

<b>UK Product Name</b>	Emotional Strength Aroma Oil	<b>Code Name</b>	AEMS
<b>Availability</b>	Stock item in UK		
<b>Description</b>	Gives support when mental effort or external pressure are getting too much; with cypress, orange and peppermint When too much mental effort or external pressure is wearing you down, the exquisite aroma of these pure essential oils will help relax your mind, awakening a new vitality and zest for life.		

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity()
Citrus dulcis	Sweet orange	rind oil	1		
Mentha piperita	Peppermint	leaf oil	2		
Citrus limon (Linn.) Burm f.	Lemon	rind oil	3		
Cupressus sempervirens L.	Italian cypress	essential oil	4		
Jasminum officinale Linn.	Jasmine	flower oil	5		
Rosa x damascena Mill.	Damask Rose	petal oil	6		
Citrus aurantium var sinensis	Neroli	flower oil	6		

**Contraindications/Precautions** Not intended for use on the skin. However the warmth of the body may be used to diffuse the aromas - if so dilute in a base oil (1:10) before applying. Be particularly cautious on young and sensitive skin.

**Over dose and its Management** NA

**Side Effects and Interactions** None known

## Usage

**Age Group** All

**Dosage Form** Liquid

**Method of Use** Use an aroma diffuser to diffuse the oil in an enclosed space. The benefits come through the sense of smell rather than through the skin. The warmth of the body may be used to evaporate this oil but it is recommended that you first dilute it with a fixed oil (e.g. almond) taking particular care with young and sensitive skin.

**How Long to Continue Use?** As desired

**Specific Dietary/Lifestyle Advice**

## Presentation

**Presentation** 10 ml in a glass bottle with dropper and t/e cap

**Net Weight grams**

**Storage** Store in a cool, dry, dark place, tightly closed

**Shelf Life (months)**

**Regulatory Status** General