

## Beauty Sleep Essential Oil Blend

**DESCRIPTION:** A fusion of soft, floral essentials. Diffuse this restful blend to help create a calming atmosphere that encourages sleep.

**TOP AROMATHERAPY BENEFITS:** sleep • calm • rest

**AROMA:** Floral & Soft

**INGREDIENTS:** Citrus aurantium dulcis (orange) peel oil, juniperus mexicana oil, lavandula hybrida oil, anthemis nobilis flower oil

**CAUTION:** Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Avoid sunlight or UV rays for up to 12 hours after applying product.

Also available in 10 ml roll-on.



### TOP TIPS:

#### Diffuser

Diffuse 1 drop oil per 20 ml of water and diffuse for a relaxing and calming aromatherapy experience.

#### Slow Down for Sleep

Diffuse at bedtime to help create a calming atmosphere that encourages sleep.

#### Relaxing Bath

Add a few drops to a warm bath, or include in DIY bath bombs for a rewarding, calm soak.

#### Linen Mist

Add a few drops to a spray bottle filled with distilled water, shake well and use as a linen mist before sleep.

#### Enhance Meditation

Use during yoga or meditation to help put you in a peaceful place.

#### Travel in Comfort

Combine with carrier oil and wear as a personal fragrance to promote comfort during a flight or road trip

#### Come Home

Diffuse to unwind and switch from work to home mode to begin your evening downtime.

#### Use Before Bed

Apply to feet at bedtime to promote calming feelings.

#### Feel Relaxed

Diffuse or use topically when feeling anxious, stressed, or restless.

#### Add to Bath

Add a few drops to a warm for a calming soak.

#### Massage

Combine with a carrier oil for a relaxing massage.

### EXPERTLY BLENDED

Serene & Still is specially designed by our aromatherapy experts with the following oils:



Cedarwood



Lavandin



Roman Chamomile



Orange

Usage: Use 3-5 drops per 100 mL of water with a diffuser. Dilute at a 1 to 1 ratio with carrier oil to use topically.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.