



Sleep Essentials

LAVENDER • SERENE • SLEEP



KIT INCLUDES:
5mL Essential Oil
10mL Roll-A-Therapy
BREATHE Inhaler

Sleep Essentials

100% Pure Essential Oil - LAVENDER

Ingredients: Lavender (*Lavandula angustifolia*) essential oils.

Suggested use: Add a few drops to an aromatherapy diffuser or onto your pillow case.

Breathe Inhaler - SERENE BLEND

Ingredients: Lavender (*Lavandula angustifolia*), Ylang Ylang (*Cananga odorata*), Grapefruit (*Citrus paradisi*), Bergamot (*Citrus bergamia*), Roman Chamomile (*Anthemis nobilis*) essential oils.

Suggested use: Hold inhaler near nostril. Inhale once every 2 hours, for no more than five minutes at a time.

Topical Roll-A-Therapy - SLEEP BLEND

Ingredients: Fractionated Coconut Oil, Lavender (*Lavandula angustifolia*), Sweet Orange (*Citrus sinensis*), Frankincense (*Boswellia serrata*), Mandarin (*Citrus reticulata*), Sweet Marjoram (*Origanum marjorana*), Ylang Ylang (*Cananga odorata*) essential oils.

Suggested use: Apply a thin layer directly to neck and wrist pulse points, as well as soles of feet one hour before bedtime.

CAUTION: FLAMMABLE. NOT FOR INTERNAL USE. MAY IRRITATE SKIN. KEEP OUT OF REACH OF CHILDREN. IF PREGNANT, NURSING, OR TAKING MEDICATIONS, CONSULT YOUR DOCTOR BEFORE USE. PRODUCT NOT EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. RESULTS VARY. THIS PRODUCT NOT INTENDED TO DIAGNOSE, CURE, OR PREVENT DISEASE.

\$19.95



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