

Resting Essential Oil Blend

Tangerine, Orange, Ylang Ylang, Blue Tansy, Patchouli, Mandarin Red and Frankincense



Topical



Inhalation



Child Safe 2+



Pregnancy Safe

This oil blend may be used to help with anxiety, overactive and hard-to-manage children, snoring, sleep walking, stress, insomnia, depression, relaxation, and eases tension

TOPICAL:

Apply diluted to bottoms of feet or wrists.

INHALATION:

Diffuse for a max of 30 minutes out of every hour.

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.

Photosensitive: Avoid direct sunlight for 12hrs after topical use.



For more information and recipes, visit:



LOTION BARS

1/2 cup coconut oil
1/2 cup beeswax
1/2 cup shea butter
1/8 tsp of vitamin E oil (you only need a small amount)
30 drops of Resting Blend or your favorite essential oil

Combine all ingredients (except essential oil) in a double boiler. Bring the water to a boil. Stir the ingredients constantly until they are melted completely. Remove the mixture from heat and add the essential oil. Stir until the oils are blended with the mixture. Pour mixture into your molds or casserole dish to cool completely before removing from the molds. After the bars have cooled, remove them. They are ready to use!

*Makes about 4-6 lotion bars.



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.