

Breathe In Essential Oil Blend

DESCRIPTION: A fresh and minty blend. Diffuse it seasonally to invigorate and for feelings of easy breathing.

TOP AROMATHERAPY BENEFITS: open • breathe • invigorate

AROMA: Minty & Airy

INGREDIENTS: Illicium verum (anise) fruit seed oil, eucalyptus globulus leaf oil, citrus aurantium dulcis (orange) peel oil, mentha piperita (peppermint) oil, mentha viridis (spearmint) leaf oil, melaleuca alternifolia (tea tree) leaf oil

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Avoid sunlight or UV rays for up to 12 hours after applying product.

Also available in 10 ml roll-on.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for an invigorating and refreshing aromatherapy experience.

Clear the Air

Diffuse to encourage deep breathing when feeling congested.

Enhance Shower

Apply a few drops to shower floor for a refreshing steam.

Natural Deodorizer

Combine with lemon to use as a natural air deodorizer.

Soothe Joints

Combine with peppermint and a carrier oil and rub on achy joints.

Sugar Scrub

Combine 10-15 drops essential oil with 1/2 cup coconut oil and 1/2 cup sugar for DIY sugar scrub for glowing skin.

Bath Salts

Combine 15-20 drops essential oil with 2 tablespoons coconut oil and 2 cups Epsom salt for energized skin.

Daily Shower Spray

In a spray bottle add 1 cup of water, 1 tablespoon liquid Castille soap, 10 drops Breathe In oil. Use after showering on tile and glass.

Facial Steam

Create a facial steam to encourage deep breathing by adding 3-5 drops to 2 cups boiling water and covering head and bowl with a towel while inhaling.

Vapor Rub

Create a homemade vapor rub by combining 3-4 drops Breathe In oil with carrier oil and apply to chest.

Encourage Relaxation

Add to carrier oil and apply to temples and/or neck to encourage relaxation when experiencing head tension.

Combine with carrier oil and ginger or peppermint and apply to stomach to encourage relaxation when experiencing bloating or indigestion.

EXPERTLY BLENDED

Breathe In is specially designed by our aromatherapy experts with the following oils:



Anise



Eucalyptus



Orange



Peppermint



Spearmint



Tea Tree

Dilution Ratio: Best practices state that one ½ tsp of a carrier oil, like olive, coconut, jojoba or almond oils, be combined with every 1-2 drops of essential oil. 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.