



CHANGES

Women's Health Blend

CHANGES helps women ease the symptoms that are traditionally associated with PMS or the transitional phase of menopause with luscious floral notes, grounding herbal tones and cooling peppermint.

FEATURES

Clary Sage, Pine needle, Orange, Ho Leaf, Peppermint, Ylang Ylang and Chamomile.

- Mix with water in a spray bottle or with Nature's Fresh Enzyme Spray for a quick, cooling mist any time of day.
- Dilute with Carrier or Massage Oil and apply to pressure points like the temple area, wrists or behind the ears.

INGREDIENTS

100% pure essential oils of *Salvia sclarea* (Clary Sage) flowering tops, *Pinus sylvestris* (Pine) needle, *Citrus sinensis* (Orange) peel, *Cinnamomum camphora ct linalool* (Ho Leaf), *Mentha piperita* (Peppermint) leaf and flower, *Cananga odorata* (Ylang Ylang) flower, *Anthemis nobilis* (Chamomile) flower.

RECOMMENDED USE

Essential oils may be used aromatically or topically in a variety of ways including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature's Sunshine Massage Oil or Carrier Oil before applying topically.

COMPLEMENTARY PRODUCTS

Flower Essences, Nature's Fresh Enzyme Spray, Aroma Ball Plug-in Diffuser

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Product Stock Number: **3858-7 (15ml)**

NATURE'S SUNSHINE®