

GOODGRIEF



Product Guide

There is no time like the present
to start taking care of yourself.

The contents of this gift basket will help melt away your stress, boost your immune system, lift your spirits and leave you revitalized.

These carefully chosen, natural and healthy products will give you the support you need, when you need it most.

They are easy to use and portable so that you can have them anytime, anywhere.



Wishing you peace, calm and good health.

PerfectFriendsGifts.com



FES FLOWERS Grief Relief*

Flower Essence and Essential Oil Herbal Supplement

DESCRIPTION

Grief Relief helps you find containment and centering when broken-hearted or during a time of crisis. It strengthens the heart and helps restore balance, supports letting go and healthy transitions.

INGREDIENTS

The Grief Relief formula features: Bleeding Heart, Pink Yarrow, California Wild Rose, Love-Lies-Bleeding, Borage, Forget-Me-Not, Explorer's Gentian, and Essential Oils.

DIRECTIONS

Standard application is 1-2 sprays in the mouth 4 times a day in between meals or before eating. For emergencies or intense episodes, take more frequently or until the condition has stabilized.



PLANTLIFE Stress Relief

Therapeutic Mineral Bath Salts

DESCRIPTION

Melt away the stresses of the day with this synergistic formula specifically combined to soothe the nerves and calm the mind. This pure French sea salt contains over 84 vital minerals our bodies require for optimum health, and is free of pesticides, herbicide and chemical residues.

INGREDIENTS

Fleur De Sel Sea Salt, Sodium Sesquicarbonate, Magnesium Sulfate, Sodium Bicarbonate, Maltodextrin, Olea Europaea (Olive) Oil, Organic Calendula Officinalis Flower Extract, Organic Chamomilla Recutita (Matricaria) Flower Extract, 100% Pure Essential Oil Blend, Tocopherol (Vitamin E).

DIRECTIONS

Add desired amount to bath water as it is filling (100 to 107 degrees).

Soak and relax!



BACH FLOWER Rescue Pastilles*

Homeopathic Remedy

DESCRIPTION

Dr. Bach Rescue™ Remedy was formulated nearly a hundred years ago, helping people of all ages including children get themselves through the complications and shocks of life. The Bach Flower Rescue Remedy Pastilles are a tasty and soothing way to face life's challenges.

INGREDIENTS

5x dilution of *Helianthemum nummularium* HPUS, *Clematis vitalba* HPUS, *Impatiens glandulifera* HPUS, *Prunus cerasifera* HPUS, *Ornithogalum umbellatum* HPUS. Inactive: Sugar substitute (sorbitol isomalt), gelling agent (gum arabic), natural flavor (elderflower, orange), vegetable oil, glazing agent (Palm Kernel oil, beeswax), sweetener (thaumatin, xylitol).

DIRECTIONS

Press on center of cover until it pops open. Press along the sides of the cover to close it again.

Savor one pastille at a time as required.

Warnings:

Excessive consumption may induce mildly laxative effects as it contains xylitol. May contain traces of gluten.



rareESSENCE AROMATHERAPY DEFENSE*

Aromatherapy Inhaler

DESCRIPTION

Chronic stress has been shown to weaken our body's ability to fight illness.

The sense of smell has a direct link to the brain. When faced with adversity or uncertainty, take a deep breath with Defense to calm your senses and boost your immune system.

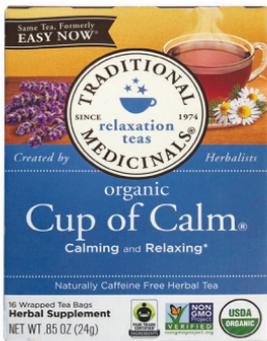
This handy aromatherapy inhaler easily fits in a pocket or purse, so you have it when you need it most! In order to help protect your mind and body, use it to cope during a crisis or as a defense after exposure to germs.

INGREDIENTS

Eucalyptus Globulus (Eucalyptus), Citrus paradisi (Grapefruit), Mentha piperita (Peppermint), Melaleuca alternifolia (Tea Tree), Eugenia caryophyllata (Clove Bud), Melaleuca quinquenervia (Niaouli), Melaleuca cajuputi (Cajeput), Cinnamomum camphora (Ravintsara), Simmondsia chinensis (Jojoba, organic), Tocopherol (Vitamin E).

DIRECTIONS

Inhale as needed. After opening, each inhaler lasts three months or longer depending on usage and storage conditions.



TRADITIONAL MEDICINALS Cup Of Calm* Relaxation Tea

DESCRIPTION

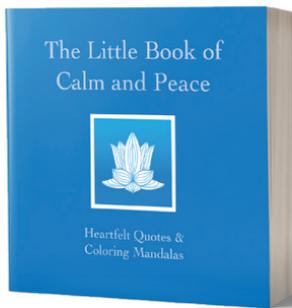
In the chaos of everyday life, we could use a little calm, right? How about a cupful? This blend of relaxing herbs will help bring some tranquility to your day (or night). These herbs are called "nervines" because of their ability to have a beneficial effect on your nervous system. We love this tea anytime we need to step back and take it easy.

INGREDIENTS

Organic Passionflower Herb, Organic Chamomile Flower, Organic English Lavender Flower, Organic Catnip Herb, Organic Rosemary Leaf, and a Proprietary blend of Organic Peppermint Leaf, Organic Spearmint Leaf, Organic Licorice Root, and Organic Stevia Leaf.

DIRECTIONS

Pour 8 oz. freshly boiled water over 1 tea bag. Cover cup & steep for 10-15 minutes. Squeeze tea bag to ensure maximum goodness in your cup. Enjoy 2-3 cups throughout the day and evening.



The Little Book of Calm and Peace

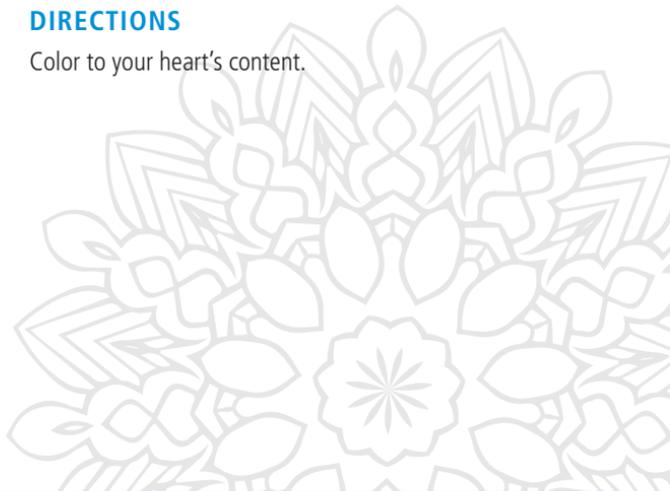
Heartfelt Quotes, Coloring Mandalas and Markers

DESCRIPTION

This unique mandala coloring and inspirational quote book is a healing meditation that can help reduce stress and offer positive encouragement. It can bring a deep sense of calm and well-being while helping to focus your attention and express emotion through creativity. Reflecting on the beautiful quotes will bring you solace and a better understanding of the greater meaning of life.

DIRECTIONS

Color to your heart's content.



NOTES

Brought to you by your natural and holistic experts at Perfect Friends Co., LLC. PerfectFriendsGifts.com

* This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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