

## Product Information and Traditional & Alternative Uses

Contains premium organic, wild-crafted proprietary blend of: Lemon, Orange, Grapefruit, Tangerine, Bergamot, Spearmint, Lemongrass, Rosemary, Neroli, Vanilla essential oils. Blended to stimulate the creative portions of the brain. Many of the constituents in this blend have been researched for their ability to improve concentration and learning.

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|-------------------------------|------------------------|
| <b>1 CONCENTRATION</b>        | <b>5 STRESS RELIEF</b> |
| <b>2 CREATIVITY</b>           | <b>6 STIMULATING</b>   |
| <b>3 REDUCE NEGATIVE IONS</b> |                        |
| <b>4 AIR FRESHENER</b>        |                        |

### Primary Use - Memory & Concentration:

**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.

**REDUCE NEGATIVE IONS:** Use in a difuse throughout the day. Add a few drops to vacuum cleaner's filter.

**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.

