



## Product Information and Traditional & Alternative Uses

Relax blend relaxing benefits is created by this particular blend of Spruce, Lavender, Rosewood, Lime, Geranium, Marjoram and Ylang Ylang essential oils combine to encourage your entire body, mind, and spirit to relax. As you relax, the therapeutic actions of these essential oils are also able to take place throughout your body while also providing a gentle cleansing tonic to the organs in the body. You'll discover yourself breathing more deeply in the sense of serenity.

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|------------------------|--------------------------------|
| <b>1 BALANCING</b>     | <b>5 ELEVATING</b>             |
| <b>2 RELAXATION</b>    | <b>6 SPIRITUAL CONNECTIONS</b> |
| <b>3 CALMING</b>       |                                |
| <b>4 REDUCE STRESS</b> |                                |

### Primary Use - Relaxing:

**RELAXATION:** Add to your diffuser and diffuse throughout the day. Apply 1-2 drops to the back of the neck and temples. Apply 1-2 drops to the bottom side of your pillow. Add 5-8 drops to a scoop of Star Flake bath salt for a relaxing bath.

**CALMING:** Diffuse while drinking your favorite tea (add 1 drop of Loyol Chamomile German to your tea to boost the effects of Relax)

**REDUCE STRESS:** Diffuse while meditating to help focus your thought and reduce the negative thoughts from a stressful day.

