

# Usage Guide: Sleep Easy

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

Before bedtime, apply the roll-on in a clockwise and then anticlockwise motion on the following Chakras:

- **Forehead**
- **Agya**
- **Throat &**
- **Solar Plexus (front and back)**

Use for as long as you need to get regularity in sleep or to reset your body clock while traveling.

*All natural essential oils in coconut oil.  
No chemical additives; fragrance or otherwise.*

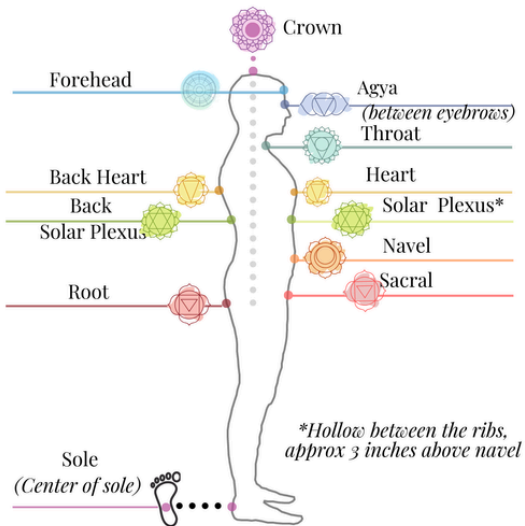
**For more details and tips on better sleep scan QR Code and click**

*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.*



Usage Instructions

# Chakra Guide



Nature's Intelligence for  
Inner & Outer Wellness;  
designed by Healers



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