



BREATHE DEEP

Take a deep breath and exhale. This blend combines fruity notes of citrus with cooling mint, invigorating wood tones and bracing eucalyptus and tea tree that will have you breathing deep and clear in no time.



FEATURES

Lemon, Orange, *Eucalyptus radiata*, Spearmint, Cypress, Fir, Ravensara, Tea Tree

- Diffuse at night to soothe and relax
- Dilute with Carrier or Massage Oil and apply to chest

INGREDIENTS

100% pure essential oils of *Citrus x limon* (Lemon) whole fruit, *Citrus sinensis* (Orange) peel, *Eucalyptus radiata* leaf, *Mentha cardiaca* (Spearmint) leaf, *Cupressus sempervirens* (Cypress) leaf, *Abies sibirica* (Fir) needle, *Ravensara aromatica* leaf, *Melaleuca alternifolia* (Tea Tree) leaf.

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: **3879-8 (15ml)**

NATURE'S SUNSHINE®