

# 33 WAYS TO USE THE SPRAY BOTTLE

When you're spraying these magical molecules...whether it's acne, a bruise, cut or a burn...you're getting the communication right to the damaged cells. They're saying, "You're damaged, and you need to be repaired" or... "you're damaged beyond repair, you need to be replaced".



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## NON-TOXIC, ANTI-BACTERIAL, ANTI-FUNGAL, ANTI-MICROBIAL, ANTI-INFLAMMATORY...SO CAN SPRAY AWAY...

- 1 Underarms as a deodorant
- 2 Eye Spa treatment...for a soothing, refreshing eye bath! Also, gets the "red" out. Spray in eyes or use an eye dropper, then close your eyes for a few seconds.
- 3 Eyesight - many have experienced improved eyesight through taking internally and also spraying in eyes at least twice a day (eye dropper is very useful here).
- 4 Lungs - Spray in face and mouth while inhaling
- 5 As a sanitizer
- 6 Cuts, scrapes, enhanced healing of surgical sites or newly-acquired tattoos.
- 7 Burns - relieve pain, faster healing and less scarring. For severe burns on the hands, immerse the whole area until the pain is tolerable.
- 8 Acne, pimples and blemishes.
- 9 Bumps and bruises
- 10 Skin conditions of all kinds...repeat ALL kinds; rashes, boils, drynes, itches.
- 11 Scar tissue
- 12 Mosquito and other insect bites
- 13 Sunburn...even bad burns that have blistered
- 14 Skin reactions; bites, poison ivy, allergies
- 15 Diaper/nappy rash
- 16 Face and eyes for reactions to pollens and grasses. Inhale while misting on face.
- 17 Nosebleed
- 18 Hiccups
- 19 As an Aftershave
- 20 For Men and Women—to improve texture and quality of the skin—can be used as a refreshing skin spa mist in a bottle or applied liberally as a "facial in a bottle".
- 21 Muscle soreness and pain
- 22 Joint pain and soreness
- 23 Tight muscles [Some Massage Therapists have clients drink 60ml before their massage and spray those tight, 'knotted' areas]
- 24 Headaches, spray in the mouth and the head and neck area
- 25 To lessen the effects of a detox program
- 26 Age spots, moles, warts, lesions, skin tags
- 27 Altitude sickness
- 28 Recovery from Jet Lag
- 29 Ears
- 30 Mouth - for tooth, dental pain and mouth sores.
- 31 As a gargle
- 32 Teething

**Note: Best to put only a small amount in the spray bottle and use it up...or drink it... within 7 days.**