

# COUNTRY CHRISTMAS

christmas blend 5ml

**HBN**naturals  
PRODUCT INFORMATION PAGE



## application

Aromatic • Environmental

## safety group #4

## ingredients

Citrus sinensis (Orange, blood), Picea marian (Spruce, black), Cinnamomum zeylanicum (Cinnamon Bark), Cocos nucifera (Fractionated Coconut)

## ingredient highlights

- **Blood Orange:** The invigorating yet calming aroma of Blood Orange exhilarates the senses and inspires a positive outlook. It is uplifting, stimulating, and helps with sadness and moodiness; diffuse to ease nervous tension and promote a happy mood. It is said to help enhance the romantic experience as part of a sensual blend.
- **Black Spruce:** Like all conifer oils, Black Spruce is an emotionally grounding oil, while at the same time stimulating, making it an excellent refresher for physical or mental exhaustion or in times of stress or anxiety. It possesses the ability to free and calm the mind while elevating the spirit.
- **Cinnamon Bark:** A very warm and uplifting oil known for its strengthening and energizing ability, Cinnamon Bark is helpful in easing mental or emotional fatigue, fighting weakness, recovering from a nervous breakdown, and improving concentration. Cinnamon Bark is highly beneficial for stress-related conditions.

## product summary

For many, the holiday season starts with putting up the Christmas tree.

Back when most trees were real, your home became immersed in the fresh fragrance given off by the tree. No matter what variety, they all had an incredibly fresh, piney scent that everyone finds uplifting. This would inspire the making of cookies and pies and soon that long-awaited holiday smell we were all anxious for had arrived... the smell of the Christmas tree intertwined with the sweet and spicy cookies.

The Christmas in the country from our fond childhood memories can be recreated using the Country Christmas essential oil blend.

## uses

- Diffuse 15 drops for 10 minutes every 2-3 hours to bring the smell of Christmas to your home.
- Add 20 drops to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before using. Mist into the environment as desired.
- Place 3-5 drops on a cotton ball and then tuck it inside the branches of an artificial Christmas tree to give it a natural fragrance.
- Select a combination of dried materials such as cinnamon sticks, clove buds, dried oranges, pine cones, etc. Add several drops to the dried material. Store the potpourri for a week to ten days in a jar or other airtight container. Arrange your finished potpourri in a decorative container that cannot be harmed by oil.

## responsible cautions

- Do not apply directly to the skin or use in a bath.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

Heart & Body Naturals, LLC • Morrow, OH 45152 • [www.HBNaturals.com](http://www.HBNaturals.com) • (513) 274-2110 • V11072017