

Breathe Deep Essential Oil Blend (15ml)
Stock #: 3879 Regular Price: 36.95

Take a deep breath and exhale.

This clearing blend of essential oils will have you breathing deep and clear in no time!

Breathe Deep provides a fantastic blend of fruity citrus, cooling mint, invigorating wood tones and bracing eucalyptus and tea tree oils that work synergistically to help support and soothe respiratory mucous membranes.

Diffuse at night for relaxation or dilute and apply to the chest.

Features: Lemon, Orange, Eucalyptus, Spearmint, Cypress, Fir, Ravensara, and Tea Tree essential oils

Lemon oil has a mouth-wateringly juicy fragrance that evokes sunshine in a bottle. Lemon oil has numerous uses, including boosting your immune system. You can also breathe in lemon oil's fresh citrus scent for added energy and stress relief.

Packed with a burst of mouthwatering citrus freshness, orange oil can uplift and lighten the mood. It helps improve mood and reduce feelings of stress or anxiety.

Eucalyptus oil is a popular ingredient in cough and cold medications, muscle rubs, and joint ointments. Its purifying and invigorating scent also provides a stimulating experience for body and mind.

Cypress oil sports refreshing hints of evergreen and spice with clean, earthy undertones. Cypress oil has been used to aid respiratory and immune system challenges.

The clean, sharp aroma of tea tree oil is described as invigorating and restoring. Known as “the wonder from Down Under”, tea tree oil comes from the leaves of the Melaleuca tree, which is native to Australia. In fact, the aboriginal people of Australia have traditionally used tea tree oil as an herbal medicine for coughs and colds and to kill germs. Tea tree oil has many uses and benefits, including naturally supporting and enhancing immune system activity.

Benefits:

- Combines spearmint, eucalyptus, tea tree and other beneficial oils to help you breathe deeply
- Diffuse at night to soothe and relax
- Dilute with Carrier or Massage Oil and apply to chest

Ingredients:

100% pure essential oils of Lemon whole fruit, Orange peel, Eucalyptus radiata leaf, Spearmint leaf, Cypress leaf, Fir needle, Ravensara leaf, Tea Tree leaf.

Quality Assured:

Nature's Sunshine Quality Assurance staff sources the world's purest ingredients, no matter where they are grown, to ensure the active nutrients are delivered just as nature intended. NSP scours the globe to

find the highest quality plant sources.

As with all of our oils, third party and in-house GC/MS testing verifies the materials are pure and free of contaminants like chemical pesticides, herbicides, fertilizers or other adulterants.

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

ESSENTIAL OIL BATH RECIPE



Add to Bath:

- 1 cup Epsom salt
- 10 drops breath deep
- 10 drops lavender
- 10 drops peppermint
- 10 drops lemon.

Relaxing and smells amazing.



NATURE'S SUNSHINE®