

Suggested Use: Add to a diffuser, add 4-5 drops to a hot bath before bed, or create a room mister by adding 30 drops to 1 oz. of water in a spray bottle. Great for unwinding before a nap or for a good night's sleep. Use caution when adding essential oils to a bath tub since they can make surfaces slippery.

Natural essential oils are highly concentrated and should be used with care.

Caution: Keep out of reach of children. Avoid contact with eyes. If pregnant or lactating, consult your healthcare practitioner before using. Not for internal use. Do not use on skin. Reacts strongly to sunlight and other sources of ultraviolet light.



*Peaceful
Sleep*
sleep blend

Net 1 fl. oz. (30 mL)

Ingredients: Orange Oil, Tangerine Oil, Lavender Oil, Chamomile Oil, Ylang Ylang Oil, Sandalwood Blend.

Aroma: Floral Citrus.

Benefits: Calming, relaxing, soothing.

Extraction Method:

Orange Oil & Tangerine Oil – Cold Pressed, Lavender Oil, Chamomile Oil, Ylang Ylang Oil & Sandalwood Blend – Steam Distilled

Purity Tested/Quality Assured

Manufactured by NOW Foods
Bloomington, IL 60108, U.S.A.
www.nowfoods.com



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