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**Application:** T

**Ingredients:** Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Sandalwood, Tonka Bean, Vanilla Absolute, Linalool\*, Limonene\*, Benzyl Benzoate\*, Benzyl Salicylate\*

**Aromatic Description:** Warm, herbal, floral

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**Serenity<sup>®</sup> | Essential Oil Blend 15 mL**

**60223716**

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## Primary Benefits

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- + Provides a relaxing aroma and promotes calmness and peace.
- + Creates a restful environment at bedtime

## Description

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Serenity<sup>®</sup> is a peaceful blend of essential oils that promotes tranquility and relaxation. Apply topically before bedtime to help reduce worry and prepare for a restful sleep. Cedarwood and Vetiver essential oils give this blend a grounding aroma.

## Uses

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- + Apply to bottoms of feet at bedtime to help unwind before going to sleep.
- + Add to a warm bath with Epsom salts to create a relaxing, renewing experience.
- + Apply 2–3 drops to the back of the neck or on the side of the heart for feelings of calmness and peace.

## Directions

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**Topical:** General cosmetic use apply to desired area. For targeted skin application, mix 1-2 drops with ~10 drops carrier oil. For perfuming, apply 1-2 drops to ~5 drops carrier oil.

## Cautions

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Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. For external use only.

\*Naturally occurring oil compounds