

## SLEEP HERBAL BLEND

When a restless night threatens your family's quality of sleep use the Herbal Support Blend Sleep with Lavender, Sweet Orange, and Chamomile Essential Oils. Apply to hands and feet and breathe deeply before sleep.



## KEY INGREDIENTS

- ✦ Lavender is known for calming abilities; will melt away stress and anxiety making you welcome sleep. Quiets your mind as well as soothing sore, tired muscles. Lavender is the perfect oil for a good night's rest.
- ✦ Chamomile is relaxing, soothing, and calming to the nerves without being a sedative. Great for kids!
- ✦ Sweet Orange is known for its anti-depressant qualities and ability to soothe the mind.

## BENEFITS AND SUGGESTED USES

- ✦ Use the roll on as a nightly routine on pressure points or put a few drops into a warm bath before bed.
- ✦ Roll in circular motion on one hand. Rub hands together then cup and breathe deep.
- ✦ Spray your pillows for a great night's rest! Great for kid's rooms too!
- ✦ Apply to the two big toes as well as "Tranquilizer points" on the sides of your ears and temples.

*Jordan Essentials does not claim to cure any illness. Check with your doctor before use if pregnant, nursing, or taking medications. For external use only. These statements are not reviewed or endorsed by the FDA*

**ESSENTIAL OIL**