

# FOCUS

focus blend 10ml

**HBN**naturals  
PRODUCT INFORMATION PAGE



## application

Aromatic • Bath • Topical

## safety group #3

## ingredients

Ocimum basilicum (Basil, sweet), Citrus limon (Lemon),  
Rosmarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole),  
Pelargonium graveolens (Geranium, rose), Rosa damascena  
(Rose), Mentha piperita (Peppermint)

## 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.
- Store away from sunlight, at room temperature, with the lid securely tightened.

\*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.

## product summary

Focus Essential Oil Blend is useful when increased mental alertness is required such as while driving, studying, or taking tests.\*

The essential oils in this blend are traditionally known to help retain and retrieve more information from your memory. They can help to stimulate the left-brain logical thought processes, and prevent mental fatigue while studying.\*

Focus helps to keep one present during mental work and may be helpful for those with short-term memory loss. Also helpful when you have creative or mental tasks to perform and need extra concentration.\*

Whether you are brain foggy, simply distracted, or whenever you need help to jump start your brain, Focus Essential Oil Blend helps you to get back on your game.\*

## ingredient highlights

- Sweet Basil is beneficial for headaches and migraines, but also has an uplifting effect on depression.\*
- Lemon relieves physical and mental heaviness; feelings of being burdened or weighed down by life's responsibilities.\*
- Peppermint clears the mind, helps focus, and relieves mental strain.\*
- Rose helps with depression, anger, grief, fear, nervous tension, and stress.\*
- Rosemary ct. 1,8 cineole keeps the mind alert and focused.\*

## USES

- Mix 10-12 drops in ½ cup Pink Himalayan or Dead Sea salt and add to a warm tub of water. Mix thoroughly, relax, and inhale steam to aid with mental clarity.\*
- Diffuse 10-15 drops for 15 minutes every 4 to 6 hours for improved mental clarity.\*
- For an invigorating massage add 5 to 6 drops to 1 tablespoon of carrier oil. Not recommended at bedtime.\*
- Apply to pulse points and on the base of neck.\*
- Apply to temples, back of neck, and forehead for improved mental clarity.\*
- Rub on temples while studying for improved retention.\*