

# AROMATHERAPY

support your wellbeing



We have blended ancient knowledge with modern discoveries to support your wellbeing, they are pure, unadulterated, affordable luxury.

## BREATHE

A refreshing and invigorating blend of eucalyptus, pine, tea tree and thyme, this product is ideally suited to help provide relief from the symptoms of hayfever, and can also help provide temporary relief from the symptoms of catarrh and colds.

*Precautions: Not to be used in children under two years of age without medical advice.*

## DE-STRESS

Unwind those tense nerves with the calming aroma of bergamot, frankincense, geranium, patchouli and rosewood. The oils in this blend are both relaxing and uplifting for promoting a sense of calm, while also enabling you to continue with work or play. For total calm when you can take time out to drift asleep, use Sleep.

## IN FOCUS

To help you power through the day and keep focus, this blend of bergamot, helichrysum, lemon, orange and sandalwood is ideal. The combination of oils in this blend will help you feel invigorated and mentally recharged when you need it most. Try vaporising the blend during intense meetings or when studying, for greater attention span and productivity. In Focus will also help reduce tension and stress to promote a sense of confidence and wellbeing.

## SLEEP

With a delightfully soothing mix of Roman chamomile, lavender, petitgrain, sandalwood and valerian, this blend is ideal for promoting a sense of calm and rest. It is beneficial for helping to provide temporary relief from sleeplessness and insomnia, and is ideal to be used for adults who have difficulty sleeping.

## TRAVEL

Travel contains ingredients which can help relieve the common and often debilitating condition of travel sickness. The combined benefits of ginger, peppermint, orange, rosewood, lavender, lemon and rosemary provide relief from travel and motion sickness. This blend also supports concentration and may assist with reducing mental fatigue.

*Always read the label. Use only as directed. If symptoms persist, consult your healthcare professional. Not to be taken.*