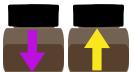
## SUPER Aromatherapy To Help You Go To Sleep and Wake Up





**POWER** Up

## **Lavender Oil**

- Improve sleep
- Decrease stress
- Ease tension

## <u>Lemon Oil</u>

- Wake up
- Boost energy
- Improve focus

Place 1-2 drops on cotton ball or gauze pad and inhale





- For inhilation and external use only
- Lemon oil can cause a sunburn; wipe off completely before going out in the sun.
- Talk to your doctor before using during pregnancy, labor, breastfeeding, with epilepsy, infants, toddlers and pets