



Learn More

For more information on the Symphony of the Cells™ applications, uses, and benefits, please join us at one of the trainings led by Boyd Truman. There, you will receive hands-on training, while learning more about the natural progression of illnesses, the different body systems, and how essential oils can help. Attendees can also gain 6 CE credits. To find the next training closest to you, visit:
www.symphonyofthecells.com/events.

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Suggested SOC™ App(s):

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Symphony of the Cells™
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SYMPHONY OF THE CELLS™

INTRODUCTION APPLICATION GUIDE



Why these applications?

These two applications are here to help you begin your journey with SOC and essential oils. They are made to be easy to apply on everyone, from young children to older adults. Both applications were developed and simplified to go along with the essential oils included in the Home and Family Essentials kits.

Intro #1:

The oils involved in this application allow for immune support, cleansing, healthy digestion, as well as greater flow and movement throughout the body. The oils included are beneficial for the digestive, immune, urinary, and circulatory systems.

Intro #2:

This application offers support for the physical structures of the body. It helps soothe muscle tension, promotes better airflow, as well as relieves sore muscles and joints. The oils included are beneficial for the skeletal, muscular, connective, immune, and respiratory systems.

INTRO #1

APPLICATION (SIMPLIFIED)

Step 1: Frankincense



Step 2: Coconut Oil



Step 3: Oregano



Step 4: Digestive Blend



Step 5: Tea Tree



Step 6: Lemon



Step 7: Protective Blend



Step 8: Peppermint



Apply 2-3 drops to entire back
(for Coconut Oil, apply 5-6 drops).



Apply 2-3 drops to the
bottoms of the feet



INTRO #2

APPLICATION (SIMPLIFIED)

Step 1: Frankincense



Step 2: Coconut Oil



Step 3: Tea Tree



Step 4: Lavender



Step 5: Respiratory Blend



Step 6: Oregano



Step 7: Soothing Blend



Step 8: Peppermint



Apply 5-6 drops of carrier
oil to entire back (olive oil,
coconut oil, etc).

