

## Product Summary

A proprietary blend of Ruta graveolens (rue), lavender and valerian essential oils, Young Living's RutaVaLa Essential Oil Roll-On promotes relaxation of the body and mind. In addition to lavender and valerian, which are well known for their relaxing properties, this blend introduces the less-known yet effective rue essential oil.

The Ruta graveolens herb is farmed, harvested, and distilled at Gary Young's farm in Ecuador. Use of the rue herb dates back many centuries and is referenced in the Bible as an herb to be tithed. Combining rue with lavender and valerian, this blend is formulated to relax the body and mind, counter stressed nerves, and revitalise passion.

## Primary Benefits

- Acts as a relaxant for the body and mind and supports stressed nerves.
- Rebalances energy to improve vigour during daily activities.
- Reduces inhibitions and minimises stressful situations.
- Induces quality sleep.

## Who should use Ruta VaLa?

- Anyone looking for relaxation solutions on the go
- Persons wishing to support a restful night's sleep

## Suggested Use

Apply generously to desired area as needed.

## Cautions

- Keep out of reach of children. Avoid contact with eyes and mucous membranes.
- Not for internal use.
- Avoid direct sunlight and UV rays for up to 24 hours after applying product.
- Not intended for use on children under 3.



## Ingredients

Caprylic/capric glycerides, *Lavandula angustifolia* oil, *Valeriana officinalis* root oil, *Ruta graveolens* herb oil

## Goes well with

- Peace & Calming Essential Oil Blend
- Tranquil Essential Oil Roll-On
- Ruta VaLa Essential Oil Blend

## Did You Know?

- Rue is considered the National herb of Lithuania
- Fractionated coconut oil (caprylic/capric triglycerides) stabilise the product and ensures a strong shelf life.
- Valerian is well known as a traditional tonic to support rest and sleep.