



Serene & Still Essential Oil Blend

DESCRIPTION: A warm and relaxing blend. Diffuse it to inspire sweet dreams or to create a calm and relaxing space when feeling stressed.

TOP AROMATHERAPY BENEFITS: restful • calm • relax

AROMA: Warm & Sweet

INGREDIENTS: Citrus aurantium dulcis (orange) peel oil, lavandula angustifolia (lavender) flower oil, juniperus mexicana oil, anthemis nobilis flower oil, origanum majorana leaf oil, vetiveria zizanioides root oil, cinnamomum camphora (camphor) oil, cananga odorata 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 relaxing and calming aromatherapy experience.

Air Freshener

Add a few drops to a spray bottle filled with distilled water, shake well and spritz.

Use Before Bed

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

Laundry Freshener

Add a 1-2 drops to a dryer sheet or dryer ball to freshen laundry as it dries.

Enhance Meditation

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

Linen Mist

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

Feel Relaxed

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

Massage

Add 1-2 drops to carrier oil and use for a relaxing massage.

Moisturizer

Use with a carrier oil as a natural skin moisturizer.

Scalp Massage

Combine with carrier oil, rosemary and lavender for a scalp massage promoting healthy hair.

Add to Bath

Add a few drops to a warm bath for a relaxing soak.

Encourage Relaxation

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

EXPERTLY BLENDED

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



Cedarwood



Ho Wood



Lavender



Orange



Roman Chamomile



Sweet Marjoram



Vetiver



Ylang Ylang

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