



All Better Essential Oil Blend

DESCRIPTION: This soft and minty blend is almost as good as Mommy's kisses. Diffuse it to encourage your wee ones to feel calm and comforted.

TOP AROMATHERAPY BENEFITS: soothe • calm • comfort

AROMA: Soft & Minty

INGREDIENTS: Citrus aurantium dulcis (orange) peel oil, mentha viridis (spearmint) leaf oil, lavandula hybrida oil, zingiber officinale (ginger) root 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.



TOP TIPS:

Diffuser

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

Feel Calm

Diffuse or combine with a carrier oil and apply topically to quiet and ease tension when emotions are high.

Relaxing Bath

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

Calming Bubble Bath

Add a few drops to unscented bubble bath for calming, aromatherapy soak before bed.

Encourage Comfort

Combine with a carrier oil and apply to pulse points (to encourage feelings of comfort) as a reminder of comfort in unsettling times.

Chill Out Play Dough

Add to homemade salt dough to create a calming activity.

Add to Lotion

Add a couple drops to lotion and apply after bath time routine.

EXPERTLY BLENDED

All Better is specially designed by our aromatherapy experts with the following oils:



Ginger



Lavandin



Orange



Roman Chamomile



Spearmint