



Healthy Skin ♣ Healthy Life™

HAPPINESS ESSENTIAL OIL

Calm raging hormones with our Happiness Blend of Spikenard, Patchouli, Ylang Ylang, Geranium, and Clary Sage.

KEY INGREDIENT

- Spikenard: Known to relieve stress, anxiety, and insomnia. Anti-inflammatory.
- Patchouli: Helps with sleep, stress, and anxiety. There is a reason it was popular in the 60's!
- Ylang Ylang: Well known for helping PMS symptoms and mood swings. Relax your mind and spirit for balance in your everyday life.
- Geranium: Relaxing and uplifting to help regulate hormones. Excellent for the skin and anti-inflammatory.
- Clary Sage: Quells stress and fatigue. The name Clary actually means "to clear!" Really great to relax muscles.



BENEFITS AND SUGGESTED USES

- The blend of Essential Oils can help you balance out your day for mental and physical benefits. Use the Happiness Blend to keep those hormones under control, boost your energy, and improve your mood.
- Lightly spray a cold Herbal Therapy Face Cloth and apply to face to relax and melt your stress away!

All Essential Oils are therapeutic grade and maintain Jordan Essentials high standard of quality for your family and ours. Jordan Essentials does not claim to cure any illness. Check with your doctor before use if pregnant, nursing or taking medications. These statements are not reviewed or endorsed by the FDA.

HEALTHY SKIN • HEALTHY LIFE