
Description

A calming, sensual, meditative and warming oil.

Also useful for: Stress, mild anxiety, irritability, mood swings, nervous tension and insomnia

How to use this product

Vaporisation

Create your own personal aromatic environment and balance emotional wellbeing.

HOW: Choose 3 essential oils. Add a total of 5 drops to the water your Oil Garden diffuser. As the mist rises it carries the pure essential oil particles into the surrounding air.

Massage

Nourish and rejuvenate the body while experiencing the healing benefits of pure essential oils.

HOW: Choose 3 essential oils. Add a total of 5 drops of essential oil to 10 ml of carrier oil and gently massage over the skin. The oils are absorbed into the body via the hair follicles working from within to improve general wellbeing.

Ingredients

Cananga odorata flower 1mL/mL

Recipes

ROMANCE:

To add a little love in your life