




<p>INGREDIENTS: Lavandula Angustifolia (Australian Lavender), Vetiveria Zizanoides (Vetiver) Root Oil, Sweet Vanilla Fragrant Oil, Pelargonium Capitatum (Cape Rose Geranium) Leaf Extract, Juniperus Virginiana (Cedarwood) Wood Oil, Citrus Limon (Australian Lemon) Peel Oil, Origanum Majorana (Marjoram) Leaf Oil, Cananga Odorata (Ylang Ylang) Flower Oil, Anthemis Nobilis (Roman Chamomile) Flower Oil</p>	 <p>SLEEP SCENTS Essential Oil Blend</p> <p>Made in Australia 15mL</p>	<p>Diffuse Add 4-6 drops to a diffuser or oil burner at night to create a calm and grounded environment.</p> <p>Inhale Place 2 drops in the palms of the hands and inhale directly, or place drops onto your pillow case to ease you into a restful sleep</p> <p>Massage Dilute 4 drops with a carrier oil (such as jojoba or coconut), and massage into the feet before sleep</p> <p>Bathe Add 2-4 drops to a warm bath to help calm the body and mind</p> <p>CAUTION: Possible skin sensitivity. Keep out of reach of children. Not for ingestion or internal use. Avoid contact with eyes, inner ears and sensitive areas.</p>	<p>Essential oils have been used for centuries to help prepare the mind and the body for sleep.</p> <p>Sleep Scents contain a balanced blend of the most sleep supporting essential oils, renowned for their grounding and calming properties.</p> <p>Lavender for restfulness Vetiver for grounding Cedarwood for relaxation Roman Chamomile for comfort Marjoram for balance</p> <p>Add Sleep Scents to your nightly bedtime ritual to help support you in achieving deep and rejuvenating sleep</p> <p>Visit www.sleepscents.com.au to learn more about sleep hygiene and bedtime ritual</p>
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