



## Product Information and Traditional & Alternative Uses

St. John's wort, a potent essential oil, and herb used as an alternative remedy for depression and its related symptoms such as; anxiety, tiredness, trouble sleeping, and loss of appetite. This herbaceous perennial plant received the name St. John's wort it blooms around June 24, which happens to coincide with the birthday of John the Baptist. The word "wort" is an old English word for plant.

- 1 ANTIDEPRESSANT
- 2 HORMONAL BALANCE
- 3 MOOD BOOST DURING MENOPAUSE
- 4 SKIN IRRITATIONS
- 5 ADDICTION AND WITHDRAWAL

### Primary Action - Relaxing & Detox:

ANTIDEPRESSANT/ENHANCE MOOD/ ADDICTION AND WITHDRAWAL: Add five drops to Aeroma Plus diffuser or 10-15 drops to Aeroma Pure diffuser and diffuse throughout the day.

SKIN IRRITATION: Add 1-2 drops to your favorite Enoscents lotion and massage into the area of irritation.

