

# biomed+

# SLEEPWELL!

## Pillow spray

Sufficient sleep is essential for well-being and health. Many regenerative processes that are reflected in performance and a more youthful complexion, take place exclusively in the nocturnal resting phase of the body.

A good night's sleep results in a feeling of well-being and a radiant complexion.

Valuable plant essences can have a mildly tranquillizing effect on your body and help induce a deep and healthy sleep when suffering from sleep disorders.

At certain stages of our lives, we may be buffeted, more than usual, by life's turbulences and this can affect our mood and sleep patterns or even manifest as mental anxiety.

Therefore, good sleep is important as it boosts beauty, vitality and inner peace.

Our products **RE/GEN+** and **SLEEPWELL!** contain selected fragrance components that can influence our vegetative system and induce relaxation.

### MECHANISM OF ACTION

Essential oils act via the olfactory center, which is, from an evolutionary point of view, the oldest part of our sense organs and can not be controlled deliberately. This performance allows us to gently influence our sleeping behaviour with carefully selected scent combinations – whether you intend to or not.

### PRODUCT TYPE

Pillow spray

### PACKAGING

brown glass bottle of 30 ml (round), spray head

### PRODUCTION STANDARDS / MADE IN GERMANY

The Spray is made in Germany and meets the highest quality and production standards. We have deliberately renounced production abroad.

### NO ANIMAL TESTING



## The mode of action – aromatherapy



Ylang Ylang



Lavendel



Sandholz



Vanille



Neroli

### YLAN YLAN

not only exudes a beguiling scent, but is also used therapeutically. The secretion of endorphins and serotonin is stimulated via the sense of smell. These “happy hormones” have a relaxing and soothing effect on the body and mind. Serotonin also has a mood-enhancing effect. In the pineal gland, serotonin is converted to melatonin. A lack of melatonin leads to sleep disorders.

### LAVENDEL

is a relaxant and facilitates healthy and restful sleep at night. Stress and inner restlessness can be alleviated. Lavender oil has an effect on the hormone cortisol, which is produced at increased levels during periods of stress. If the cortisol concentration is lowered, the body can actively “power down”.

### SANDELHOLZ

is considered an important element in Ayurveda; it has a relaxing effect on the body and can also positively influence blood pressure. If you are relaxed, you can sleep better.

### VANILLE

is a classic that is still often prescribed today. Inhaled through the nose, the precious oil of vanilla can help with anxiety, insomnia and depression. Real vanilla has a very fine fragrance and is one of the most expensive spices in the world. The scent of vanilla is mood-enhancing and relieves stress.

### NEROLI

is the oil of the white flowers of the orange tree. This oil is said to activate the pineal gland, increasing the release of hormone-like active substances that can promote the day-night-rhythm. Excessive tension and nervousness can be gently reduced. It has a balancing and harmonizing effect.

\*No guarantee of healing.

In case of persistent sleep disorders, a doctor should be consulted.  
Not suitable for babies or small children.

### Vertrieb:

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### gewohnheit GmbH

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## FRAGRANCE IS 26

According to the Cosmetics Regulation (EC) No. 1223/2009 (Article 19), 26 perfume ingredients (Annex III) must be additionally declared due to their allergenic potential. The pillow spray is allergen free!

## EVALUATION / AROMATHERAPY

Essential oils are evaluated with many scientific studies, even the use topically. The olfactory perception is very complex and can thus gently influence the sleep-wake rhythm. Here high quality perfume oils are used in low dosages. A gently aromatherapeutic application is preferable to a drug first.



## INCI-DECLARATION

Nr.	INCI / PCPC	FDA Code	Funktion / Function
1	Alcohol Denat.	A	Lösungsmittel / Solvent
2	Lavandula Angustifolia (Lavander) Oil	D	Etherisches Öl / Essential Oil
3	Parfum (Fragrance)	E	Duftstoff / Scent
4	Aqua (Wasser)	E	Lösungsmittel / Solvent
5	Linalool	E	Allergen / Allergen
6	Citrus aurantifolia peel extract	E	Etherisches Öl / Essential Oil
7	Limonene	E	Allergen / Allergen
8	Santalum Album (Sandalwood) Oil	F	Etherisches Öl / Essential Oil
9	Geraniol	F	Allergen / Allergen
10	Citronellol	F	Allergen / Allergen
11	Citral	G	Allergen / Allergen

A: >50%; B: 25-50%; C: 10-25%; D: 5-10%; E: 1-5%; F: 0,1-1%; G: <0,1%

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new

PRODUCTS FROM BIOMED+  
FOR A RELAXING AND CALMING EFFECT.

*Sleep your way to beauty!*



**NIGHTCAP SLEEP DRINK**

*A gentle sleep aid with passionflower and oat extract. Delicious vanilla and honey flavour. As a beauty drink for superior efficiency for a firmer skin and wellbeing.  
With B vitamins and zinc.*

**SLEEPWELL! PILLOW SPRAY**

*Aromatherapy with selected essential oils. Promotes relaxation for a deep and restful sleep. Good sleeps let you feel good and that you can see too!*



**RE/GEN+ NIGHT LIFT ACTIV**

*A very effective facial cream, combining sleep-promoting essential oils with special anti-aging ingredients. Actively supports the regeneration processes at night. Contains Bio-Botulinum, Hyaluronic Acid, Vitamins*

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