





♦ Product name	Mountain Herbs Sauna Essence
♦ Moon phase	Daily
♦ How to use	Fragrance lamp, massage and body oils, bath additives, potpourris Do not apply to the skin undiluted. Avoid contact with eyes and mucous membranes. Keep away from children.
♦ Ingredients	100% pure essential oils of lavender, rosemary, chamomile, mountain pine, pine-needles, etc.
♦ Ingredients & effect	<div>  <p><b>Lavender</b></p> </div> <div>  <p><b>Chamomile</b></p> </div> <p><b>1. Pure essential lavender oil:</b> has calming, balancing, soothing and clearing properties. It is associated with the heart chakra with tendency to the third eye and crown chakra and leaves the skin soft and supple. Essential lavender oil heals open wounds more effectively than medical antiseptics and is one of the few essential oils that can be applied to the skin without dilution.</p> <p><b>2. Chamomile:</b> has soothing, relaxing and calming properties and is tolerated even by toddlers and during pregnancy. It is especially recommended for dry and sensitive skin that tends to get irritated.</p>
♦ Psychological action (scent)	Clearing, cleansing
♦ Effects	Mountain herbs – breath in the energies of the Alps