

Do you have trouble sleeping at night?

It seems toddlers can sleep anywhere, but as we age our bodies seem to pick up a never ending array of tiny aches and pains that can keep us awake at night. Elmore Oil has been clinically proven to help improve your sleep patterns when applied at night, just before you go to bed.

In a 60 person double blind trial for people suffering from arthritis, conducted in 2007, it was revealed that all participants noticed a vast improvement in sleep, with a statistical result of 73% less days of poor quality sleep.

The key to improving your sleep patterns is to apply a small amount of Elmore Oil to the soles of your feet just before going to bed. This is the fastest entry point to the body for essential oils, and the oil will go to work fast taking away those little aches and pains you may not have even been aware of, that are preventing you from a great nights sleep. If you have a specific chronic pain you can also apply directly to this area as well, (neck, back etc) but the most important thing is to apply it to the soles of the feet.

Give it a try tonight and experience your best nights sleep in years !

