Breast Oil into your hand. Rub your hands together.
4. Under your arm; gently stretch the skin up into the armpit. You may feel tenderness. Gently stretch and release 6-10 times or simply hold it until the tenderness disappears.
5. With one hand support your breast and with the other flat hand gently stretch and release your breast toward the center of the body, 6-10 times.
6. Support and hold the entire breast and gently stretch and release it toward the underarm, 6-10 times.
7. Focus on a flat palm and with an upward stretch and release the breast upward toward the neck 6-10 times

Repeat with the other breast

Testimonials

“I had painful fibrocystic breasts. After massaging Healthy Girls on both breasts daily for a few months, I have no pain and the golf ball size lumps are gone.” Cheryl, CNT

“I am a NUCCA doctor in Ames Iowa and have been selling the Healthy Girls Breast Oil and my patients love it. I feel confident recommending it to patients because I know it’s safe and effective.” Barbara, DC

“As a holistic health professional and certified clinical thermographer I am very cautious. Doing more research, I can whole heartedly recommend this product. I am excited at the changes felt, seen via thermography and energetically. The blend is pleasing to smell, easy to use, and a good tool to foster improved breast health.” Janice RN CCT

“Over the past 5 years I have struggled with extremely hard, tender breasts just before and during the week of my period. I started using Healthy Girls-everyday for one month. During next month’s cycle my breasts felt great, light and airy.” Lizzie, age 28, Yoga & Swim Instructor,

“It feels wonderful, love the smell, no greasy feeling and I know I’m giving a fabulous treatment to my breasts.” Sharon. CMT,

“No breast pain/tenderness that I was routinely experiencing.” Doris

More testimonials on Website:

www.healthygirlsbreastoil.com

The **lymphatic system has no central pump**. It supports every system in the body. It depends on muscle contraction and manual manipulation to circulate the lymph fluid.

The lymphatic system's primary function is to isolate infection, viruses, toxins, bacteria, and cellular debris from the rest of the body and get rid of it.

Like a river, if lymph fluid is restricted with toxins, it can cause swelling, creating pain, infections, headaches, fibrocystic breasts, fibromyalgia and other physical conditions.