



Vetiver Essential Oil Massage with Affirmations *The 8 Secrets to Optimal Breast Health*

Instructions:

- Pour a quarter-sized amount of fractionated coconut oil into the palm of your hand.
- Add 1-2 drops of Vetiver essential oil.
- Gently massage your breast in circles or upward strokes, including into the armpit.
- While massaging, say the phrases below.

I am Supported
I am Nourished
I am Loved
I am Whole



I Appreciate
Respect
And
Accept
My Breasts



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