



BREATHE EASY

ESSENTIAL OIL

INTENDED BENEFITS:

- Respiratory Support
- Sinus & Nasal Congestion
- Sleep & Relaxation Support
- Meditation & Mindfulness
- Invigorating Physical Exercise
- Travel Companion



Ingredients: Proprietary blend of Eucalyptus (Radiata, Globulus, Blue Mallee, Citriodora), Spearmint, Peppermint, Ravensara, Spruce, Cypress, Rosemary Cineole

USE SUGGESTIONS

When using topically, **begin by applying with a carrier oil and then apply neat if the body responds well and no sensitivities arise.

- **RESPIRATORY SUPPORT:**
Diffuse, inhale directly, or add to hot water and inhale steam to promote easier breathing and relieve cold/flu/allergy congestion.
- **SINUS & NASAL CONGESTION:**
Apply topically or diffuse to promote easier, clearer breathing.
- **SLEEP/RELAXATION:**
Diffuse.
- **MEDITATION:**
Diffuse to promote serenity & focus.
- **INVIGORATE/EXERCISE:**
Diffusing may energize and uplift during pre-workout, workspace, or living environment.
- **TRAVEL:**
Inhale aroma to promote clearer breathing, feel refreshed, and help with fatigue.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Individual results may vary.

**Always perform a patch test on the skin before application the first time.

