



AROMA  
TOOLS

**Common Uses:**

- Diffuse or apply to bottoms of feet at bedtime.
- Diffuse to soothe anger and irritability.
- Apply to wrists and neck for a peaceful evening at home.
- Apply to chest over heart for feelings of well-being.
- Add 1-2 drops to a soothing hot drink or herbal tea.

Roman Chamomile