

HBNaturals

# Tamar

Calm & Uplift

100% Pure Therapeutic Essential Oil Blend  
0.34 fl. oz. (10ml)



**Ingredients:** Abies balsamea (Balsam Fir), Laurus nobilis (Bay Laurel), Gautheria fragrantissima (Wintergreen), Picea mariana (Black Spruce), Daucus carota (Carrot Seed), Cupressus sempervirens (Cypress), Boswellia carteri (Frankincense), Pogostemon cablin (Patchouli), Rosmarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Aniba roseodora (Rosewood), Salvia officinalis (Sage), Santalum album (Sandalwood), Melissa officinalis (Melissa), Cocos nucifera (Fractionated Coconut Oil)

**Directions:** Topical: Apply 1-3 drops to the soles of the feet or on pulse points. Aromatic: Mix 12-15 drops in a 4-ounce cobalt blue spray bottle of distilled water, mist body and/or environment as desired.

**Caution:** Keep out of reach of children. This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease. Store in a cool, dark place.

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