



Flara Grace

Serene

Calm & Relaxation Soak

Unwind and Reset

Who It's Designed For:

Serene is designed to support relaxation and help the body and mind unwind after periods of stress, overstimulation, or busy days. This soak helps ease tension, quiet the body, and create a calm, soothing bath experience.

This blend offers supportive care for:

- Stress and emotional tension
- Feeling overwhelmed or mentally busy
- Difficulty unwinding after a long day
- Everyday stress and overstimulation
- Supporting a calm and relaxed state



Nature's Comfort

This soak combines Epsom salt, CBD, and essential oils traditionally used to support relaxation, emotional balance, and overall calm.

Together, they create a soft, calming bath experience that helps settle the body and mind while encouraging relaxation.

- Lavender oil (*Lavandula angustifolia*)
- Roman Chamomile oil (*Chamaemelum nobile*)
- Frankincense oil (*Boswellia carterii*)
- Bergamot oil (*Citrus bergamia* FCF)

Botanical addition:

- Lavender buds (*Lavandula angustifolia*)



Why These Ingredients Are Chosen

Each ingredient is selected to support relaxation, ease tension, and promote a calm state.

Lavender

Supports relaxation and helps calm the body and mind

Chamomile

Gentle and soothing, helping to ease tension and restlessness

Frankincense

Supports grounding and emotional balance

Bergamot

Lightly uplifting while helping to calm and reset

CBD

Supports overall body comfort and relaxation

Why You Will Love It

01

Supports relaxation and calm

Helps the body and mind unwind after busy or overwhelming days

Helps ease mental and physical tension

Supports a more settled, less overstimulated state

02

03

Encourages a slower, more restful state

Helps prepare the body for rest or sleep

Supports emotional balance

Helps you feel more grounded and at ease

04

05

Ideal for evenings or quiet moments

Use when you need to switch off and reset

How to Use Serene

Add to a warm bath and allow the soak to dissolve fully before entering.

General guide:

- Add 50 g for a standard soak
- Add 75 g for a deeper relaxation soak

For a relaxing foot soak:

Add 10–15 g to a basin of warm water.

Soak for 20–30 minutes to help the body slow down and prepare for rest.

Use in the evening or whenever you need to unwind, reset, or relax.

Safety & Precautions

- For external use only. Do not ingest.
- Avoid contact with eyes and sensitive areas.
- Do not use on broken or irritated skin.
- This product contains essential oils and CBD.
- Patch testing is recommended before first use, especially for sensitive skin.
- Use caution when exiting the bath, as oils may make surfaces slippery.
- If pregnant, breastfeeding, or under medical care, seek professional guidance before use.
- Keep out of reach of children.
- Store in a cool, dry place away from direct sunlight.
- Discontinue use if irritation or discomfort occurs.