



Product Information and Traditional & Alternative Uses

Chamomile, one of the most ancient and versatile medicinal herbs known to mankind. Its benefits include being used in dozens of ways to soothe the body, ranging from chamomile's ability to lowering pain due to sickness or childbirth, fighting skin irritations and helping reduce anxiety.

- 1 HELPS WITH ANXIETY
- 2 TRAVEL SICKNESS
- 3 NASAL INFLAMMATION
- 4 ALLERGIC RHINITIS
- 5 NERVOUS DIARRHEA
- 6 ANTI-INFLAMMATORY
- 7 RESTLESSNESS

Primary Use - Inflammation and Relaxation:

ENHANCE MOOD: Add to difuser and difuse throughout the day.

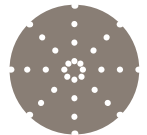
STRESS: Apply 1-2 drops to the back of the neck and temples. Practice relaxation techniques such as deep breathing, positive affirmations, meditation, etc.

ANXIETY / TRAVEL SICKNESS: Apply to the back of the next and temples. Add to a diffuser and diffuse through the day.

CALMING/RELAXATION: Apply 1-2 drops to the back of the neck and temples. Practice relaxations techniques such as deep breathing, positive affirmations, meditation, etc. Add 2-5 drops to each scoop of Star Flake bath salt and take a blissful bath.

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

**Consult your primary care provider before making any changes to your current dietary regimen. Many essential oils may enhance or decrease the effectiveness of prescription drugs.



Try Me!