

## HOW DO LAVENDER SLEEP PATCHES WORK?

Bodytox® Lavender Sleep Patches are a centuries old method based on the reflexology concept.

In both Oriental and Western practices, the sole of the foot is considered the source of health, working as a reactor map to the internal organs, supporting the correlation of wellbeing and being well.

Lavender essential oil has been used for centuries as a herbal remedy to promote sleep quality, relaxation and lifting moods.

Combining quality natural active ingredients with harnessing the power of reflexology, Bodytox® Lavender Sleep Patches promotes purity, balance and a restful night's sleep, naturally!

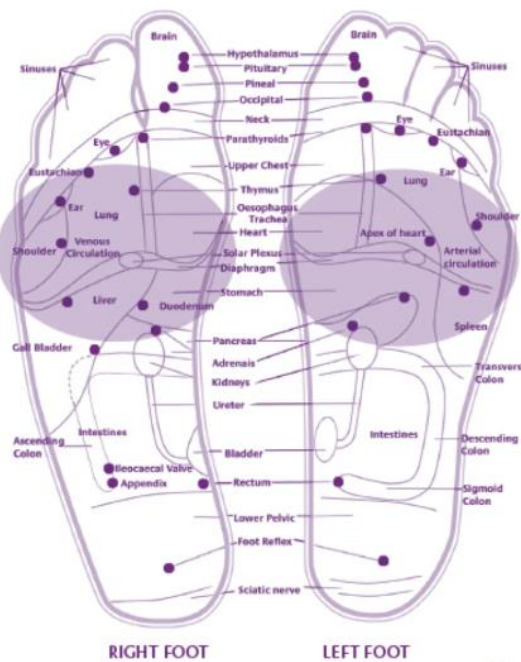
### DIRECTIONS FOR USE

Before going to bed simply remove the outer packaging and then place the patch horizontally across the sole of each foot, pressing firmly to secure it.

There are three zones the patch can be applied to: the heel, the arch or the ball of the foot (please refer to the reflexology foot map). In the morning, remove the patch and dispose of it. New patches are to be applied the next time you go to bed.

The benefits of Bodytox should be felt within 3 days of use, however depending on the individual the full process may require 5 to 10 days to achieve maximum results.

REFLEXOLOGY FOOT MAP



**bodytox®**  
LAVENDER SLEEP PATCHES

Visit [www.bodytox.co.uk](http://www.bodytox.co.uk)



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