



White Flower Oil

White Flower Oil is a very useful traditional Chinese remedy helpful in:

- Clearing respiratory congestion due to cold, flu, or allergy
- Clearing the lymphatic system
- Relieving tension and muscle aches and pains
- Relieving headaches

Instructions

Place a few drops of White Flower Oil on your fingertips.

To relieve respiratory congestion, massage oil on the sternum from the front of T-4 (between the nipples) up to the collarbone.

Repeat three times per day (morning, noon, and night) or as necessary to relieve congestion.

Alternative Applications

- Below the nose
- Temples
- Lymph node areas
- Site of muscle ache

Caution: Be sure to avoid eyes and mucus membranes. Wash hands after applying.

Sources

It is available for purchase at our clinic and in many Asian grocery stores.