

**Breath of Life Formula VI
Product Fact Sheet
To Decongest**

Ingredients: Peppermint, Eucalyptus oil

Benefits: This formula is made from Eucalyptus and Peppermint which helps to expel mucus. The Breath of Life formula contains pure Peppermint and Eucalyptus oil for fresh breath, lungs, and sinuses.

A closer look at Peppermint: Peppermint oil is used to loosen up chest congestion caused by mucus build-up, it is also used to erase digestive pain, nausea and head aches. It is often used in aromatherapy to soothe sore throats and tense muscles.

A closer look at Eucalyptus oil: Eucalyptus oil is used to relieve tension from congestion related to colds, flu's asthma, sinus inflammation, ear aches, gum disease and can aid in the easing of allergies. Eucalyptus oil can be used to soothe sore throats and heal mucus membrane inflammation in the nose, mouth, and throat.

Breath of Life Formula Directions:

- * Can be taken orally 1-2x a day with a lemon or lime and warm water (**Not recommended for pregnant women**)
- * Add a few drops to bath water while taking a steam or sauna bath at the spa or soul sweat session (**Not recommended for pregnant women**)
- * As a part of your steam facial put in 1-2 drops (**Recommended for pregnant women**)
- * In a humidifier, add 1-2 drops (**Recommended for pregnant women**)

Retail Price 2oz \$20