



### Relaxation Massage Oil

Apply Relaxation Massage Oil to tired shoulders, neck, and back. Ask for a massage from a loved one or take with you to your favorite massage therapist.



### Stress Away Bath Bombs

Add a Stress Away Bath Bomb to your tub and soak your cares away.



### Sacred Mountain Essential Oil

Diffuse 4-6 drops Sacred Mountain Essential Oil at bedtime or throughout the day to release emotional pressures and promote feelings of strength and protection.



### Stress Away Roll-On

Keep your Stress Away Roll-On in your purse, briefcase, or close by and apply often throughout the day to wrists or neck to calm and relieve mental, emotional, and physical tension.



### Lavamint Foot Scrub

Massage Lavamint Softening Foot Scrub into dry feet, including toes, soles, and heels; then apply a small amount of warm water to transform the gel base into a milky lotion. Continue scrubbing over wet feet. Clean with a wet towel or rinse with water. Revives and refreshes tired feet.



### SleepEssence

Take 1-2 SleepEssence softgels 30-60 minutes before bedtime to give you a deep and restful night's sleep.



### Release Essential Oil

Apply Release Essential Oil to the wrists or over the liver as needed to help with letting go of emotional baggage and carrying the weight of your own and others' expectations.



### Raindrop Collection

Learn the Raindrop Technique (instructions included with the kit) and trade off giving massages to someone you love or simply apply these oils to the spine or feet for incredible rejuvenation, release, and serenity.

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