

Get to know SERENITY

Get to know



CITRUSY



FLORAL



SWEET

THE SUPPORT YOU NEED

Relying on the properties of lemon, lavender, bergamot, balsam of Peru, ylang ylang, Roman chamomile, and sandalwood, Total Life Essential Oils: Serenity Blend is the perfect combination to promote a peaceful atmosphere and feelings of total relaxation. Our Serenity Blend is the go-to essential oils blend when you seek a sense of calm and centering of the mind.

LEMON, LAVENDER, BERGAMOT, BALSAM OF PERU, YLANG YLANG, ROMAN CHAMOMILE, SANDALWOOD



- + Diffuse in the evening to create a relaxing atmosphere.
- + Apply topically to the bottoms of the feet to support a restful night
- + Add to your favorite diffuser for 30 minutes to promote feelings of balanced energy
- + Before bedtime, add to bath water, along with Epsom salts (optional), to promote feelings of relaxation & unwinding



TOTAL LIFE ESSENTIALS

* Caution: If pregnant, nursing, taking medication, or have medical condition, consult a health care practitioner before use. Not intended for use on infants or young children. Avoid eyes, mucous membranes, and sensitive skin.

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