Lymphatic Flow Protocol

Supports Natural Flow, Hydration, and Daily Detox Pathways

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WHAT IS THE LYMPHATIC SYSTEM?

The lymphatic system is a vital part of the body's circulation and immune network. It helps move fluids, transport nutrients, support immune defense, and assist the body's natural detox pathways. Unlike the cardiovascular system, the lymphatic system does not have a pump, it relies on movement, hydration, and proper support to function efficiently.

Because of this, daily habits play a key role in how effectively lymph flows throughout the body. Gentle stimulation, hydration, and mineral support help encourage healthy movement of lymph fluids, supporting natural circulation and balance. When lymph flow becomes sluggish, excess fluid can accumulate. Many people experience this as a feeling of heaviness, facial or body puffiness, or a dull, tired appearance. Supporting healthy lymphatic flow helps the body move fluids more efficiently, which may contribute to a lighter, less puffy feeling and a more refreshed, radiant look. Periods of inactivity, stress, travel, hormonal shifts, or dehydration can all impact lymph movement. Providing the body with gentle, consistent support helps maintain fluid balance, reduce stagnation, and support the body's natural glow from the inside out.*

ABOUT THE LYMPHATIC FLOW PROTOCOL *(DE-PUFF & GLOW SUPPORT FROM THE INSIDE OUT)*

The Lymphatic Flow Protocol is a daily wellness system designed to support healthy lymphatic movement, fluid balance, and circulation from the inside out. This protocol combines topical lymph-supporting oils, internal mineral replenishment, and gentle daily cleansing to encourage hydration, natural detox pathways, and efficient fluid movement. When lymph flows as intended, the body is better able to manage excess fluid, which can help reduce the appearance of puffiness and support a more refreshed, balanced look. At the same time, proper hydration and mineral support help nourish cells, an important foundation for healthy skin tone and natural radiance.

Each element of the protocol was intentionally selected to work in synergy. Rather than targeting one pathway in isolation, this approach supports multiple aspects of lymph health at the same time, circulation, hydration, cleansing, and topical stimulation, creating a comprehensive daily routine that is gentle yet effective. Rather than relying on extreme or aggressive methods, the protocol focuses on consistency and ease. These simple daily habits are designed to fit seamlessly into everyday life. With regular use, they help reinforce the body's natural processes over time, making the protocol approachable, sustainable, and ideal for long-term support.*

WHO THIS PROTOCOL IS FOR

- Those seeking healthy circulation and fluid balance*
- Individuals experiencing occasional puffiness or heaviness*
- Anyone wanting a refreshed, de-puffed appearance*
- Those seeking inside-out support for skin vitality and glow*
- Individuals preferring a gentle, non-invasive detox approach*
- Anyone looking for support for balance, hydration, and vitality*

The Lymph De-Puff Connection

*Facial puffiness is often a fluid issue, not a skin issue. The face and neck are rich in lymph vessels and when lymph flow slows or stops, fluid can pool under the eyes, along the jawline, and around the cheeks. Because the lymphatic system relies on hydration, minerals, and gentle stimulation to move, supporting lymph flow helps encourage excess fluid to drain naturally. De-puffing the face starts by supporting lymph from the inside out.**

WHAT'S INSIDE

HYDROGLOW
A nourishing body oil formulated to support skin hydration, circulation, and topical lymph flow, especially when applied after bathing.*

L-STIMULATE
A topical blend designed to support lymphatic activation and circulation when applied to key lymph areas using gentle massage techniques.*

OCEAN VITALITY
A mineral-rich formula designed to support hydration, electrolyte balance, and fluid movement, all essential components of healthy lymphatic flow.*

FREE CHARCOAL & CACAO SOAP
A detoxifying cleansing bar that supports daily skin cleansing and lymph hygiene, where much of the body's lymphatic activity occurs.*

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HOW TO USE THIS PROTOCOL

Morning (AM) - Hydrate & Activate

Begin your day by supporting hydration and gentle activation from the inside out. Morning use focuses on mineral replenishment and light stimulation to help encourage natural movement and steady support as your day unfolds.*

HYDRATE: *Ocean Vitality*

Supports mineral balance, hydration, and fluid movement essential for healthy lymphatic flow.

→ **How to Use**: *Add 1 scoop to 16 ounces of water. Can be added to other supplements, food, smoothies, juices, facial masks, and baths.*

ACTIVATE: *L-Stimulate Essential Oil Blend*

Designed to support healthy lymph movement, circulation, and detox pathways.

→ **How to Use**: *Apply to lymph-rich areas including the neck, underarms, abdomen, groin, and behind the knees. Use light, upward strokes toward lymph nodes to encourage circulation and lymph activation.*
Tip: *Best applied in the morning to help stimulate lymph movement for the day ahead.*

Evening (PM) - Cleanse & Restore

Evening use is designed to cleanse, nourish, and support relaxation as the body unwinds. This time supports skin cleansing and topical nourishment, aligning with the body's natural overnight rhythms of restoration and balance.*

CLEANSE: *Charcoal & Cacao Soap*

Supports skin detoxification and lymph hygiene, where much of the body's lymphatic activity occurs.

→ **How to Use**: *Use during your evening shower or bath as part of your daily cleansing routine.*

RESTORE: *HydroGlow Ocean Mineral Body Oil*

Delivers deep hydration, promotes the appearance of healthy circulation, and restores the skin's natural radiance and vitality.

→ **How to Use**: *Apply to clean, damp skin after bathing. Massage gently using upward strokes to support circulation, skin hydration, and topical lymph flow.*
Tip: *Evening use supports relaxation and aligns with the body's natural overnight repair and detox rhythms.*

HELPFUL TIPS FOR BEST RESULTS

- Gentle daily movement such as walking or stretching helps encourage lymph flow*
- Dry brushing before bathing may be added for additional support*
- Light massage pressure is best, lymph responds to gentle stimulation*
- Consistent daily use supports optimal benefits*
- Drink adequate water throughout the day to support fluid balance*

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L-Stimulate

detoxification blend

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L-Stimulate is a masterfully formulated proprietary blend of essential oils selected for their natural affinity for the lymphatic system, designed to support healthy lymph movement, circulation, and detox pathways. The lymphatic system plays a vital role in clearing metabolic waste, excess fluids, and toxins from the body, yet it relies on gentle stimulation to function efficiently. This blend features Bay Laurel to support immune and lymph activity, Pink Grapefruit to encourage detox support, fluid balance, and metabolic activation, and Lemon to promote cleansing, energy, and digestive support. When used consistently with light, upward massage to key areas, L-Stimulate helps encourage a feeling of lightness, clarity, and improved skin appearance while supporting the body's natural daily detox processes as part of an integrated wellness routine.*

DIRECTIONS

- Apply daily, or as needed, to key lymph areas including behind the ears, underarms, under the breasts, inside the elbows, and around the groin to support healthy lymphatic flow. For best results, dry brush before showering, then apply L-Stimulate to clean skin afterward using gentle lymphatic massage or drainage techniques. Use consistently for 21 days each month, as part of a regular lymph support routine.*

FUNCTIONAL CONSTITUENTS

- **Monoterpenes**: The primary functional constituents in L-Stimulate, monoterpenes occur naturally in bay laurel and citrus oils. They support circulation, encourage healthy lymph movement, and assist the body's natural detox pathways, while molecular size allows easy skin absorption and gentle stimulation when used with light massage.*

Clinical studies for L-Stimulate Ingredients:

- https://pmc.ncbi.nlm.nih.gov/articles/PMC6152719/
- https://pubmed.ncbi.nlm.nih.gov/27771586/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC7817776/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC9333421/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC7394596/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC9774566/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC10345702/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC12374809/

CAUTIONS

- **Safety Group 3**: Not for use by children under 10 years of age and pregnant or nursing women.*
- Possible skin sensitivity. If used topically, avoid sunlight or UV rays for up to 12 hours after application.
- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.
- Keep out of reach of children.*
- A doctor's advice should be sought before using this and any supplemental dietary product.*

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Ocean Vitality

marine minerals for life

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Ocean Vitality combines four nutrient-dense sea vegetables - nori, kelp, dulse, and Irish sea moss - to deliver a broad spectrum of naturally occurring vitamins, minerals, and antioxidants that support whole-body wellness. This synergistic blend provides plant-based sources of iodine for healthy thyroid function, along with calcium, magnesium, potassium, iron, and B vitamins for energy, metabolic balance, and nervous system support. Rich in antioxidants and soothing nutrients, these ocean botanicals also promote digestive comfort, healthy inflammation responses, and gentle detoxification. Ocean Vitality offers a simple, potent way to replenish minerals often lacking in modern diets and to nourish the body with the restorative benefits of the sea.*

DIRECTIONS

- Add 1 scoop to 16 ounces of water. Can be added to other supplements, food, smoothies, juices, facial masks, and baths.*

FUNCTIONAL CONSTITUENTS

- **Iodine**: Critical for healthy thyroid hormone production and metabolic regulation; abundant in kelp, nori, and Irish sea moss.*
- **Polysaccharides (including carrageenan from Irish sea moss and alginates/fucoidans from kelp)**: Known for soothing the digestive tract, supporting gut health, assisting detoxification, and gently modulating immune responses.*
- **Potassium**: Especially abundant in dulse and kelp; key for electrolyte balance, blood pressure, and both nerve and muscle function.*
- **Magnesium**: Substantial in kelp and sea moss; supports energy production, muscle and nervous system health.*
- **Calcium**: Present in meaningful amounts in kelp and Irish sea moss; important for bone strength and overall metabolic function.*

Supplement Facts

Serving Size: 1 scoop (.56 grams) Servings per container: 100

Amount per serving

Calories 6.12

	Amount Per Serving	% Daily Value*
Total Fat	**.035g**	**.17%**
Calories From Fat	0	
Saturated Fat	0g	0%
Trans Fat	0g	0%
Total Carbohydrate	**.82g**	**.63%**
Dietary Fiber	.6g	1.6%
Sugars	0g	
Protein	**.56g**	**0%**
Calcium	114mg	9%
Iron	3mg	17%
Potassium	85.07mg	2.5%
Iodine	3326.5mcg	2167%
Sodium	46.48mg	2.02%
Vitamin D	0mcg	0%
Zinc	0.72mg	9%
Selenium	1.41mcg	2.6%
Molybdenum	.69mcg	1.5%
Copper	.016mg	1.7%
Manganese	.23mg	10%
Vitamin A	7.5mcg	.83%
Vitamin C	.91mg	1%
Folate (Vitamin B9)	60.05mcg	15%
Niacin (Vitamin B3)	.115mg	.72%
Riboflavin (Vitamin B2)	.025mg	1.9%
Thiamine (Vitamin B1)	.025mg	2.08%
Phosphorus	6.84mg	.98%
Magnesium	24.66mg	6.85%

100% Natural Whole Food Ingredients without additives or preservatives. Contains no added synthetic vitamins or synthetic minerals.

Ingredients: Organic Nori (Porphyra umbilicalis) Organic Kelp (Laminaria hyperborea), Organic Kelp (Ascophyllum nodosum), Organic Kelp (Laminaria digitata), Organic Dulse (Palmaria palmata), Organic Irish Sea Moss (Chondrus crispus)

Allergen Information: This product is manufactured in a facility that produces other products which may contain soy, dairy, wheat, tree nuts, shellfish, fish, peanuts, and eggs, and may contain traces of all of the above.

Important Information: This is not a medicinal product. If in doubt, consult a doctor before taking dietary supplements. Dietary supplements must not be used as a substitute for a varied & balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, or on any medication, please consult a doctor before use. Store in a cool, dry place. Keep away from children. Discontinue use if any adverse reactions occur.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Daily Value not established.

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Clinical studies for Ocean Vitality Ingredients:

- https://pmc.ncbi.nlm.nih.gov/articles/PMC7738648/
- https://pubmed.ncbi.nlm.nih.gov/29161815/
- https://pubmed.ncbi.nlm.nih.gov/31353655/
- https://pubmed.ncbi.nlm.nih.gov/15833383/
- https://pubmed.ncbi.nlm.nih.gov/40997430/
- https://pubmed.ncbi.nlm.nih.gov/38248672/
- https://pubmed.ncbi.nlm.nih.gov/24573490/
- https://pubmed.ncbi.nlm.nih.gov/14583417/

CAUTIONS

- **Safety Group 2**: Generally regarded as safe when used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.*
- Keep out of reach of children.*
- A doctor's advice should be sought before using this and any supplemental dietary product.*

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Ocean Vitality

marine minerals for life

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OCEAN VITALITY BATH

- 2 tablespoons Ocean Vitality
- ½ cup of Epsom salts
- 10 drops of your favorite essential oil (optional)

1. Combine Ocean Vitality and epsom salts in a small bowl and mix well. If using essential oil(s), add to the dry mixture and stir thoroughly.*
2. Fill tub with warm water and add mixed ingredients.*
3. Immerse yourself in the bath and soak for 20 to 30 minutes.*
4. After soaking, rinse your body with clean water. Pat skin dry and apply your favorite moisturizer to lock in the hydration.*

OCEAN VITALITY FACIAL MASK

- 2 tablespoons Ocean Vitality
- 1 tablespoon honey (for hydration)
- 1 tablespoon yogurt (for lactic acid benefits)
- 1 teaspoon lemon juice (optional, for brightening)
- Water or green tea (as needed for consistency)

1. In a small bowl, combine the Ocean Vitality with honey and yogurt. If you're using lemon juice, add it to the mixture.*
2. Gradually add water or green tea to the mixture. Stir well until you reach a smooth paste that is spreadable but not too runny.*
3. Before applying the mask, make sure to cleanse your face thoroughly to remove any makeup or impurities.*
4. Using clean fingers or a brush, apply the mask evenly over your face, avoiding the area around your eyes.*
5. Leave the mask on for 15 to 20 minutes. You may feel a slight tingling sensation, which is normal.*
6. Once the time is up, rinse off the mask with lukewarm water. Follow up with your favorite moisturizer.*

Tips:

- Always do a patch test before applying the mask to your entire face to check for any allergic reactions.*
- Use this mask once a week for best results.*
- Store any leftover mask in the refrigerator and use it within a few days.*
- Enjoy the refreshing, nourishing benefits of this mask!*

OCEAN VITALITY SMOOTHIE

- 1 tablespoon Ocean Vitality
- 1 banana
- 1 cup spinach or kale
- 1 cup milk of your choice
- 1 tablespoon preferred nut butter (almond, peanut, etc.)
- 1 teaspoon honey or maple syrup (optional)

1. Combine all ingredients in a blender. Blend until smooth.*
2. Adjust sweetness if desired and serve immediately.*

SALAD DRESSING

- 1 tablespoon Ocean Vitality
- ¼ cup olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- Salt and pepper

1. Whisk together all ingredients in a bowl until well blended.*
2. Adjust seasoning to personal taste and drizzle over your favorite salads. Can be stored refrigerated for 1 to 2 days.*

QUINOA POWER BOWL

- 1 tablespoon Ocean Vitality
- 1 cup cooked quinoa
- ½ cup cherry tomatoes, halved
- ½ cucumber, diced
- ¼ cup chickpeas (canned/drained or cooked)
- Dressing of your choice (e.g., olive oil, lemon juice, or the salad dressing above)

1. In a large bowl, gently mix the cooked quinoa, vegetables, and chickpeas.*
2. Sprinkle Ocean Vitality over the top and drizzle with your chosen dressing.*
3. Toss to combine and serve chilled or at room temperature.*

ENERGY BALLS

- 1 cup oats
- 1 tablespoon Ocean Vitality
- ½ cup nut butter (peanut, almond, etc.)
- ¼ cup honey or maple syrup
- ¼ cup chocolate chips or dried fruits (optional)
- 1 teaspoon vanilla extract

1. In a mixing bowl, combine all ingredients until well mixed.*
2. Roll the mixture into small balls, about 1 inch in diameter.*
3. Place balls in a single layer on a baking sheet and refrigerate for at least 30 minutes to set.*
4. Store in an airtight container in the fridge.*

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HydroGlow

Marine Minerals • Deep Hydration • Lymphatic Flow

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HydroGLOW Oceanic Body Oil is a luxurious skin renewal ritual inspired by the healing intelligence of the sea. This ocean-mineral infusion delivers deep hydration, promotes the appearance of healthy circulation, and restores the skin's natural radiance and vitality. Each application feels like a silky, moisture-rich embrace, wrapping the body in nourishment that supports a smoother, more balanced, more vibrant complexion.

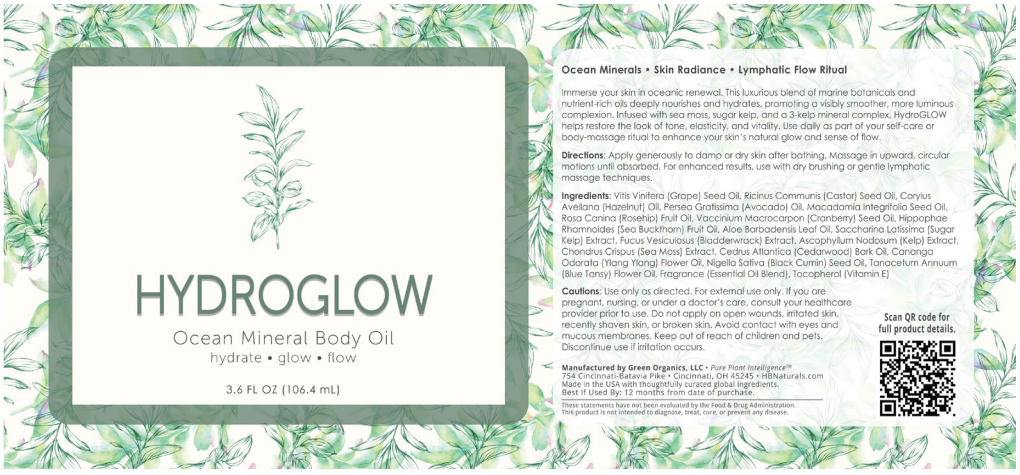
Rich in bioavailable sea minerals, vitamins, and antioxidants, this ultra-nourishing oil helps condition and smooth the skin, improving the look of tone and elasticity. Its lightweight texture absorbs beautifully, leaving the skin supple and refreshed without any greasy residue. With regular use, skin appears firmer, softer, and more luminous, like a post-ocean glow, revealing a healthy, hydrated sheen that reflects true marine-inspired self-care.*

KEY BENEFITS

- Deeply hydrates and softens dry, depleted skin.*
- Enhances the look of tone, texture, and elasticity.*
- Promotes visibly smoother, firmer, more radiant skin.*
- Supports healthy skin detox and renewal.*
- Perfect for self-massage or lymphatic body care.*
- Leaves a dewy, satin finish without greasiness.*

DIRECTIONS

- Apply generously to damp or dry skin after bathing. Massage in upward, circular motions until absorbed. For enhanced results, use with dry brushing or gentle lymphatic massage techniques.*



CAUTIONS

- Use only as directed. For external use only. If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use. Do not apply on open wounds, irritated skin, recently shaven ski, or broken skin. Avoid contact with eyes and mucous membranes. Keep out of reach of children and pets. Discontinue use if irritation occurs.

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HydroGlow

Marine Minerals • Deep Hydration • Lymphatic Flow

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FUNCTIONAL CONSTITUENTS

GRAPESEED OIL

- **Linoleic acid**: the primary fatty acid in grapeseed oil, supports healthy lymphatic flow and radiant skin. It strengthens the skin's barrier, enhances elasticity, and promotes natural detoxification for a clearer, more vibrant glow.*
- **Oleic acid**: a nourishing monounsaturated fat, helps strengthen and soothe the skin while supporting healthy circulation and lymphatic flow. It locks in moisture, promotes elasticity, and aids the body's natural detox pathways for a smooth, luminous complexion.*

Clinical studies for Grapeseed:

- https://pmc.ncbi.nlm.nih.gov/articles/PMC4988453/
- https://pubmed.ncbi.nlm.nih.gov/22271548/
- https://pubmed.ncbi.nlm.nih.gov/25212146/

CASTOR SEED OIL

- **Ricinoleic acid**: The active compound in castor oil, supports lymphatic drainage and skin renewal. It helps reduce congestion, calm inflammation, and stimulate circulation, promoting a smoother, clearer complexion and overall detox balance.*

Clinical studies for Castor Seed:

- https://pubmed.ncbi.nlm.nih.gov/40932363/
- https://pubmed.ncbi.nlm.nih.gov/27356539/
- https://pubmed.ncbi.nlm.nih.gov/35661063/

HAZELNUT OIL

- **Oleic acid**: Deeply nourishes and revitalizes the skin while encouraging healthy lymphatic movement. Its lightweight, absorbent texture helps balance sebum, tighten pores, and improve elasticity - promoting a clear, toned, and naturally radiant glow.*

Clinical studies for Hazelnut:

- https://pmc.ncbi.nlm.nih.gov/articles/PMC10186048/
- https://pubmed.ncbi.nlm.nih.gov/19291034/
- https://www.mdpi.com/2072-6643/15/11/2421

AVOCADO OIL

- **Monounsaturated Fatty Acids (MUFAs)**: Deliver deep hydration and help support healthy lymphatic circulation. Rich and restorative, they strengthen the skin's barrier, enhance elasticity, and promote a supple, rejuvenated complexion while aiding the body's natural detox and renewal processes.*

Clinical studies for Avocado:

- https://pmc.ncbi.nlm.nih.gov/articles/PMC6600360/
- https://pubmed.ncbi.nlm.nih.gov/31113349/
- https://pubmed.ncbi.nlm.nih.gov/22494376/

ROSEHIP

- **Linoleic acid**: the primary constituent in rosehip oil, helps nourish and balance the skin by supporting a healthy moisture barrier, reducing visible congestion, and promoting a smoother, more even-looking complexion.*

Clinical studies for Rosehip:

- https://www.racgp.org.au/afp/2012/july/rosehip
- https://pmc.ncbi.nlm.nih.gov/articles/PMC11043540/
- https://pubmed.ncbi.nlm.nih.gov/30081545/

BLADDERWRACK

- **Iodine**: Helps support healthy lymphatic function and radiant skin from within. It nourishes the thyroid, encouraging balanced metabolism and detoxification, while its mineral-rich profile promotes clearer, more resilient skin and improved overall vitality.*

Clinical studies for Bladderwrack:

- https://pubmed.ncbi.nlm.nih.gov/15294021/
- https://pubmed.ncbi.nlm.nih.gov/15671230/

SUGAR KELP

- **Polysaccharides**: Help hydrate, protect, and revitalize the skin while supporting optimal lymphatic flow. These natural compounds form a moisture-locking barrier, enhance elasticity, and encourage gentle detoxification—promoting a smoother, firmer, and more balanced complexion.*

Clinical studies for Sugar Kelp:

- https://pmc.ncbi.nlm.nih.gov/articles/PMC6575073/

SEA MOSS

- **Minerals**: The minerals in sea moss help replenish and revitalize the skin while supporting healthy lymphatic circulation. Rich in potassium, magnesium, and sulfur, sea moss promotes hydration, elasticity, and natural detoxification - leaving the skin balanced, clear, and beautifully nourished from within.*

Clinical studies for Sea Moss:

- https://pubmed.ncbi.nlm.nih.gov/35200670/
- https://pubmed.ncbi.nlm.nih.gov/31698797/

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Clean & Moisturize From Head To Toe.

Emerge renewed, with nourished skin, shiny hair, and a calm, relaxed mind.

Treat yourself to spa-quality bathing with our luxurious all-in-one hair & body bars. After just one use, you'll wonder how you ever lived without them. The rich, creamy lather rinses clean while nourishing hair and skin with luxurious softness. The gentle plant-based cleansers lift dirt and oil without over-drying or irritation. Give your hair and skin the spa treatment you deserve!*

Cassia & Clove

Our luxurious, handcrafted organic Cassia & Clove bar will invigorate and beautify your hair and skin. Cassia & Clove combine to give this bar a subtle yet spicy aroma. The organic ground cloves and oatmeal in this bar provide gentle cleansing along with skin-healing exfoliation that may help the appearance of fine lines and wrinkles. Perfect for all skin & hair types.*

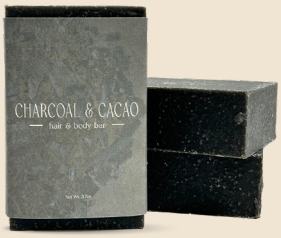
Charcoal & Cacao

Our luxurious, handcrafted organic Charcoal & Cacao bar will detox and beautify your hair and skin. Activated Charcoal and organic Cacao strengthen hair follicles while removing toxins, oils, and pollutants. Added Plantain Leaf and Cocoa Butter moisturize hair bringing luster and shine to every strand. Perfect for all skin types and great for shaving too!*

Geranium & Clay

Our luxurious handcrafted organic Geranium & Clay bar will soothe and rejuvenate your hair and skin. Rose Geranium and Pink Clay soothe inflammation and redness while helping to minimize pores and repair damaged skin cells. This bar is perfect for all skin types and is great for shaving as well!*

Cassia & Clove Ingredients: *Saponified Organic Sunflower (Helianthus annuus) Oil, Saponified Organic Coconut (Cocos nucifera) Oil, Water, Saponified Organic Palm (Elaeis guineensis) Oil, Saponified Organic Safflower (Carthamus tinctorius) Seed Oil, Clove Bud (Eugenia caryophyllata) Essential Oil, Organic Clove (Syzygium aromaticum), Organic Oat Kernel (Avena sativa), Cassia (Cinnamomum cassia) Essential Oil, Rosemary (Rosmarinus Officinalis) Leaf Extract*



Charcoal & Cacao Ingredients: *Saponified Organic Sunflower (Helianthus annuus) Oil, Saponified Organic Coconut (Cocos Nucifera) Oil, Saponified Organic Palm (Elaeis guineensis) Oil, Saponified Organic Safflower (Carthamus tinctorius) Oil, Water, Cocoa (Theobroma cacao) Butter, Sweet Orange (Citrus sinensis) Essential Oil, Tea Tree (Melaleuca alternifolia) Essential Oil, Organic Bergamot (Citrus aurantium bergamia) Essential Oil, Activated Charcoal, Plantain (Plantago major) Leaf, Cacao (Theobroma cacao), Organic Rosemary (Rosmarinus Officinalis) Leaf Extract*

Geranium & Clay Ingredients: *Saponified Organic Sunflower (Helianthus annuus) Oil, Saponified Organic Coconut (Cocos Nucifera) Oil, Saponified Organic Palm (Elaeis guineensis) Oil, Saponified Organic Safflower (Carthamus tinctorius) Oil, Water, Sweet Orange (Citrus sinensis) Essential Oil, Cedarwood Atlas (Cedrus atlantica) Essential Oil, Lavender (Lavandula angustifolia) Essential Oil, Geranium (Pelargonium) Essential Oil, Pink (Kaolin) Clay, Himalayan Pink Salt (Mineral Halite), Apricot (Prunus Armeniaca) Kernel Oil, Rosemary (Rosmarinus Officinalis) Extract*

Lavender & Comfrey

Our luxurious, handcrafted organic Lavender & Comfrey bar will moisturize and beautify your hair and skin. Lavender's fresh, floral scent has a soothing effect on both the skin and the senses while Comfrey contains allantoin, a natural skin cell regenerator, to help restore your skin to its natural balance and glow. Perfect for all skin & hair types.*

Lavender & Comfrey Ingredients: *Sodium Cocoate, Sodium Sunflowerate, Aqua, Sodium Palmate, Sodium Safflowerate, Glycerin, Lavender Grosso (Lavandula hybrid) Oil, Lavender (Lavandula angustifolia) Oil, Alkanet (Alkanna tinctorial) Root, Rosemary (Rosmarinus Officinalis) Leaf Extract, Organic Comfrey (Symphytum officinale) Root*

Orange Blossom

Our luxurious, handcrafted organic Orange Blossom bar will invigorate and beautify your hair and skin. This bar is great for muscle aches and pains, and its bright, citrus scent will invigorate and uplift. Perfect for all skin & hair types.*

Orange Blossom Ingredients: *Saponified Organic Sunflower (Helianthus annuus) Oil, Saponified Organic Coconut (Cocos nucifera) Oil, Water, Saponified Organic Palm (Elaeis guineensis) Oil, Saponified Organic Safflower (Carthamus tinctorius) Seed Oil, Rosemary (Rosmarinus officinalis) Leaf Extract, Organic Annatto (Bixa orelana) Seed, Madder (Rubia tinctorum) Root, Blood Orange (Citrus sinensis) Essential Oil, Bergamot (Citrus bergamia) Essential Oil, Tangerine (Citrus reticulata) Essential Oil, Orange (Citrus sinensis) Essential Oil, Lemongrass (Cymbopogon flexuosus) Essential Oil, Lime (Citrus aurantiifolia)Essential Oil*

Patchouli

Our Patchouli bath bar is a luxurious blend of essential oils and botanical extracts in a hypoallergenic, vegan soap base of organic palm, coconut, olive, and palm kernel oils. It will surely delight your skin and sweeten your soul. With a classic Patchouli aroma, it's a favorite among men for shaving. Perfect for normal, combination, and oily skin.*

Patchouli Ingredients: *Saponified Organic Palm (Elaeis guineensis) Oil, Saponified Organic Coconut (Cocos Nucifera) Oil, Saponified Organic Olive (Olea europaea) Oil, Saponified Organic Palm (Elaeis guineensis) Kernel Oil, Water, Patchouli (Pogostemon cablin) Essential Oil, Hemp (Cannabis sativa) Essential Oil, Organic Rosemary (Rosmarinus Officinalis) Leaf Extract*

suggested usage

*Wet bar and rub directly onto hair and body, or rub on hands or a washcloth and apply lather to hair & body. Gently cleanse your body from head to toe. Rinse well.**

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.

**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.*