



**PRODUCT DESCRIPTION**

Simmer™ is a blend of PURELY's essential oils specifically developed for women to balance hormones, and manage symptoms of PMS and menopause.

**PRIMARY BENEFITS AND SAMPLE USES**

- » Boosts healthy hormonal balance in women
- » Provides relief from PMS related symptoms
- » Relief from hot flashes
- » Helps balance emotions

**DIRECTIONS**

**Steam Inhalation:** Add 2-3 drops to a cup of steaming water and inhale.

**Diffusion:** Diffuse 3-5 drops or more in the Purely diffuser.

**Topical:** Dilute 1-2 drops with a Purely carrier oil before use according to the dilution table shown. Be sure to test for sensitivity.

**PRECAUTION**

Keep out of reach of children. Avoid contact with sensitive areas such as your eyes. If pregnant, nursing or have a medical condition, consult your physician before use. Store away from light and heat.

**INGREDIENTS**

- Lavandula angustifolia* (Lavender)
- Salvia sclarea* (Clary Sage)
- Origanum majorana* (Marjoram)
- Pelargonium graveolens* (Geranium)
- Anthemis nobilis* (Roman Chamomile)
- Foeniculum vulgare* (Fennel Sweet)



**DIFFUSION**



**TOPICAL**



**STEAM**

**DILUTION TABLES**

Drops of EO for 1 tsp. of carrier oil	
1%	1
2%	2
5%	5

SKU# 1024  
retail: \$29

**SIMMER™**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent diseases.*



**PURELY™**

*essentially conscious*

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