





♦ <b>Product name</b>	<b>Lemongrass Sauna Essence</b>
♦ Moon phase	Daily
♦ How to use	Fragrance lamp, massage and body oils, bath additives, potpourris, sauna Do not apply to the skin undiluted. Avoid contact with eyes and mucous membranes. Keep away from children.
♦ Ingredients	100% pure essential oils of eucalyptus, rosemary, lemongrass, silver fir
♦ Main ingredients & effect   <b>Rosemary</b>  	<p><b>1. Pure essential eucalyptus oil:</b> is obtained by steam-distilling eucalyptus leaves and twigs. There are more than 50 kinds of eucalyptus suitable for the extraction of essential oil – all of them with unique biochemical compositions and effects on body, soul and mind. When used in large quantities eucalyptus oil is toxic for adults.</p> <p><b>2. Pure essential rosemary oil:</b> is obtained by steam-distillation of the herb. Rosemary oil belongs to the skin irritant essential oils. In natural medicine it is used as tea to stimulate the circulatory system and reduce flatulence. It has a stimulating effect on the circulatory and nervous systems, enhances the metabolic process and efficiently works against loss of appetite and digestive disorders. When used externally, rosemary has a circulation-enhancing effect and is therefore used in bath additives to treat low pressure, poor blood circulation, gout and rheumatism. It also has strong antiseptic properties.</p>
♦ Psychological action (scent)	Fresh, tangy, pure, clear, invigorating Heart chakra with tendency to crown chakra
♦ Effects	Open up to lucidity