



## Application A T N

**Ingredients:** Clary Sage Flower, Lavender Flower, Bergamot Peel, Roman Chamomile Flower, Ylang Ylang Flower, Cedarwood Wood, Geranium Stem/ Leaf, Fennel Seed, Carrot Seed, Palmarosa Herb, and Vitex Leaf/Berry essential oils.

**Aromatic Description:** Floral, herbal, coniferous

## Primary Benefits

- + Provides a soothing and calming aroma during a woman's menstrual cycle
- + Calming aroma helps soothe and balance heightened emotions
- + Aroma helps balance mood throughout the month

## Description

ClaryCalm is a proprietary blend of essential oils that provides a soothing and calming aroma during a woman's menstrual cycle. A topical blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, and Vitex, ClaryCalm helps balance emotions. ClaryCalm utilizes FCF (furnaocoumarin- free) Bergamot essential oil to prevent sun sensitivity.

## Uses

- + During your menstrual cycle, apply to abdomen to experience a soothing and calming massage.
- + During moments of heat, apply to the skin for a cooling, soothing effect.
- + Diffuse for a calming aroma that helps soothe heightened emotions.

## Directions for Use

**Topical Use:** Apply topically to the back of the neck, on temples, and bottoms of feet. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

## Cautions

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.