



#### PROMOTES:

- Restful sleep
- Stress relief
- Uplifting, optimistic sense of wellbeing

**SCENT DESCRIPTION:** Floral, soothing, relaxing

**INGREDIENTS:** *Lavandula angustifolia* (Lavender) Oil, *Citrus aurantium dulcis* (Sweet Orange) Peel Oil, *Origanum majorana* (Marjoram) Leaf Oil, *Cedrus atlantica* (Cedarwood) Wood Oil, *Morinda citrifolia* (Noni) Seed Oil.

**SOURCE:** High-grade oils extracted from the flowers, leaves and twigs of the plant through steam distillation

#### CAUTIONS:

NOT FOR INTERNAL USE, KEEP OUT OF REACH OF CHILDREN.

**PREGNANCY & CHILDREN** – If pregnant or under medical care, consult your physician. Children under 12 should be under parental supervision when using essential oils.

**CONSUMPTION** – Formulated for topical and aromatic use.

**WOUND TREATMENT** – Do not use blends on open wounds or sores.

**EYE IRRITATION** – None of the blends should be used in or around the eyes. Be sure to wash hands after topical use to avoid inadvertent eye irritation.

# RELAX

#### PRODUCT DESCRIPTION:

Designed to quiet the mind and ease the senses, the Relax Blend is made up of aromatic ingredients specifically chosen for their soothing and calming properties.

#### DIRECTIONS FOR USE:



#### TOPICAL USE:



**SPOT APPLICATION**—Apply to bottom of feet, beneath the nose, on the temples and back of neck.



**BODY LOTION**—Add 2-3 drops to a quarter-sized drop of carrier lotion and apply to chest and back of neck.



**FOOT BATH**—Add 4 drops of essential oil to a small tub of warm water and allow the oils to disperse before immersing feet. Soak feet for 15-20 minutes.



**WHOLE BODY BATH**—Add 6-8 drops to a full bathtub of warm water. Allow the oils to disperse before submerging. Soak for 10-15 minutes.



#### AROMATHERAPY USE:



**DIFFUSE**—Following device's instructions, add water and recommended amount of essential oil to the diffuser. Turn the device on and set the desired time.



**PALM INHALATION**—Add 1-2 drops of the essential oil to palms. Cup hands over nose and mouth, and breathe deeply and slowly for several breaths



**PILLOW APPLICATION**—Apply a drop of desired blend to each side of your pillow before bed to absorb benefits while you sleep. Alternatively, place an oil-treated tissue inside pillowcase.

