



# rareESSENCE<sup>®</sup>

## AROMATHERAPY

### **SLEEP**

*100% Pure Essential Oil Blend*

**SLEEP BLEND CONTAINS:** Lavandula angustifolia (Lavender, French), Pelargonium graveolens (Geranium, Egyptian), Citrus sinensis (Orange, Sweet), Vetiveria zizanioides (Vetiver, Haiti), Anthemis nobilis (Chamomile, Roman), Salvia sclarea (Clary Sage), Cedrus atlantica (Cedarwood, Himalayan)

The Sleep blend can be combined with simple and effective breathing exercises to help with relaxation and promoting more peaceful sleep, such as the breathing technique called 4-7-8:

- Put 2 drops of SLEEP on a tissue
- Exhale completely
- Breathe in for 4 seconds through your nose with the tissue held near your nose
- Hold your breath for 7 seconds
- Breath out through your mouth for 8 seconds making a “whooshing” sound
- Repeat 3 times

#### **HOW TO PROPERLY DISPENSE YOUR ESSENTIAL OIL:**

Open bottle and hold downward at a 45° angle. The oil will begin to drip out of orifice. Depending on the thickness of the oil, this can take a few seconds. Do not shake or tap bottle.

#### **WHAT IS AROMATHERAPY?**

Aromatherapy is the practice of using essential oils to complement the body’s own healing processes and enhance mental, emotional, and physical well-being. Essential oils are extracted directly from natural plant material, usually through steam distillation or expression. The resulting concentrated extracts are said to contain the essence or “life force” of the plant. Various plant species have unique and beneficial properties that have been used for thousands of years to aid in healing, calming, and pain relief, among other ailments. The natural components in these oils serve to provide plants protection from insects and animals, encourage pollination, and aid the plant with their antifungal and antibacterial properties. Certified Aromatherapists use essential oils for specific conditions and complementary therapies – you can also utilize essential oils in your own home and personal care for great benefit. This blend of essential oils has been expertly selected by our Certified Aromatherapists for quality, purity and aroma.

#### **TOP QUALITY ASSURED**

rareESSENCE essential oils are consciously-sourced worldwide. These oils are 100% pure and of the highest quality. They are extensively tested by chemical analysis, gas chromatography and odor evaluation by an essential oil chemist. They are natural and undiluted (unless otherwise stated). rareESSENCE also carries a range of pure and, wherever possible, cold-pressed and organically produced carrier oils, as well as diffusers, perfumes, candles and more.

#### **CARE OF YOUR RAREESSENCE ESSENTIAL OIL BLENDS**

Store essential oils in dark glass bottles, upright, at a steady temperature away from bright sunlight. Essential oils are flammable and may also corrode polished surfaces, rubber and plastic.

**\*GENERAL SUGGESTED USES FOR ESSENTIAL OILS AT HOME.  
VISIT OUR WEBSITE FOR SPECIFIC INFO ON EACH OIL AND FOR ADDITIONAL USES.**

**MASSAGE:** For adults, mix 3 to 6 drops of the essential oil in ½ ounce of a suitable carrier oil, like coconut or jojoba oil; for children, elderly or women pregnant or nursing, halve the ratio of essential oil. See specific contraindications for guidance on oils. Certain oils are not appropriate for this usage.

**BATH:** First dilute 8 drops of essential oil into a ½ ounce of carrier oil and stir into a warm bath. The carrier oil will help to more evenly disperse the oil into the water. This should not be used with oils that are irritants or for people with sensitive skin. Use caution when entering or exiting bath due to the slipperiness of the oil.

**VAPORIZER:** Use 5 to 10 drops per ½ cup of water to create a pleasant atmosphere.

**CAR:** Put a few drops in a car diffuser or on a tissue or cotton ball to refresh.

**COMPRESS:** Add 4 to 5 drops of essential oil in a small basin of cool or warm water; soak a clean soft cloth or gauze and apply to the desired area. Avoid eyes or mucous membranes. Not suitable for all oils.

**FOOT SOAK:** Mix 4 to 5 drops of essential oils with a teaspoon of carrier oil, like coconut or jojoba, and mix well in a basin of warm water. Soak feet for 20 to 30 minutes. Not suitable for all oils.

**INHALATION:** Heat a pan of water until it is steaming. Remove from heat and carefully pour into a stable ceramic, glass or stainless steel bowl. Add 4 drops of essential oil to water, and place towel over both your head and the bowl to help contain the vapors. Breathe in normally for 5 to 7 minutes. Use less oil and time for elderly or children. Use extreme care with HOT water to avoid burns. Closely supervise elderly or children.

**PILLOW:** Try a couple drops or a spray mist (see below) on your pillow at night for restful sleep.

**STUDYING:** Add 2 drops of an uplifting essential oil (e.g. Rosemary, Peppermint or Lemon) to a tissue or cotton ball and inhale occasionally for an extra boost of stimulation.

**SPRAY MIST:** Add 10 to 12 drops per ounce of distilled or filtered water in a fine spray mister. Shake well to create your own natural room spray. Avoid spraying toward eyes, on pets, plants or on polished finished surfaces.

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**PRECAUTIONS**

Essential oils, if used correctly, are safe and pleasant to use. They are, however, very concentrated and powerful so certain precautions should be taken. If there's any doubt about their safe use or effects, consult a qualified aromatherapist or seek medical advice. Some general guidelines for safe use are:

- Keep out of reach of children and pets.
- For external use only unless prescribed by a healthcare practitioner.
- Avoid contact with the eyes and mucous membranes.
- Seek professional/medical advice before use if you are pregnant.
- Dilute before use on skin (or in the bath if you have sensitive skin).
- Seek medical advice before use if you have a medical condition (such as epilepsy, high blood pressure, etc).
- If you have an adverse reaction to an essential oil, stop use immediately and seek professional/medical advice.

**Dilution Guidelines**

Essential oils are potent and require care in use. Generally, essential oils should not be applied "neat" or undiluted to the skin since this can potentially cause a severe reaction or sensitization. When applying essential oils to the skin, it's important to dilute them in carrier oils such as jojoba or coconut oil. Keep in mind, when using essential oils, less is usually better.

**We highly recommend consulting your healthcare practitioner when using essential oils during pregnancy when taking medication or for children and infants under two years of age.**

**For children under 12\* :**

**0.25 - 0.5% dilution** = 1-3 drops of essential oil per ounce of carrier

**For adults and children 12 and over :**

**1% dilution** = 6 drops of essential oil per ounce of carrier

**3% dilution** = 20 drops of essential oil per ounce of carrier

**2% dilution** = 12 drops of essential oil per ounce of carrier

**5% dilution** = 30 drops of essential oil per ounce of carrier

\*Please note: Not all essential oils are safe for children. Consult a certified aromatherapist or healthcare practitioner.

**\* THIS PRODUCT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.  
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

Please visit our website to see our full line of essential oil single notes, blends and inhalers as well as our 100% pure essential oil-based products, including room mists, reed diffusers, electronic diffusers, natural soy candles and pure essential oil perfumes. rareESSENCE welcomes your comments and suggestions. For more information, please contact us at:



No Animal Testing  
Cruelty-Free

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