

“Wellness is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.”

# OWELLNESS

Taking Charge Of Your Health and Wellbeing

OWELLNESS is committed to always use therapeutic - grade essential oil that is the best grade of essential oil



## DIFFUSER OIL

Place the diffuser on a flat area. Drop 1-3 drops of essential oil in 30ml of clean water into the diffuser. Or, drop 1-2 drops of oil on a handkerchief or scarf. Smell the aroma slowly.

ディフューザーを平らな場所に置きます。ディフューザーに30mlのきれいな水に1〜3滴のエッセンシャルオイルを落とします。または、ハンカチやスカーフにオイルを1-2滴垂らします。香りをゆっくりと。

Letakkan diffuser pada area datar. Teteskan 1-3 tetes minyak esensial pada 30ml air bersih ke dalam diffuser. Atau teteskan 1-2 tetes minyak pada sapu tangan atau scarf. Hirup aromanya secara perlahan.

## BODY BALM

Apply on the pulse points, especially on the temples, behind the ears, carotid arteries and the inside of the ankles.

パルスポイント、特にこめかみ、耳の後ろ、頸動脈、足首の内側に塗布します。

Oleskan di titik-titik nadi, terutama di pelipis, belakang telinga, arteri karotid dan sisi dalam pergelangan kaki.

## BODY OIL

Use on clean skin after bathing or after cleaning. Apply with circular motions. Can also be used for massage oil.

入浴後または洗浄後の清潔な肌で使用してください。円運動で適用します。マッサージオイルにも使用できます。

Gunakan pada kulit yang bersih setelah mandi atau setelah dibersihkan. Aplikasikan dengan gerakan memutar. Dapat juga digunakan untuk minyak pijat.

## SPRAY

Shake and spray

振るスプレー

Kocok dan semprotkan

- ① Therapeutic Grade
- ② Promote Wellness
- ③ Safe for toddler and up
- ④ Sensibly Natural
- ⑤ No Animal Testing
- ⑥ Eco Conscious

Support Pundi Perempuan  
Support Zero Waste Program  
Member Komunitas  
Organik Indonesia

GMP & ISO 9001:2015  
Standardization

[www.OWELLNESS.id](http://www.OWELLNESS.id), Alun-Alun & Kemchick (Pacific Place)

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📘 [owellness.oil](https://www.facebook.com/owellness.oil)

## **PREGNANCY**

*Mommy* | BODY OIL & BODY BALM

Helps blood circulation of pregnant women.  
妊婦の血行を助けます  
Membantu melancarkan peredaran darah ibu hamil.

## **BLOATED AND WIND**

*Belly* | BODY OIL & BODY BALM

Reduces discomfort in digestive disorders.  
消化器疾患の不快感を軽減  
Membantu melancarkan pencernaan.

## **EASES PMS**

*Women* | BODY OIL

Helps reduce menstrual discomfort.  
月経不快感を軽減するのに役立ちます  
Mengurangi ketidaknyamanan saat menstruasi.

## **HEADACHE RELIEF**

*Calming* | DIFFUSER OIL, BODY OIL & BODY BALM

Helps relieve headaches.  
頭痛を和らげるのに役立ちます  
Membantu meringankan sakit kepala.

## **IMMUNE BOOSTER (ANTI VIRUS)**

*Boost* | DIFFUSER OIL, BODY OIL & SPRAY

Helps increase endurance.  
持久力を高めます  
Membantu meningkatkan daya tahan tubuh.

## **IMPROVE CONCENTRATION**

*Bright&Focus* | DIFFUSER OIL & BODY BALM

Helps improve concentration  
集中力の向上に役立ちます  
Membantu meningkatkan konsentrasi

## **MUSCLE RELAXANT**

*Soothe & Relax* | BODY OIL & BODY BALM

Reduce Muscle Tension.  
筋肉の緊張を軽減  
Meredakan Ketegangan Otot.

## **SLEEP RESCUE**

*Lullaby* | DIFFUSER OIL, BODY OIL,  
BODY BALM & SPRAY

Helps falling asleep quickly and deeply.  
迅速かつ深く眠りに落ちるのに役立ちます  
Membantu tidur lebih cepat dan nyenyak.

## **RELAXATION**

*Serenity* | DIFFUSER OIL, BODY OIL & BODY BALM

Helps create peace of mind.  
心の安らぎを生み出すのに役立ちます  
Membantu menciptakan ketenangan pikiran.

## **ANTI BACTERIAL**

*Sanitizer* | DIFFUSER OIL & SPRAY

Helps protect the body from germs.  
細菌から体を保護するのに役立ちます  
Membantu melindungi tubuh dari kuman.

## **STRESS SOOTHER**

*Pure Bliss* | DIFFUSER OIL, BODY OIL &  
SPRAY

Helps reduce stress so it is more relaxed.  
ストレスを軽減するので、リラックスします。  
Membantu mengurangi stress sehingga lebih rileks.

## **BYE-BYE ODOR!**

*Odor Neutralizer* | DIFFUSER OIL & SPRAY

Reduce and neutralize odors.  
においを減らし、中和する  
Mengurangi dan menetralkan bau.