

Product Information and Traditional & Alternative Uses

Yuzu is a member of the citrus family found exclusively in Japan where it's been used for thousands of years for its mental and physical clarity and relaxation. Helps to unwind and enhance relaxation before bedtime as it promotes a deep sleep that tends to evade us when we're battling nervous tension, stress, anxiety or burnout both physically and emotionally. Its sweet citrus aroma is both clean and fresh and has a soothing, calming effect on the emotions leading to an uplifted, positive mental state.

- 1 **ENHANCE MOOD**
- 2 **RELAXATION**
- 3 **CALMING**
- 4 **AIR FRESHENER**
- 5 **SKIN HEALTH**
- 6 **ANTIMICROBIAL**

Primary Action - Relaxing & Detox:

ENHANCE MOOD/RELAXATION/CALMING: Add five drops to Aeroma Plus diffuser or 10-15 drops to Aeroma Pure diffuser and diffuse throughout the day.

SKIN HEALTH: Add 1-2 drops to your Enoscents skin care regimen. Add to the skin after you have exfoliated with Enoscents salt scrub and moisturized with Enoscents lotion.

