

# FACE THE WORLD



## USAGE TIP SHEET

To get the most out of your FACE THE WORLD, follow the instructions at the base of the label. FACE THE WORLD can be used to enhance many situations:

OFFICE	To prepare before an important meeting To freshen up after long periods of computer work To lift spirits if feeling overwhelmed or despondent
TRAVEL	To hydrate every 4-5 hours on planes To clear hotel rooms - one spray directed to each corner
COACHING	At the beginning of a coaching session to centre
GROUPS	As gift to bring group into present moment together
NEW MUMS	When it gets too much (safely with infants – no synthetic chemicals)
HOSPITAL BED	Every 5 hours to comfort and calm Use after injections to stabilise and support
HANGOVER	To re-hydrate and re-balance after a big night
AT HOME –	As a toner after cleansing in the mornings By the phone to be fresh and present in conversation
APRES SUN	To soothe sunned skin. Additionally, lather Lavender essential oil mixed in olive or nut oil base