

# Deep Green

aromatherapy shower experience

**HB**Naturals  
PRODUCT INFORMATION PAGE



## ingredients

Distilled Water, Pink Himalayan Salt, Citrus reticulata var deliciosa (Green Mandarin), Picea mariana (Black Spruce), Pinus sylvestris (Pine Needle), Salvia officinalis (Sage), and Eucalyptus globulus (Eucalyptus Globulus)

## suggested use

- Spray three or four pumps on an upper shower wall to release the power of Deep Green. Breathe deeply, enjoy.

## responsible cautions

- Keep out of the reach of children.
- Store away from sunlight, at room temperature, with the lid securely tightened.
- Consult with a physician before use if you have a serious medical condition or use prescription medications.

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## product summary

Experimental studies have shown that aromatic compounds (essential oils) produced from trees can lower the production of stress hormones, reduce anxiety, and increase the pain threshold. When inhaled, aromatic plant essential oils increase the antioxidant defense system in the human body. Studies have also shown an association between higher amounts of volatile aromatic compounds in the air and improved immune function. Specifically, higher levels of volatile aromatic compounds cause increased production of anti-cancer proteins in the blood as well as higher levels of the front-line immune defenders called natural killer cells (NK). Adults who have higher NK activity tend to have a lower frequency of colds and flu.\*

Steam therapy is one of the best ways to cleanse your lungs and sinuses. Inhaling water vapor opens air passages and helps the lungs to drain mucus, making it easier to breathe deeply. Start your day with a shower using Deep Green Shower Experience to relax your mind and encourage deep breathing.\*

## ingredient highlights

**Green Mandarin:** Can calm emotional distress, provide courage to those reluctant to ask others for help, and release blocked, stagnant energy. It may be immensely supportive for those working through situational anxiety or depression.\*

**Black Spruce:** In *Aromatherapy Scent and Psyche*, Peter Damian notes "Antiseptic, expectorant, and anti-tussive, Black Spruce Oil is an ideal remedy for all lung ailments (e.g. asthma and bronchitis) whether utilized as an inhalant or a cough remedy."\*

**Pine Needle:** Pine trees have long been associated with fresh air, and Pine Needle essential oil can assist in cleaning, purifying, stimulating, and refreshing our senses and our homes. Pine Needle can help clear the air, release negative emotions, and may assist in promoting wellness, especially during the winter months.\*

**Sage:** Well known as an environmental purifier, Sage has also been recognized for its ability to strengthen the senses. Diffused or used in vapor therapy, Sage essential oil can be helpful in alleviating anxiety, calming the nerves, and assisting with cognition and memory.\*

**Eucalyptus Citriodora:** Commonly known as Lemon Eucalyptus, this essential oil has a fresh, lemony, camphor-like scent that is calming and sedating. Energetically and emotionally, it is often used to help cleanse the mind, body, and spirit, especially with regard to negative emotions. Its powerful properties make it an excellent choice to assist with healthy respiration for the entire family, particularly during the challenging cold/flu season.\*

# Deep Green

aromatherapy body mister



## ingredients

Organic Aloe barbadensis miller (Aloe Vera) Leaf Juice, Cocos nucifera (Fractionated Coconut) Oil, Organic Salix alba (White Willow Bark) Extract, Glycerin, Organic Hamamelis virginiana (Witch Hazel) Distillate, Citrus reticulata var deliciosa (Green Mandarin) Essential Oil, Picea mariana (Black Spruce) Essential Oil, Organic Alcohol, Tetrasodium Glutamate Diacetate, Citric Acid, Pinus sylvestris (Pine Needle) Essential Oil, Salvia officinalis (Sage) Essential Oil, Eucalyptus globulus (Eucalyptus Globulus) Essential Oil

## suggested use

- Apply any time. Generously spray over the entire body. Reapply as desired throughout the day.\*

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## product summary

Essential oils are plant-based, don't contain any unnatural ingredients, and are a lot stronger and more concentrated than chemical perfumes. When used properly, they don't have toxic side-effects and dangers found in many over-the-counter beauty products and prescription pharmaceuticals. Aromatic essential oils can help relax the body, ease the mind, and balance the emotions.\*

White Willow Bark Extract and Aloe Vera Leaf Juice lend their powerful anti-inflammatory and antioxidant properties to help moisturize and protect skin while naturally hydrating and reducing the appearance of fine lines, wrinkles, and blemishes.\*

Uplift your body and senses while draping your skin in an invisible veil of light moisture and hydration with the Deep Green Aromatherapy Body Mister.\*

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# Deep Green

abundance blend

**HBNaturals**  
PRODUCT INFORMATION PAGE



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## suggested use

- Add 10 to 15 drops of Deep Green to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to warm bath water. Soaking in a Deep Green bath warms and energizes the Heart Chakra, creating a feeling of being loved and cared for. Soak 10 to 20 minutes for best results.\*
- For a foot soak, add 8 to 12 drops of Deep Green to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.\*
- Put 2 to 3 drops in the palms of your hands, rub together, cup hands over nose and mouth, and inhale deeply.\*
- Dilute 6 to 10 drops in an ounce of carrier oil and massage as desired.\*
- Diffuse 10-15 drops in a cool mist essential oil diffuser.\*

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## product summary

Natural environments provide untold amounts of olfactory-provoking aromatic compounds that appear to act synergistically, balancing mental outlook and facilitating effortless connection to the environment in which one is immersed.

In a natural environment such as a forest, you can usually smell flowering plants, leaf mold, and evergreen needles which create that 'great outdoors' smell, but even a single tree of a single species can release dozens of aromatic compounds, although your sense of smell commonly fails to detect them all. Just because they escape conscious olfactory detection does not mean they have no effect on your health and wellbeing.

Aromatic trees and plants release volatile aromatic compounds that impact our mood, physical state, and even our immunity in ways we are only just beginning to understand.\*

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