

# SAINT NICHOLAS

christmas blend 5ml

**HB**Naturals  
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.

\*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.