

# SENSORY

soothing blend

10ml

HBNaturals  
PRODUCT INFORMATION PAGE



## application

Aromatic • Bath • Topical

## safety group #3

## ingredients

Eucalyptus radiata (Eucalyptus Radiata), Helichrysum italicum (Helichrysum), Citrum Limon (Lemon), Cinnamomum camphora ct. 1,8 cineole (Ravintsara), Melaleuca alternifolia (Tea Tree), Cymbopogon martinii (Palmarosa), Cocos nucifera (Fractionated Coconut Oil)

## ingredient highlights

- **Helichrysum:** Along with offering pain relief, Helichrysum can help regenerate nerves by boosting the strength of the nervous system and studies show it likely has antispasmodic effects as well. This means that the use of this essential oil can help to stop or slow the transmission of parasympathetic nerve impulses in the body. Helichrysum can provide relief from carpal tunnel syndrome, sore or strained muscles, sprains, migraine headaches, neuralgia, nervous exhaustion, and stress-related disorders.
- **Palmarosa:** May have a positive effect on the central nervous system. A 2012 animal study suggested Palmarosa may be beneficial to those who have anorexia, seizure disorders, or neuralgia. The same study found Palmarosa can reduce the risk of disorders that affect blood vessels and blood supply to the brain.
- **Lemon:** Inhaling Lemon essential oil has been shown to stimulate serotonin and dopamine production, which contributes to decreased anxiety. Recent studies show that several essential oils, including lemon, can calm memory care patients. The oils were found to suppress both aggression and agitation in those suffering Alzheimer's and other memory disorders.

## product summary

Sensory strengthens, supports, and acts as a tonic to nourish the nervous system, our very important system for body-wide communication. Sensory contains essential oils that are historically known to reduce inflammation, assist vascular dilation, and support the body with neuralgia, nervous exhaustion, and stress-related disorders.

*"The nervous system is essential to any healthy body; its importance can't be overstated. This is our most powerful blend to assist the body with healing throughout the body and the nervous system."* ~ Alexandria Brighton

## USES

- Add 8-10 drops to bath salts and mix into warm bath water and soak. Works well to assist with pain relief, aching muscles and sore joints.
- For topical use on large areas add 10-12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.
- Apply 3-5 drops to the soles of each foot to assist with restless leg syndrome and the pain caused by neuropathy.
- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply as needed.
- Diffuse 10-12 drops in 15 minute increments throughout the day.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- 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.

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