

# SLEEP BETTER

## BUNDLE

Good sleep is essential for maintaining optimal physical health, enhancing mental well-being, and promoting overall vitality. During restful nights, the body repairs tissues, builds muscle, and strengthens the immune system, while also regulating hormones that control appetite, aiding in weight management and reducing the risk of obesity.\*

Mentally, quality sleep improves concentration, problem-solving skills, and decision-making abilities, while also regulating mood and lowering the risk of anxiety and depression. Additionally, adequate sleep boosts energy levels, reduces stress, enhances creativity, and supports a balanced lifestyle, contributing to a longer, healthier, and more fulfilling life. By prioritizing sleep, you invest in every aspect of your health and happiness, ensuring a vibrant and well-rounded well-being!\*

**Sleep Magnesium Oil:** Our Magnesium Oil spray combines Davana, Lavender, Plumeria, and Ylang Ylang essential oils. Designed to calm the mind and body, it promotes deep, restorative sleep. Add this powerful, easy-to-use solution to your daily routine and experience improved health and well-being today.\*

**Mind:** Mind's powerful ingredients nourish the brain and reduce inflammation that can lead to memory and cognitive dysfunction. By targeting the connection between brain inflammation and mental health disorders, Mind helps users experience a sense of calm, increased happiness, and improved sleep from the very first use.\*

**Calm:** Enhance your sleep with our soothing Calm blend, specially crafted to support your nervous system and promote restful nights. The sweet, beautiful fragrance helps calm your nerves and fosters emotional balance, making it easier to unwind and drift into deep sleep.\*

Transform your nights with the Sleep Better Bundle, a powerful trio of natural, high-quality products designed to seamlessly fit into your nightly routine. This thoughtfully crafted bundle offers holistic support for achieving deep, restorative sleep, helping you wake up refreshed and energized every morning.\*

Enhance Your Sleep with the Sleep Better Bundle!\*



A specially formulated spray meticulously crafted to ease the mind and body, creating the perfect environment for a deep and restorative night's sleep.\*

→ Apply three sprays on each foot, approximately 10 to 15 minutes before bedtime. Massage in and cover with socks.\*



The ingredients in Mind provide powerful nourishment for the brain and help the body with inflammation that may be responsible for causing memory and cognitive dysfunction.\*

→ Add ½ teaspoon to water, milk, juice, etc. approximately 30 minutes before bedtime.



A very physically relaxing blend, Calm is perfect for the end of a hectic day to help unwind and relax into the evening.\*

→ Apply 1 to 2 drops behind each ear and/or on the wrists.