



GOLDEN PETALS

APPLICATION GUIDE

SLEEP & ANXIETY BLEND



1 TOPICAL APPLICATION

Dispense 3–4 drops of the Golden Petals Sleep & Anxiety Blend onto your palms.
Gently rub your palms together to warm the blend.

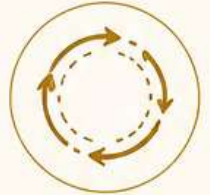


2 APPLICATION AREAS

Apply the blend gently to the following areas:

- Temples
- Behind the ears
- Back of the neck
- Wrists (pulse points)

Avoid contact with eyes and sensitive areas.



3 MASSAGE TECHNIQUE

Massage gently in circular motions using your fingertips until the oil is fully absorbed.
This helps relax the mind, ease tension, and promote calm.



4 AROMATIC INHALATION (OPTIONAL)

Add 3–4 drops to a diffuser and inhale deeply for 5–10 minutes before bedtime to create a calming environment.
This enhances relaxation and supports deeper, restful sleep.



5 FREQUENCY OF USE

For best results:

- Apply 30–60 minutes before bedtime.
- Use nightly for better sleep quality and emotional balance.
- Can be used during the day as needed for anxiety or stress relief.



6 BENEFITS

This soothing blend helps:

- Promote deep, restful sleep.
- Reduce stress, anxiety, and nervous tension.
- Calm the mind and uplift the mood.
- Support relaxation and overall emotional well-being.



7 SAFETY & USAGE

The blend is 100% natural and safe for regular use.
For external use only.
Not recommended for use during pregnancy.
Store in a cool, dry place away from direct sunlight.



www.thegoldenpetals.com