

COUNTRY CHRISTMAS

christmas blend 5ml

HBNnaturals
PRODUCT INFORMATION PAGE



application

Aromatic • Environmental

safety group #4

ingredients

Citrus sinensis (Orange, blood), Picea marian (Spruce, black), Cinnamomum zeylanicum (Cinnamon Bark), Cocos nucifera (Fractionated Coconut)

ingredient highlights

- **Blood Orange:** The invigorating yet calming aroma of Blood Orange exhilarates the senses and inspires a positive outlook. It is uplifting, stimulating, and helps with sadness and moodiness; diffuse to ease nervous tension and promote a happy mood. It is said to help enhance the romantic experience as part of a sensual blend.
- **Black Spruce:** Like all conifer oils, Black Spruce is an emotionally grounding oil, while at the same time stimulating, making it an excellent refresher for physical or mental exhaustion or in times of stress or anxiety. It possesses the ability to free and calm the mind while elevating the spirit.
- **Cinnamon Bark:** A very warm and uplifting oil known for its strengthening and energizing ability, Cinnamon Bark is helpful in easing mental or emotional fatigue, fighting weakness, recovering from a nervous breakdown, and improving concentration. Cinnamon Bark is highly beneficial for stress-related conditions.

product summary

For many, the holiday season starts with putting up the Christmas tree.

Back when most trees were real, your home became immersed in the fresh fragrance given off by the tree. No matter what variety, they all had an incredibly fresh, piney scent that everyone finds uplifting. This would inspire the making of cookies and pies and soon that long-awaited holiday smell we were all anxious for had arrived... the smell of the Christmas tree intertwined with the sweet and spicy cookies.

The Christmas in the country from our fond childhood memories can be recreated using the Country Christmas essential oil blend.

uses

- Diffuse 15 drops for 10 minutes every 2-3 hours to bring the smell of Christmas to your home.
- Add 20 drops to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before using. Mist into the environment as desired.
- Place 3-5 drops on a cotton ball and then tuck it inside the branches of an artificial Christmas tree to give it a natural fragrance.
- Select a combination of dried materials such as cinnamon sticks, clove buds, dried oranges, pine cones, etc. Add several drops to the dried material. Store the potpourri for a week to ten days in a jar or other airtight container. Arrange your finished potpourri in a decorative container that cannot be harmed by oil.

responsible cautions

- Do not apply directly to the skin or use in a bath.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

Heart & Body Naturals, LLC • Morrow, OH 45152 • www.HBNaturals.com • (513) 274-2110 • V11072017

RED VELVET

christmas blend 5ml

*HB*Naturals
PRODUCT INFORMATION PAGE



application

Aromatic • Bath • Topical

safety group #3

ingredients

Vetiveria zizanioides (Vetiver), Jasminum grandiflorum (Jasmine), Cananga odorata (Ylang Ylang Complete), Santalum album (Sandalwood), Citrus sinensis (Orange, blood), Gardenia taitensis (Monoi), Abies balsamea (Fir, balsam), Cocos nucifera (Fractionated Coconut)

ingredient highlights

- **Jasmine:** No other Essential Oil is quite as capable of changing our mood so intensely. Jasmine does not simply lighten our mood, it brings euphoria to darkness. Jasmine helps set the stage for experiencing warm love, total abandon, trust, and relaxed physical awareness.
- **Ylang Ylang Complete:** Very exotic and prized for its perfume fragrance, Ylang Ylang has relaxing, restoring, and aphrodisiac properties, and is known to assist the body with lowering blood pressure. It can also be used to help those who are tense or worried.
- **Sandalwood:** For the mind, Sandalwood creates a calming and harmonizing effect while reducing tension and confusion. The fragrance is legendary with warm, sweet, slightly spicy, precious wood-notes. It is a fragrance most men enjoy and is known for its aphrodisiac effects.

product summary

Nicholas used a very special red velvet to upholster the chaise he lovingly made for Elizabeth and for the coat he made for himself as it reminded him of the love he had in his heart for her. Red Velvet is a soft, warm, sensual blend full of romance and unconditional love. It reminds us not to take love for granted and to tell those we love, "I love you."

Sweet, sensual and elegant, this blend is the perfect personal fragrance for the holiday season; you'll feel yourself surrounded by love.

Share Red Velvet with those you love. Love is precious, love is gentle; it looks for the good in everyone, and it multiplies the more you give it away.

USES

- Wear as a personal perfume by applying 1-2 drops to pulse points, behind the ears, and over the heart.
- Diffuse 15 drops for 10 minutes every 2-3 hours for a relaxing, sensual aroma.
- Add 20 drops to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before using. Mist into the environment as desired.
- Place 3-5 drops on a cotton ball and then tuck it inside your pillowcase.
- Add 8-10 drops to ½ cup Pink Himalayan or Dead Sea Bath Salts and mix into warm bath water.

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Heart & Body Naturals, LLC • Morrow, OH 45152 • www.HBNaturals.com • (513) 274-2110 • V11072017

SAINT NICHOLAS

christmas blend 5ml

HBNnaturals
PRODUCT INFORMATION PAGE



application

Aromatic • Environmental • Topical

safety group #3

ingredients

Boswellia Carteri (Frankincense), Citrus aurantifolia (Lime), Abies sibirica (Fir, siberian), Canarium luzonicum (Elemi), Tanacetum annuum (Tanacetum Annuum), Rosa damascena (Rose), Cocos nucifera (Fractionated Coconut)

ingredient highlights

- Frankincense: Known as the "King of Oils", Frankincense was one of the gifts brought to the baby Jesus by the Magi. It induces a feeling of mental peace, relaxation, satisfaction, and spirituality. It also awakens insight, makes you more introspective and lowers anxiety, anger, and stress.
- Lime: Lime oil is used for its fresh, energizing benefits, and is known for its ability to cleanse, purify, and renew the body, mind, and spirit.
- Rose: Brings harmony between the spirit and the mental, emotional, and physical. Essential oil of Rose is a miracle of nature; it is truly exceptional. Rose expands our awareness and leads to faith.
- Elemi: Elemi trees are tall, tropical trees native to the Philippines. The name 'elemi' comes from an arabic phrase meaning 'above and below', and reminds us that the sacred resin in the tree supports our well-being on both the spiritual and the physical planes.

product summary

A blend of essential oils that represents the heart of Saint Nicholas and his ability to heal and go beyond is his own grief, giving unselfishly of himself to bring joy and happiness into the lives of others.

Use this blend to bring the true meaning of Christmas into your home all year long.

USES

- Wear as a personal perfume by applying 1-2 drops to pulse points, behind the ears, and especially over the heart to fill your heart with the true meaning of Christmas (great for the Scrooges of the family).
- Diffuse 15 drops for 10 minutes every 2-3 hours to create the atmosphere of Christmas, especially before company arrives to set the ambiance of your holiday get-togethers.
- Add 20 drops to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before using. Mist into the environment as desired. Lightly mist Christmas wrapping and cards to impart special wishes of peace and goodwill.
- Add 3-5 drops to your holiday greenery.
- Select a combination of dried materials such as cinnamon sticks, clove buds, dried oranges, pine cones, etc. Add several drops to the dried material. Store the potpourri for a week to ten days in a jar or other airtight container. Arrange your finished potpourri in a decorative container that cannot be harmed by oil.

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

Heart & Body Naturals, LLC • Morrow, OH 45152 • www.HBNaturals.com • (513) 274-2110 • V11072017

WISHES & DREAMS

christmas blend 5ml

HBNnaturals
PRODUCT INFORMATION PAGE



application

Aromatic • Topical

safety group #3

ingredients

Boswellia carteria (Frankincense), Commiphora myrrha (Myrrh), Nardostachys jatamansi (Spikenard), Inula helenium (Inula), Anthemis nobilis (Chamomile, roman), Citrus reticulata var deliciosa (Mandarin, green), Cocos nucifera (Fractionated Coconut)

ingredient highlights

- Frankincense: Known as the "King of Oils", Frankincense was one of the gifts brought to the baby Jesus by the Magi. It induces a feeling of mental peace, relaxation, satisfaction, and spirituality. It also awakens insight, makes you more introspective and lowers anxiety, anger, and stress.
- Myrrh: Believed to enhance visualization, provide relief from worry and over-thinking, enhance deep connectivity to one's spirituality, and act as a meditative aid, Myrrh is particularly valuable for people who feel stuck emotionally or spiritually and want to move forward in their lives.
- Spikenard: Regarded as a calming, sedative, stabilizing oil, Spikenard's action regulates the nervous system and the heart. It was used by Roman perfumers and has a well-known Biblical history, having been mentioned in the Song Of Solomon, and with Mary Magdalene who used it to anoint Christ's feet before the Last Supper
- Roman Chamomile: Very relaxing and calming to children and adults alike. When feeling grumpy, discontented, or impatient, Roman Chamomile is a good remedy.

product summary

Christmas has always been a season of miracles. A time when the child within all of us, young and old, once again believes in the "impossible" being made possible.

Use this blend and remember you have the power to reach out to someone in need this holiday season and make their wishes and dreams come true. And in the process, you may experience a miracle or two of your own.

This blend contains the very first Christmas gifts, Frankincense and Myrrh. And what a Christmas miracle they must have been to a poor carpenter, his wife, and newborn son, as they were worth more than gold. This blend is truly a gift.

uses

- Wear as a personal perfume by applying 1-2 drops to pulse points, behind the ears, and especially over the heart to remember to spend time with those you love. Make time your gift and visit someone who is alone.
- Diffuse 15 drops during prayer and meditation as a connection to the Divine.
- Add 20 drops to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before using. Mist into the environment as desired. Lightly mist an anonymous gift or donation to someone in need.

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

Heart & Body Naturals, LLC • Morrow, OH 45152 • www.HBNaturals.com • (513) 274-2110 • V11072017