

stress away

COPAIBA, LIME, CEDARWOOD, VANILLA, OCOTEA, LAVENDER
AROMATIC | TOPICAL | DIETARY

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PUT ONE DROP IN YOUR NON-DOMINANT HAND AND PLACE YOUR DOMINANT HAND OVER AND RUB TOGETHER FOR 5 SECONDS BEFORE CUPPING HANDS OVER NOSE TO INHALE UNTIL SCENT DISSIPATES.

DILUTE 1-2 DROPS AND APPLY TO THE BACK OF YOUR NECK AND TEMPLES TO MINIMIZE STRESS.

DIFFUSE 8 DROPS OF STRESS AWAY WITH 4 DROPS OF PEPPERMINT TO UPLIFT AND UNWIND.

ADD 10 DROPS OF OIL TO 2 CUPS OF EPSOM SALT, ADD TO WARM BATH AND SOAK TO FOR 20 MINUTES.

DIFFUSE 8 DROPS OF STRESS AWAY AND 4 DROPS OF LAVENDER BEFORE BEDTIME TO PROMOTE HEALTHY SLEEP.

DILUTE AND APPLY ONE DROP TO YOUR WRISTS OR THE BACK OF YOUR NECK TO HELP CALM ANXIOUSNESS OR NERVES.

APPLY TO THE TEMPLES AND WRISTS AS NEEDED TO REDUCE TENSION AND FEELINGS OF STRESS.

ADD 2 DROPS TO WATER AND INGEST THROUGHOUT THE DAY TO REDUCE STRESS AND PROMOTE CONFIDENCE.



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