

MOON

female hormone balance blend

10ml

HBNaturals
PRODUCT INFORMATION PAGE



application

Aromatic • Topical

safety group

#2

ingredients

Pelargonium graveolens (Rose Geranium), *Citrus sinensis* (Blood Orange), *Citrus paradisi* (Pink Grapefruit), *Lavandula angustifolia* (Lavender Vera), *Citrus reticulata var deliciosa* (Green Mandarin), *Jasminum grandiflorum* (Jasmine), *Cocos nucifera* (Fractionated Coconut)

primary benefits

- Assists female hormone balance.*
- Supports emotional and physical intimacy.*
- Relieves symptoms of PMS and menopause.*

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.
- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.

*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

Moon is a balancing, calming, and warming blend to enhance a woman's feelings of physical and emotional intimacy. It helps to balance hormones and aids in relieving mood swings, menstrual cramps, hot flashes, and hormonal headaches.*

This blend allows a woman to be open and communicative with their partner. Moon also helps women be sensitive to their feminine need to nurture themselves, especially during their "moon time".*

ingredient highlights

- **Rose Geranium** supports hormone balance particularly in puberty, menopause, and during menstrual changes.*
- **Blood Orange** has been shown in studies to have a positive effect on stress by decreasing cortisol and regulating heart rate.*
- **Pink Grapefruit** contains a flavonoid called quercetin that has been shown to positively benefit estrogen activity in the body.*

uses

- Mix 12-15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes to help balance hormones and to relieve pain and muscle aches brought on by menstruation. The incredible fragrance can also lift depression and soothe the nerves. Take a bath before bed to take advantage of Moon's aphrodisiac benefits.
- Inhale 1 to 2 drops directly from a tissue, cotton ball, or the palms of the hands as needed for hot flashes, insomnia, mood enhancement, and aphrodisiac effects.
- Dilute 10 to 20 drops in 10ml of carrier oil and massage over the lower back and abdomen for relief of menstrual discomfort.
- Dilute 10 to 12 drops in 1 ounce of carrier oil and massage over the lower abdomen area to support and vitalize reproductive energy.
- Apply 1 to 2 drops on the foot reflex points for the reproductive organs, gently stimulate the points as you massage in the oil.