



Essential Oil Families-Shipped to You
from Around the World- Unit 4 B
The Umbellifereae Family

The Umbellifereae Family the Devas of Digestibility

Unit (4B)



Transformational Step:

- 1) Create the turbulent tummy rub, and vary it according to your own preferences.
- 2) Which members of the umbellifereae family are you already acquainted with?
For example- dill in home-made pickles.

Have you ever tried fennel as a vegetable?

- 3) Please go on to the Practical Potions Facebook group and share your memories of the Umbellifereae family.

The Turbulent Tummy Rub-



2 Tbsp. calendula carrier or almond
4 drops fennel seed e.o.
5 drops coriander e.o.
4 drops dill e.o.
7 drops ginger e.o.
5 drops peppermint e.o.

Place carrier oil in a 30-ml bottle
Add essential oils and shake well.
Apply onto the tummy in a clock wise, circular motion.
Do not use on anyone under 10.
Do not use if pregnant, nor sensitive to any of these oils.
This rub may help relieve minor gas and turbulence.
Seek assistance if the problem is more severe.

