**How to Use Your Diffuser Bracelet**

1. Simply roll or add **2 - 3 drops** of your preferred oil or diffuser blend to the **black lava bead only**to allow the oil to coat it (**important**- please use half this amount for children).
2. Only put your bracelet on when the oil is **fully absorbed**
3. When wearing your bracelet, the heat from your body will help diffuse the oil.
4. Please roll your bracelet onto your wrist rather than stretching it.
5. Do not sleep or bathe with your bracelet on.

Here is a [quick video](https://www.facebook.com/altruisliving/videos/258090494850763/)that shows how to apply oil to your bracelet.

**How to Use Your Diffuser Necklace**

1. Simply roll or add **2 drops** of your preferred oil or diffuser blend to the **black lava bead only**to allow the oil to coat it (**important**- please use half this amount for children)
2. Only put your necklace on when the oil is **fully absorbed**
3. When wearing your necklace, the heat from your body will help diffuse the oil