

# 4Life™ Essential Oils CalmaVida™

100% pure essential oil blend

- Bolsters the best benefits of lavender
- Offers aromatically bold and earthy notes to impart a warm sense of tranquility to you and your environment
- Provides a sense of calm in any situation

## What Are 4Life Essential Oils?

4Life Essential Oils have been carefully collected from the finest plants around the world to provide beneficial properties for your body, soul, and life. Each oil's authenticity and aroma wisdom are guaranteed through the 4Life-PIQ™, a proprietary quality process that carefully screens essential oils for purity, authenticity, aroma power, and plant wisdom. 4Life Essential Oils are liberated through steam distillation, safe and high-quality solvent extraction, and cold pressing.

## Aromatic Experience

Fresh, brisk, heady, floral, grounding, and calming

## Origins

Mint essential oil—steam distillation of the *Mentha citrata* plant from the United States

Lavender oil—steam distillation of the flower heads of the *Lavandula angustifolia* plant from Bulgaria

Lavandin essential oil—steam distillation of the flowers of the *Lavandula hybrida* plant from the United States

Camphor white essential oil—steam distillation of the bark of the *Cinnamomum camphora* tree from China

## Did You Know?

Pure essential oils provide pleasant scents and other beneficial properties that come from 100% natural components. Common air fresheners and body sprays often contain synthetic fragrance components that can elicit certain side effects in some people.

## Recommended Uses

- Enjoy a wonderful sensory experience with diffused CalmaVida™.
- Drop CalmaVida into your bathwater or onto a dampened towel in the shower.
- Apply diluted CalmaVida to different pressure points on your body, including the soles of your feet, your temples, and wrists. Test a small area of your skin first to make sure you don't have skin sensitivity.
- Dabble a few drops onto your bed pillow to help you settle in for the night.
- Treat yourself or someone you love to a massage with diluted CalmaVida.

## You May Also Be Interested In:

4Life Transfer Factor Reflexion®, Renuvo®, SleepRite AMJ®, and Inner Sun®



**DIRECTIONS:** Diffuse the oil in an aromatic oil diffuser. To use topically, dilute 1 drop in 4 or more drops of carrier oil. If skin irritation occurs, discontinue use.

**INGREDIENTS:** Mint (*Mentha citrata*) herb oil, lavender (*Lavandula angustifolia*) oil, camphor white (*Cinnamomum camphora*) bark oil, and lavandin (*Lavandula hybrida*) oil.

**CAUTION:** DO NOT INGEST. KEEP OUT OF REACH OF CHILDREN. KEEP AWAY FROM EYES, INNER EARS, AND SENSITIVE AREAS. Consult with your physician prior to use if you are pregnant or nursing.

## Ordering information

Item #20001—1 15 ml bottle