**How to use your Ozonated Oil**

**Skin Care:**

1. Rosacea: Apply at bedtime every night for any redness or skin discoloration.
2. Dry skin: Apply at bedtime every night.
3. Acne: Apply at bedtime – use locally over lesion or over an entire region or face.
4. Sun spots: Apply 2x/day.
5. Scars: Apply 2x/day.
6. Wound/scrape/cut: Apply 2x/day. Ok to rotate another antimicrobial mid-day.
7. Wrinkles: Apply nightly for wrinkles (prevention and mild treatment).
8. Bug bites: Apply topically 2x/day for at least a week or until bite heals.
9. Warts: Apply topically 2x/day for over a month. Works well with other essential oils.

**Oral/Dental:**

1. Sensitive Teeth: Apply locally with finger or cotton-tipped applicator every night and morning for 1 week or longer. Avoid liquids for 15 or more minutes after application.
2. Oil Pulling: Add ½ tsp to your oil for oil pulling.
3. Antimicrobial: Add a pea-sized amount to toothpaste for brushing or to swish or topically to affected area.

**Other:**

1. Toenail Fungus: Topically 2x/day for a month or more for toenail fungus.
2. Dry Cuticles: Topically 2x/day until improved.