

Inhale Essential Oil Blend

Ravintsara, Eucalyptus Radiata, Peppermint,
Birch, Lemon



Topical



Inhalation



Pregnancy Avoid



Baby/Child
Avoid

May help with respiratory issues, respiratory infections, promotes sleep, and improves sleep quality, and it reduces anxiety, colds, flu, coughs, bronchitis, and asthma helps to loosen mucus and clear the sinuses, Stimulate and support the immune system, Soothes tired achy muscles and relieves pain of arthritis

TOPICAL:

Apply diluted to area of concern.

INHALATION:

Diffuse or inhale directly.

INTERNAL:

It is not advised to take essential oils internally unless under the guidance of a licensed physician who is also certified in aromatherapy.

CAUTIONS: Avoid eyes & ear canal.
Skin irritation.

Not for children or pregnancy & lactation.

Photosensitive: Avoid direct sunlight
12hrs after application.



For more information and
recipes, visit:

READY CLEANING WIPES

1C water

1oz liquid castile soap

6-8 drops of your favorite essential oil or blend

Container: Empty 1 quart glass container (ex: wide mouth mason jar)

In your container, combine all ingredients and mix well.

To Use: As an alternative to using paper towels, store multiple dish rags filled with this mixture. The rags can be washed and returned to the jar for reuse. Keep jar tightly sealed between uses.

*Rags can be made from old tee shirts or just plain squares of cotton cloth.



These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. Keep out of reach of children. Not for internal use or undiluted topically. Consult with a licensed physician before use.