

UK Product Name	Sweet Sleep Aroma Oil	Code Name	ASSL
Availability	Stock item in UK		
Description	A soothing blend that helps to settle the mind down at bedtime		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg)
Lavendula angustifolia	Lavender	flower oil	1		
Origanum vulgare	Wild Marjoram	essential oil	2		
Citrus aurantium var sinensis	Neroli	rind oil	3		
Citrus bergamia	Bergamot	whole plant oil F	4		

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