

# FOCUS

focus blend

10ml

*HB*Naturals  
PRODUCT INFORMATION PAGE



## application

Aromatic • Bath • Topical

## safety group #3

## ingredients

Ocimum basillicum (Basil, sweet), Citrus limon (Lemon),  
Rosemarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole),  
Pelargonium graveolens (Geranium, rose), Rosa damascena  
(Rose), Mentha piperita (Peppermint)

## 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.

"The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

## product summary

Focus Essential Oil Blend is useful when increased mental alertness is required such as while driving, studying, or taking tests.\*

The essential oils in this blend are traditionally known to help retain and retrieve more information from your memory. They can help to stimulate the left-brain logical thought processes, and prevent mental fatigue while studying.\*

Focus helps to keep one present during mental work and may be helpful for those with short-term memory loss. Also helpful when you have creative or mental tasks to perform and need extra concentration.\*

Whether you are brain foggy, simply distracted, or whenever you need help to jump start your brain, Focus Essential Oil Blend helps you to get back on your game.\*

## ingredient highlights

- Sweet Basil is beneficial for headaches and migraines, but also has an uplifting effect on depression.\*
- Lemon relieves physical and mental heaviness; feelings of being burdened or weighed down by life's responsibilities.\*
- Peppermint clears the mind, helps focus, and relieves mental strain.\*
- Rose helps with depression, anger, grief, fear, nervous tension, and stress.\*
- Rosemary ct. 1,8 cineole keeps the mind alert and focused.\*

## uses

- Mix 10-12 drops in ½ cup Pink Himalayan or Dead Sea salt and add to a warm tub of water. Mix thoroughly, relax, and inhale steam to aid with mental clarity.\*
- Diffuse 10-15 drops for 15 minutes every 4 to 6 hours for improved mental clarity.\*
- For an invigorating massage add 5 to 6 drops to 1 tablespoon of carrier oil. Not recommended at bedtime.\*
- Apply to pulse points and on the base of neck.\*
- Apply to temples, back of neck, and forehead for improved mental clarity.\*
- Rub on temples while studying for improved retention.\*
- Apply 10-15 drops on the absorbent inner core of a nasal inhaler, cap the bottom, and inhale as needed.\*