

LAVENDER CHAMOMILE

stress relief blend

10ml

*HB*Naturals
PRODUCT INFORMATION PAGE



application

Aromatic • Bath • Topical

safety group #1

ingredients

Lavandula angustifolia (Lavender, vera), Anthemis nobilis (Roman Chamomile)

ingredient highlights

- Pure Lavender oil is one of the most versatile aromatherapy oils and is a 'must-have' for the home first-aid kit. It is extremely beneficial for a wide variety of ailments ranging from aches, pains, and skin complaints to colds & flu, stress, headaches, and insomnia. Lavender, vera has a calming scent that makes it an excellent tonic for the nervous system. It helps with headaches and migraines, anxiety, depression, and emotional stress.*
- Roman Chamomile has had a medical reputation in Europe and especially in the Mediterranean region for over 2,000 years, and is still in widespread use. The name chamomile, in Greek chamaimelon, means "earth apple," and this describes well Roman Chamomile's earthy, yet sweet and slightly tart scent. It was employed by the ancient Egyptians and the Moors, and it was one of the Saxons' nine sacred herbs. Roman Chamomile can be used as a relaxing massage oil for women in labor, and will work on the digestive system to treat flatulence, heartburn, nausea and vomiting. When feeling grumpy, discontented, or impatient, Roman Chamomile is a good remedy.*

product summary

Lavender Chamomile is a sweet, nurturing, calming blend for children and adults alike. Using only the highest quality Lavender, Vera and Roman Chamomile, this blend is relaxing, calming, and soothing. It can be used for calming stress, tension, anxiety, and insomnia.*

Lavender and Chamomile have been used for thousands of years by a host of civilizations. Both are excellent oils for skin and hair care, encouraging regeneration of healthy skin tissue, which makes this blend outstanding to use with burns, wounds, ulcers, dry skin, dermatitis, hair care, for easing inflammation of any kind, and promoting healing.*

Use on the babysitter, caretaker, or blankets of infants when the mother is not present; babies will likely be calmed and soothed by the scent. The sense of smell is the first sense we develop in-utero and the last sense we have before passing. Sense of smell is very important in helping us process our life experiences.*

uses

- Add 8-10 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water.*
- Use 1-2 drops on the head, chest, or stomach when feeling overwhelmed.*
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.*
- Use 2-3 drops as a back rub before bed to relax and prepare you or your child for sleep.*

responsible cautions

- Non-toxic, non-irritant, non-sensitizing
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.