

Hangover Relief

SOOTHING BLEND 10ml

A hangover occurs as a consequence of drinking too much alcohol. Typical hangover symptoms may include fatigue, weakness, thirst, headache, muscle aches, upset stomach, vertigo, irritability, sensitivity to light and sound, sweating, and increased blood pressure. Hangovers, and severity of symptoms, vary from person to person.

Hangover Relief is formulated to assist and support the body with relief of symptoms related to a hangover.*

ingredient highlights

- **Juniper Berry:** Known for its ability to nourish the urogenital tract, Juniper Berry enhances the filtration process, making it an effective diuretic and detoxifier. It can help settle nausea and stomach upset, relieve fatigue and muscle aches, and boost the immune system.*
- **Rosemary Cineole:** Of all the plants in the plant kingdom, Rosemary Essential Oil has the highest content of hydrogen. This explains the oil's strong, warming effect. Applied externally, it assists the body with warmth and blood circulation. It is a wonderful antidote for cold feet, tired or weak legs, circulatory concerns, sore muscles, rheumatic pain, arthritis, and gout. Wonderfully fresh and stimulating, Rosemary is known for its ability to wake up the body and spirit.*

uses

- For best results, add 10-15 drops to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and then add to warm bath water. Soak 10-20 minutes. Can also be added to bath gel and used in the shower.*



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application methods

Bath

safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified Aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

ingredients

*Juniperus communis (Juniper Berry),
Rosmarinus officinalis ct. cineole
(Rosemary Cineole)*

responsible cautions

- 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.

**The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*