

Usage Guide

Sleep Easy relaxes your mind for a rejuvenating sleep and reduces feelings of anxiety during the day

Apply 2-3 drops in circular motion on Forehead, Ajna, Throat & Solar Plexus (front and back) chakras before sleeping

You may put a few drops on your pillow to amplify the effect.

These are complementary modalities, not meant to replace your Allopathic practice. Keep Essential oils away from children, pets, pregnant women. Do not heat these oils as essential oils are volatile.

Calm Blend relieves feelings of stress and anxiety.

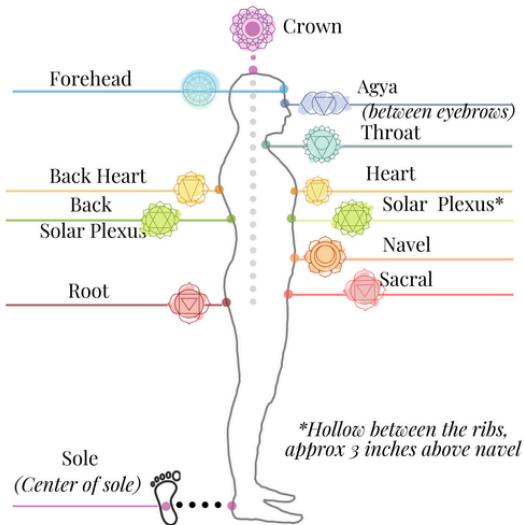
Apply 2-3 drops on Ajna, Throat and Solar Plexus (front & back) and wrists. May be used every 3-4 hours.

This blend is designed to aid in the day to day stressful situations we face. If problem persists please consult your General Practitioner



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Chakra Guide



All purpose Batch no . 1002/BCT/APO
Mfg Date. Feb 2023
Exp. 24 months

Walk easy. Batch no . 1002/BCT/WEO
Mfg Date. Feb 2023
Exp. 24 months



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