

Thanks to their relaxing, soothing and calming properties, the essential oils present in the **RELAX CAPSULES** favor the rebalancing of the central nervous system, help sleep and facilitate rest. The association with propolis implements an even more effective synergy.

The combination of essential oils contained in the blend promotes a sense of relaxation and restful sleep, releasing a calming and regenerating fragrance.

## INGREDIENTS

Italian propolis \* (80%) and essential oils \* of Lavender, Arolla Pine and Orange (20%). \* from organic farming.

### PROPOLIS

Propolis is a completely natural and extremely healthy product for our body. It offers countless healing properties thanks to its powerful action against pathogens. The action of propolis is similar to that of a broad-spectrum antibiotic. Its effects include the inhibition of the motility of bacteria, a bacteriostatic effect and a bactericidal action. The propolis used by KONTAK is Italian, organic, of the highest quality. Its purity can be glimpsed thanks to the transparency of the glass of the capsules : certified, complete and controlled propolis.

### LAVENDER ESSENTIAL OIL

Lavender essential oil is known for its relaxing action: it reconciles sleep and facilitates rest. This special flower balances the nervous system and harmonizes emotional states. Thanks to its calming action, it gives a peaceful and restorative sleep. Very useful in case of overexcited children who fall asleep with difficulty. Aromatic, expectorant and mucolytic, this essential oil supports the respiratory system and mucous membranes.

### AROLLA PINE ESSENTIAL OIL

The Swiss pine essential oil contains relaxing properties capable of improving blood circulation and regulating the heartbeat, promoting sleep and rest. In fact, Swiss pine is recommended to sleep better, both for those with sleep problems and for children, who have a less constant sleep-wake rhythm in the first years of life. A truly precious essential oil that stands out for its unmistakable mountain scent.

### ORANGE ESSENTIAL OIL

Orange essential oil has a sedative action, as it helps fight insomnia; and calming because it counteracts nervous disorders, anxiety and nervousness, especially in the winter period, during which the absence of light induces a lowering of the production of serotonin and endorphins. An essential oil that induces a happy quiet, serenity.

# CAPSULE RELAX