

SLEEP

When a restless night threatens your family's quality of sleep, reach for a stick, spray or roll on blended with essential oils known to get the zzz's going! Lavender, Chamomile and Sweet Orange essential oils are boosted with magnesium to calm the mind and the muscles promoting a peaceful night's rest.

Sleep roll on is in a soothing grape seed oil base for quick application and absorption. Moisturizing witch hazel provides the perfect base for the Sleep spray. The rich lotion bar base makes the Sleep stick perfect for those on-the-go.



BENEFITS & SUGGESTED USES

- Use the roll on as a nightly routine on points such as wrists, temples, or back of knees to ease into a peaceful sleep.
- Treat the soles of your feet to a quick roll on, stick or spray application to help relieve leg cramps or twitching and support relaxation and falling asleep.
- Sleep spray is ideal for those hard-to-reach places like the lower back or to spray on linens and pillows. Safe for the kiddos over 2 years old too!
- For those on-the-go, pack a favorite pillow and the Sleep stick for quick application to temples, wrists, or soles of the feet.
- Relax and unwind anytime by applying Sleep to palms of the hands, rubbing together gently, cupping hands together and gently breathing in the relaxing aroma.

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

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.
- Magnesium is a key mineral bodies need for maximum wellness. It relaxes muscles, soothes the joints, eases anxiety and helps improve sleep.

**Included in spray and stick applications*