



Wind Down Essential Oil Blend

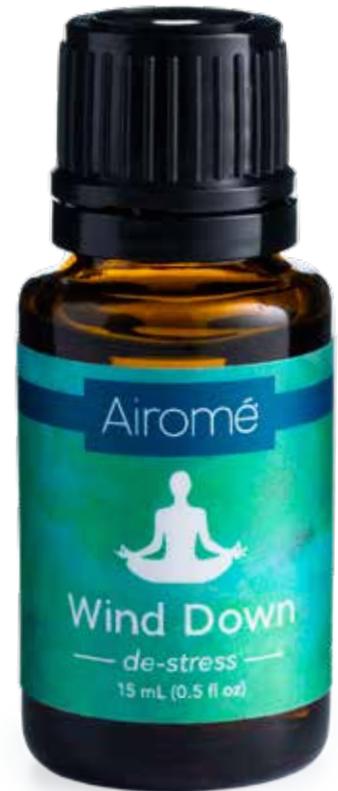
DESCRIPTION: An earthy and bright aroma to help you unwind and relax. Diffuse it when feeling stressed or overwhelmed.

TOP AROMATHERAPY BENEFITS: de-stress • relax • decompress

AROMA: Earthy & Bright

INGREDIENTS: Citrus aurantium dulcis (orange) peel oil, lavandula hybrida oil, juniperus mexicana oil, citrus aurantifolia (lime) oil, myroxylon pereirae (balsam peru) oil, lavandula angustifolia (lavender) oil, chamomilla recutita (matricaria) 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.



TOP TIPS:

Diffuser

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

Use Before Bed

Add 1-2 drops to carrier oil and apply to feet to promote calming feelings.

Reset

Add a few drops and a half cup of Epsom salts to a warm bath after a rough day.

Stay Calm

Combine with a carrier oil and apply to wrists before traveling.

Get Grounded

Combine with a carrier oil and apply to the bottoms of feet to feel grounded and calm.

Meet a Challenge

Diffuse or combine with carrier oil and apply to wrists in preparation for public speaking or other tense situations.

Calm Commute

Add to your car essential oils diffuser to clear your mind on your commute home.

Encourage Relaxation

Add to carrier oil and apply to temples and/or neck to encourage relaxation when feeling tension or stress.

Combine with carrier oil and ginger or peppermint and apply to stomach to encourage relaxation.

Feel Grounded

Diffuse or dilute and use topically when feeling anxious or experiencing fatigue. Apply to feet to promote grounded feelings.

Enhance Meditation

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

EXPERTLY BLENDED

Wind Down is specially designed by our aromatherapy experts with the following oils:



Balsam Peru



Blue Chamomile



Cedarwood



Lavandin



Lavender



Lime



Orange

Usage: Use 3-5 drops per 100 mL of water with a diffuser. Dilute up to 14 drops per 1 teaspoon of 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.