

Deep Green

aromatherapy shower experience

HBNaturals
PRODUCT INFORMATION PAGE



ingredients

Distilled Water, Pink Himalayan Salt, Citrus reticulata var deliciosa (Green Mandarin), Picea mariana (Black Spruce), Pinus sylvestris (Pine Needle), Salvia officinalis (Sage), and Eucalyptus globulus (Eucalyptus Globulus)

suggested use

- Spray three or four pumps on an upper shower wall to release the power of Deep Green. Breathe deeply, enjoy.

responsible cautions

- Keep out of the reach of children.
- Store away from sunlight, at room temperature, with the lid securely tightened.
- Consult with a physician before use if you have a serious medical condition or use prescription medications.

*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.

product summary

Experimental studies have shown that aromatic compounds (essential oils) produced from trees can lower the production of stress hormones, reduce anxiety, and increase the pain threshold. When inhaled, aromatic plant essential oils increase the antioxidant defense system in the human body. Studies have also shown an association between higher amounts of volatile aromatic compounds in the air and improved immune function. Specifically, higher levels of volatile aromatic compounds cause increased production of anti-cancer proteins in the blood as well as higher levels of the front-line immune defenders called natural killer cells (NK). Adults who have higher NK activity tend to have a lower frequency of colds and flu.*

Steam therapy is one of the best ways to cleanse your lungs and sinuses. Inhaling water vapor opens air passages and helps the lungs to drain mucus, making it easier to breathe deeply. Start your day with a shower using Deep Green Shower Experience to relax your mind and encourage deep breathing.*

ingredient highlights

Green Mandarin: Can calm emotional distress, provide courage to those reluctant to ask others for help, and release blocked, stagnant energy. It may be immensely supportive for those working through situational anxiety or depression.*

Black Spruce: In *Aromatherapy Scent and Psyche*, Peter Damian notes "Antiseptic, expectorant, and anti-tussive, Black Spruce Oil is an ideal remedy for all lung ailments (e.g. asthma and bronchitis) whether utilized as an inhalant or a cough remedy."*

Pine Needle: Pine trees have long been associated with fresh air, and Pine Needle essential oil can assist in cleaning, purifying, stimulating, and refreshing our senses and our homes. Pine Needle can help clear the air, release negative emotions, and may assist in promoting wellness, especially during the winter months.*

Sage: Well known as an environmental purifier, Sage has also been recognized for its ability to strengthen the senses. Diffused or used in vapor therapy, Sage essential oil can be helpful in alleviating anxiety, calming the nerves, and assisting with cognition and memory.*

Eucalyptus Citriodora: Commonly known as Lemon Eucalyptus, this essential oil has a fresh, lemony, camphor-like scent that is calming and sedating. Energetically and emotionally, it is often used to help cleanse the mind, body, and spirit, especially with regard to negative emotions. Its powerful properties make it an excellent choice to assist with healthy respiration for the entire family, particularly during the challenging cold/flu season.*