

BFB-1 & BFB-2

- Place 1 drop on the bottom of each big toe, morning and evening.
- On day 2, continue to apply 1 drop on the bottom of each big toe and add 1 drop on each thumb pad morning and evening.
- Day 3, In addition to big toes and thumbs, apply one drop to the back of each earlobe, morning and evening.
- If well tolerated after a few days, oils can be applied to areas of concern (only externally).
- If rash occurs, try using a carrier oil such as coconut or olive. Mix BFB oils with carrier oil and apply.
- If using both BFBs at the same time, alternate BFB-1 on one side of the body and BFB-2 on the other.