



bio CALM Aromatherapy Roll On

with mandarin, lavender, patchouli, yarrow

Contains:

Caprylic/Capric Triglyceride, Citrus Nobilis Reticulata (Mandarin) oil, Lavandula Hybrida Grosso (Lavandin) oil, Lavandula Angustifolia (Lavender) oil, Pogostemon Cablin (Patchouli) oil, Achillea Millefolium (Yarrow) oil.

Aroma:

Light floral fragrance with a warm, fruity herbaceous undertone.

Description:

PERFECT SOLUTION FOR STRESS, TENSION & SLEEP PROBLEMS
Be Calm Roll On contains a therapeutic blend of 100% pure and natural essential oils blended in a base of premium carrier oil.

Main actions & benefits:

NATURAL REMEDY FOR A PEACEFUL SLEEP
CALMING & RELAXING ACTIONS
UPLIFTING, MOOD BOOSTING
FOR STRESS AND TENSION
ROLL ON portable convenience
100% pure and natural



Traditional Actions and Properties of each essential oil:

- Lavender:** Relaxing for stress & tension, helps calm the senses for a peaceful sleep
Analgesic effects: Pain relieving effects helps soothe muscle aches and pains ³⁴
Nervine: Inhaling linalool is shown to have anxiolytic (reduces anxiety) effect ³⁵
Sedative effect: Induce feelings of relaxation ³⁸
- Mandarin:** Calming, uplifting and soothing properties
Antidepressant effect: Uplifts the spirit and helps calm feelings of stress and tension
Relaxant: Stress reliever to soothe and calm the senses, diffuse for a restful sleep
Limonene ingredient may have anti-anxiety and sedative effects.
- Patchouli:** Relaxing, soothing and calming effects
Antidepressant effects may help boost your mood
Nervine effect: Helps relieve nervous tension with balancing and grounding properties
Sedative effect: Inhalation has been found to have calming and sedative properties
May help improve sleep
- Blue Yarrow:** Relaxing and soothing benefits
Anti-inflammatory effects: Nourishes the skin and helps reduce inflammation
Anti-spasmodic effect: Helps soothe muscle and joint pain
Sedative effect: Helps relieve anxiety and insomnia

Uses:

- Calming effects for stress, tension, anxiety
- Difficulty sleeping, soothing relaxant
- Mental fatigue, for a busy and active mind
- Uplifting, mood boosting

Safety:

For external use only.
Discontinue use if there is sensitivity or reaction
Not for children or babies
Refer to our general safety guideline

Application:

Gently massage roller ball under the nose, on temples, neck and shoulders, wrists. For sleep also roll on bottom of feet. Keep away from eyes and mucus membranes.

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