

# **ICNM Paris 2026**

## **Clinical Aromatherapy for Sleep Restoration What is Essential in Essential Oils for Sleep Disorders and the Recovery and Restoration of Inner Peace Relating to Sleep deprivation**

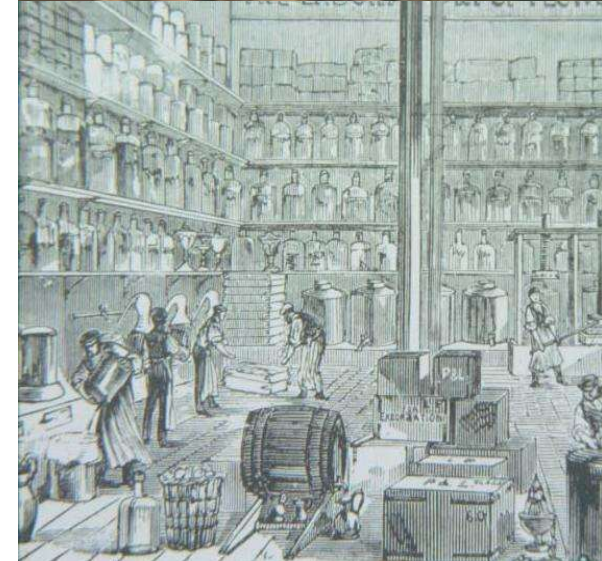
- Michael Scholes
- Master Essential Oil Expert and Natural Fragrance Formulator

**July 10-11, 2026**

# The Laboratory of Flowers – 1990-2026

Inspired by nature – Supported by science  
*“Where flowers meet science”*

- The Laboratory of Flowers combines the therapeutic aspects of traditional perfume with the modern-day needs of the 21<sup>st</sup> century.
- The Laboratory of Flowers has created the Aromatic Apothecary where traditional formulas from the past are created using a combination of alchemy and chemistry to create synergistic formulas for specific conditions or symptoms.
- The Laboratory of Flowers is dedicated to preserving the past by using Organic resources (whenever possible) and designing products that focus on health and well-being.
- We have one of the most extensive essential oil collections in the world that has now become our “Library of Fragrance” featuring over 700 essential oils.



# Why is Sleep Essential

- **Sleep begins the moment we wake**, and from all that we experience and how we react to life's daily challenges.
- No matter what ails us unless you sleep well symptoms will rarely disappear, chronic conditions will continue and mental decline is inevitable
- Sleep is essential, and without it, our whole lives are affected and compromised in everything we do, see, feel, think about, and digest.
- **Essential oils are crucial for sleep because fragrance, through essential oils, affects everything we cannot see within, including stress, anxiety, fear, worry, and overthinking.**
- Studies have shown that even partial sleep deprivation has a significant effect on mood.
- Falling asleep and staying asleep requires a delicate balance of **chemistry**, and essential oils are composed of the most complex chemical structures derived from nature.
- Essential oils affect all aspects of the human condition related to sleep from the minute you wake to the last thought you have before sleep.
- Each essential oil or combination, when inhaled and absorbed in a specific sequence, can change the way we sleep, how we can prepare for sleep, and how we gain the benefits of sleep. **Are you sleepwalking through life? Are you awake but really asleep?**

# Reasons People have Sleep Issues

A staggering 1 in 8 people die in their sleep Between 25,000 – 45,000 people die in their sleep every day – some from feeling peace and completion, others from chronic illness, and others who just do not want to be here.

- Aging-related changes
- Caffeine, nicotine, alcohol, or other substances
- Diet (heavy meals late at night)
- Excessive daytime naps
- Frequent nighttime urination
- Hormonal changes (pregnancy, menopause)
- Lack of physical activity or excessive late exercise
- Medical conditions (pain, asthma, acid reflux, thyroid disorders, inflammation)
- Medications that interfere with sleep
- Neurological conditions
- Nervous system stimulation
- Night work and jet lag
- Noise, light, temperature, uncomfortable bedding
- Poor sleep habits (irregular schedule, screens before bed)
- Sleep disorders (insomnia, sleep apnea, restless legs syndrome, narcolepsy)
- Stress, anxiety, and depression

# Sleep is Chemical Essential Oils are Chemistry

## CHEMISTRY

Confused

Hopeless

Empty

Manic

Inconclusive

Scattered

Regretful

Yearning

Essential oils are complex mixtures of volatile organic compounds primarily composed of terpenes, hydrocarbons, and oxygenated derivatives like alcohols, aldehydes, and ketones aroma and their therapeutic or toxicological.

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# What did sleep used to be and how much sleep do we need?

## In History

- Historical biphasic: first sleep (9–11 PM, 3–4 hrs.) → 1–2 hours awake → “second sleep” until dawn.
- Wakeful interval called “the watch”: prayer, reflection, reading and socializing.
- Common: whole family sharing a bed; bedding varied by wealth.
- Documented from 8th century BC to early 20th century; appears in literature and ballads.
- Disappeared with industrialization and artificial lighting, which shifted to one continuous sleep.
- Average sleep at this time between 7-9 hours

## How much sleep do we need and how much do we get?

- Newborns (0–3 months): 14–17 hours
- Infants (4–11 months): 12–16 hours
- Toddlers (1–2 years): 11–14 hours
- Preschoolers (3–5 years): 10–13 hours
- School-age (6–12 years): 9–12 hours
- Teenagers (13–18 years): 8–10 hours
- Adults (18–64 years): 7–9 hours
- Older Adults (65+ years): 7–8 hours

## Breaking Sleep Down into the optimum cycles

- Stage 1 (Light Sleep): 5% of total time. Falling asleep lasts just a few minutes.
- Stage 2 (Light Sleep): 50% of total time. Deeper, but still light sleep.
- Stage 3 (Deep/Slow-Wave Sleep): 25% of total time (approx. 105–120 minutes). Highest in the first half of the night; critical for body restoration.
- REM (Dream Sleep): 25% of total time. Important for cognitive function, memory, and emotional processing
- If you wake frequently, you may not complete these cycles, causing exhaustion even after 8 hours.

# What is Essential in Sleep

*“Decide how long you want to live and how long you want to be able to think cognitive thoughts and adjust your lifestyle accordingly.” Michael Scholes*

- **Sleep begins** the moment we wake up and is affected by everything we do, think, feel, see, breathe, eat, speak, focus upon and how we react to life's daily challenges. No matter what ails us unless you sleep well symptoms will rarely disappear, chronic conditions will continue and mental decline is inevitable
- **How you sleep is a barometer for your entire life** and will dictate how you will live, what you will be able to focus on, achieve, overcome and your ability to be resilient in your ability to deal with stress and avoid immune compromise.
- **Sleep is essential to life** and lack of sleep is the number one cause of Chronic illness.
- As soon as your body heats up by even 1-2 degrees and sees any light source your body wakes up thinking it is the sun calling you into your day.”
- **Essential Sleep Suggestions**
- A designated sleep chamber clear of clutter & minimal furniture, one book on the nightstand. no TV.
- Black out all light sources.
- No caffeine after your first cup.
- No Alcohol after 7pm as alcohol raised blood pressure.
- No food after 6pm – Avoid gluttony.
- No work after 6pm on devices.
- No calls after 8pm
- No heavy workouts after 6pm
- Minimum fluids after 7pm - It takes about **30 to 60 minutes** for liquid to go from a drink in your stomach to urine in your bladder.
- Minimal blue light from devices and TV two hours before bed
- Wake up with the sun in the Summer and sleep longer in the winter.
- **There is no quick fix if you cannot measure the problem and no two people are alike.**

# The Consequences of Not Sleeping Enough

## The main reasons we are not sleeping enough

- Nervous system overload, focusing on the external world, over thinking, excess activity, consumer driven, avoidance of stillness, fear, no time to feel, unresolved trauma, lack of intimacy, running from something or towards something.

## Sleep quality is driven by circadian rhythms (body clock)

- Body clocks regulate sleep, digestion, immunity, and health.
- They rely on light, routines, and timing to stay aligned
- Artificial light at night disrupts melatonin and circadian rhythms
- Require signals like light and routine.

## Modern Disruptions

- Too much indoor time
- Late-night eating
- Irregular sleep schedules (“social jet lag”)
- Lifestyle habits – sugar, caffeine, alcohol, and heavy meals
- Poor sleep hygiene
- Dopamine Junkies

## Health Risks

- The long-term lack of sleep (chronic sleep deprivation) significantly increases the risk of severe health issues, including cardiovascular disease (high blood pressure, heart attack, stroke), type 2 diabetes, obesity, and weakened immunity. It causes cognitive decline, memory loss, and a 33% higher risk of dementia. Mental health is severely affected, leading to depression, anxiety, and severe mood swings.

# Better sleep = Light + Timing + Consistency

## Core Recommendations

- Light: Bright daytime light strengthens rhythms
- Night light suppresses melatonin and even dim light at night disrupts sleep
- Timing: Eat earlier, avoid late-night meals, with no meals 3hs before bedtime
- Temperature: sleep in a cool room as a warm room can wake you up as it mimics sun warmth
- Consistency: Sleep and wake at the same time daily

## Poor sleep increases risks of:

- Poor sleep is linked to reduced **focus\***, **cognition\***, **mood\***, and reaction time.
- Long-term risks include **heart disease\***, **diabetes\***, and **depression\***.

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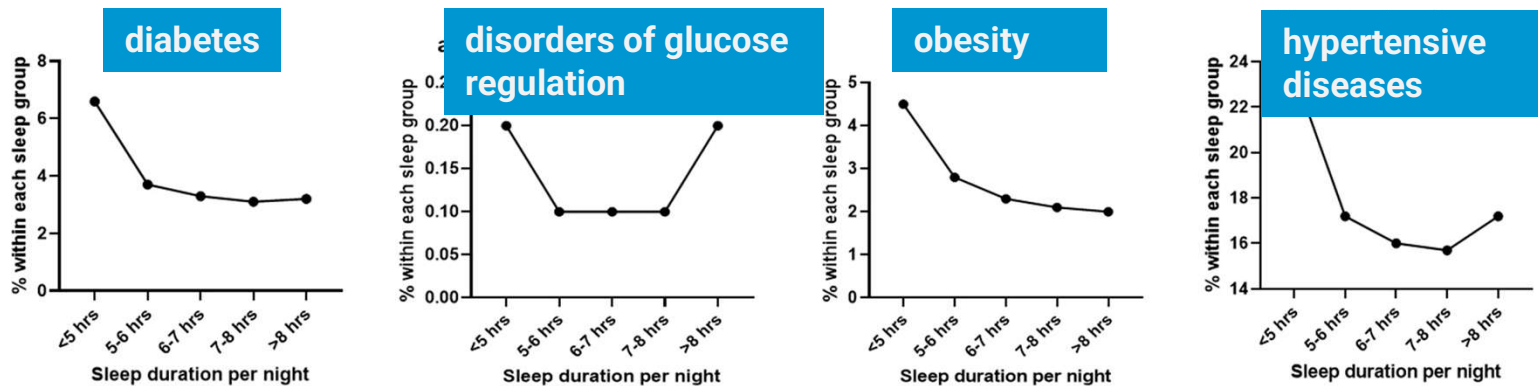
\* There is a blend for this

# Dangers of not getting enough sleep

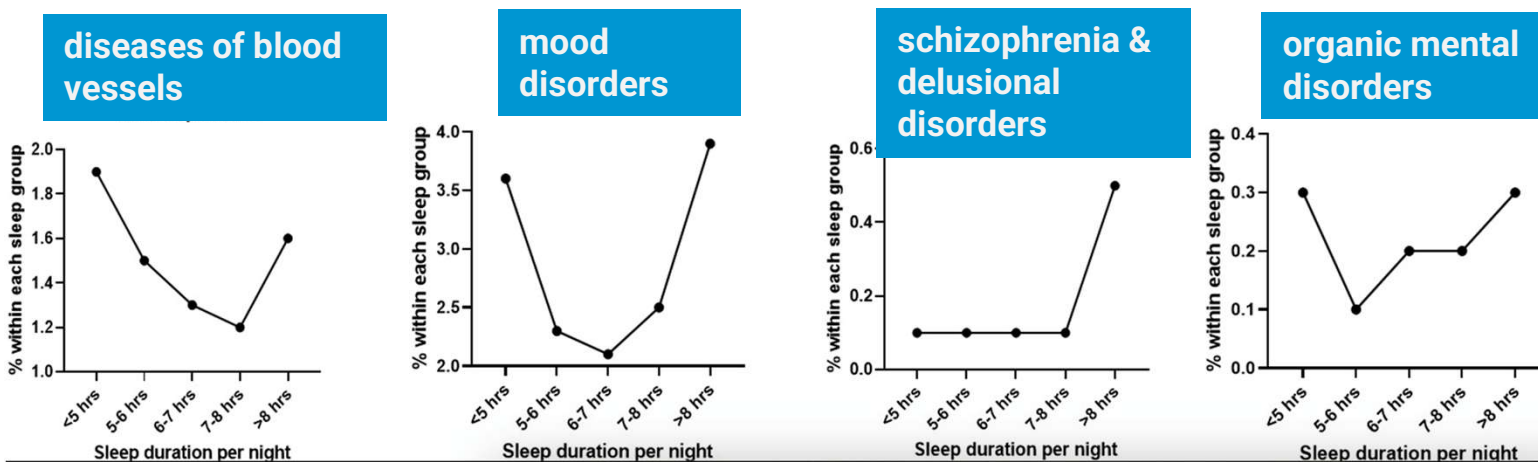
“Good sleep improves and protects brain health”

- **Not getting enough sleep daily, known as chronic sleep deprivation**, causes immediate impairments in focus, memory, and mood while significantly increasing the risk of long-term health issues like heart disease, obesity, type 2 diabetes, and weakened immunity. It disrupts hormonal balance, slows reaction times, and can lead to severe cognitive decline and increased accidents. Lack of sleep significantly lowers libido, reducing desire and sexual function by decreasing testosterone, raising stress hormones (cortisol), and causing extreme fatigue.
- **<2 hrs./night:** Severe inflammation, weakened immunity, major mental health disorders
- **<4 hrs./night:**
  - 70% higher obesity risk
  - Increased heart disease, stroke, Type 2 diabetes, early mortality
  - Immune function drops up to 72%
  - Accelerates aging (~8 years)
- **<6 hrs./night:**
  - 48% higher heart disease risk
  - 38–50% higher obesity risk
  - Higher risk of diabetes, hypertension, anxiety, depression
  - Cognitive decline, fatigue, weakened immunity
  - Testosterone drops 10–15%, lowering libido & sexual function
- **Long-term inadequate sleep (<7–8 hrs.):**
  - Depression, anxiety, memory loss
  - 33% higher dementia risk
  - Poor focus, slower reactions, more accidents
  - Hormonal imbalance & reduced overall health

# How Much Sleep Do We Need?



- A "U-shaped" relationship was found between sleep duration and diseases including diabetes, hypertension and heart disease and depression.
- Short and long sleep durations and fragmented sleep were associated with increased odds of disease."



# The Chemistry of Sleep Architecture

As you move through the different phases of sleep, the underlying neurochemical profile changes drastically to support distinct brain functions

Sleep Phase	Chemical Signature	Biological Purpose
Non-REM Sleep	High GABA and Adenosine; low monoamines (serotonin, norepinephrine, histamine).	Lowers heart rate, drops core body temperature, and initiates physical tissue repair.
REM Sleep	Peak Acetylcholine levels; monoamines drop to their lowest points.	Generates vivid dreams, processes emotional experiences, and consolidates long-term memories.

## The case for Fragrance in Sleep restoration

**Fragrance, is a scientifically backed, non-pharmacological tool for enhancing sleep restoration, acting directly on the brain's emotional and memory centers to induce calm. The use of specific scents, such as lavender and chamomile, can lower cortisol levels—the stress hormone—by up to 45%, helping to improve sleep quality by increasing deep sleep (slow-wave sleep) and decreasing restlessness. To calm the mind, inhale soothing essential oils like Lavender, Bergamot, Roman Chamomile, or Frankincense. These oils stimulate the part of the brain that controls emotions.**

# The Chemistry of Sleep

## Sleep Regulation: A Chemical Balance

Sleep is controlled by a balance of neurotransmitters and hormones that regulate:

**Homeostatic sleep drive** (sleep pressure)

**Circadian rhythm** (body clock)

These chemicals function like a biological “**flip-flop switch**,” shifting the brain between wakefulness and sleep.

## Sleep Promoters (“Downers”)

**Adenosine** – Builds up during wakefulness, increasing sleep pressure and drowsiness

**Melatonin** – Released in darkness to regulate circadian rhythm and prepare the body for sleep

**GABA** – Inhibitory neurotransmitter that suppresses wake-promoting brain activity

## Wakefulness Drivers (“Uppers”)

**Orexin (Hypocretin)** – Stabilizes alertness and wakefulness

**Histamine** – Promotes cortical arousal and alertness

**Norepinephrine & Serotonin** – Enhance attention, muscle tone, and brain activity

# Essential oils and Neurotransmitters

- **Adrenaline (epinephrine):** Black pepper, rose, and grapefruit essential oils have been shown to stimulate epinephrine. Inhalation of rose essential oil resulted in a 30% decrease of epinephrine levels.
- **Noradrenaline (norepinephrine):** Your concentration neurotransmitter can benefit from essential oils that help focus such as peppermint, rosemary and lemon calming excitatory Noradrenaline.
- **Dopamine:** Your pleasure neurotransmitter can be balanced with oregano, thyme, lavender, rosemary, and lemon.
- **Serotonin:** Your mood transmitter can be modulated by lemon, lavender and linalool found also in geranium and basil and is able to bind to the serotonin transporter which may have an inhibitory effect on serotonin reuptake helping maintain serotonin activity.
- **GABA:** Lavender can bind to the receptors on your cells that receive your body's calming neurotransmitter and help quiet the mind and increase time spent in deep, slow-wave sleep. and help balance your brain's level of excitation and inhibition
- **Acetylcholine:** Is the anti-inflammatory and learning neurotransmitter. Lavender, ylang ylang, and Blue Tansy are beneficial for soothing the parasympathetic associated with nervous system and vagus nerve
- **Glutamate:** Your main excitatory and memory neurotransmitter can regulate Glutamate receptors with Lavender.
- **Endorphins:** Ylang Ylang stimulates the part of the brain that releases endorphins and vanilla can reduce anxiety

# Essential Oils meet Chemistry through Distillation

- Distillation is a necessary to extract essential oils from fresh or dried plants primarily through steam distillation.
- The human body is constantly distilling , adapting , regulating and adapting under often extreme circumstances to maintain homeostasis and creating what it needs or is missing under stress.
- It is alchemical where some constituents appear in the oil that do not exist in the plant.
- There are over 3000 chemical constituents found in over 1,000 aromatic plants.
- There is a receptor for each constituent in the body and aromatic molecules bind to receptors
- Volatile aromatic molecules (odorants) are inhaled, they dissolve in the mucus of the nasal cavity and bind to specialized G-protein-coupled Olfactory Nerve receptors located on the cilia of olfactory sensory neurons. This binding triggers a specific cascade of events including a Biochemical change, electrical impulse generation and lights up the limbic system and has the ability connect to memory and emotions.
- This process takes a second and lasts but a second until the next inhalation although the effects can last much longer.
- At the neurotransmitter level essential oils can have a profound effect on sleep.
- The more balanced we are in our lifestyle and chemistry the more effective essential oils can be.

# Why we do Not Sleep – Essential Oil Choices

## **Alcohol**

### **Addiction**

cardamom, clary sage, clove

### **Allergies**

myrtle, bergamot, lemon balm

### **Anger**

rose, chamomile roman, linden

### **Anxiety**

Lavender, Ylang Ylang, Blue Tansy

### **Balance (lack of)**

copaiba, clary sage, cinnamon

### **Bedlam**

cedar leaf, muhuhu, rhododendron

### **The Blues (lite)**

lavender, marjoram, bergamot

### **Breathing**

ravensara, frankincense, cajeput

### **Caffeine**

Coffee absolute

### **Calm**

blue tansy, lavender, mandarin

### **Compulsion**

wild orange, copaiba, angelica

### **Congestion**

sage, camphor, inula

### **Creaky Joints**

birch, spearmint, juniper

### **Depression**

clary sage, jasmine, sandalwood

### **Duality**

holy basil, cade, palmarosa,

### **Fear**

clary sage, sandalwood, carrot

### **Feminine Balance**

fennel, geranium, mugwort

### **Focus**

Peppermint, rosemary, lemon

### **Gut Balance Ginger Aid**

ginger wild, rosemary,

lemongrass

### **Grief**

rose geranium, sandalwood, rose

### **Heart Ache**

rosewood, ylang ylang, bergamot

### **Hormone Imbalance**

geranium, . chamomile, ho wood

### **High Blood Pressure**

marjoram, neroli, ylang ylang

### **Hot Flash**

sage, clary sage, geranium

### **Inflammation**

frankincense, ginger, wintergreen

### **Isolation**

### **Itch**

chamomile r., palmarosa, tansy

### **Jet Lag**

rosemary, lemongrass,

peppermint

### **Joy (or lack of)**

frankincense, cedarwood,

eucalyptus

### **Kidney/Adrenal/Vitality**

pine, lemongrass, ginger

### **Liver Toxicity/Detox**

Rosemary, lemon, everlasting

### **Menopause**

rose, neroli, chamomile

### **Muscle Tightness**

vetiver, spearmint, pepper

### **Nausea**

Peppermint, spearmint, ginger

### **Over Stimulated**

cananga, siam wood, marjoram

### **Pain – Chronic**

birch, lavandin, clove

### **Peace (or lack of)**

litsea cubeba, lemon, petitgrain

lemon

### **Pine-eal**

multiple pines

### **Poor Circulation**

lime, sage, spearmint

### **Prayer**

tree of life, palo santo, galbanum

### **PTSD**

wild orange, vanilla, neroli

### **The Past - Remembrance**

agarwood, tobacco, mitti

### **Sadness**

basil, Lem palmarosa, ylang ylang

### **Safety**

Vetiver, patchouli, Cedarwood

### **Sleep Deep**

marjoram, Vetiver, jasmine

### **Sleep Performance Anxiety**

### **Stomach Soother – Gut Regulation**

chamomile roman, tarragon,

tangerine

### **Stress Relief**

marjoram, benzoin, sweet

orange

### **Sunrise**

lavender, vanilla, patchouli

### **Trauma**

galbanum, angelica, guaiac wood

**Lavender, Clary Sage, Bergamot,**

**Rose, and Citrus oil** are used in

aromatherapy to help trigger the

brain's olfactory system to

promote the release of mood-

regulating neurotransmitters like

serotonin and dopamine

**Lavender:** relieves stress and

anxiety to foster calm.

**Clary Sage:** Known to lower

stress hormones and stabilize

mood.

**Bergamot:** elevates mood and

reduces feelings of depression.

**Rose:** enhancement, feelings of

happiness and relaxation.

**Sweet Orange:** Uplifts the spirit

and provides a natural energy

and mood reset

# How to Use Essential Oils for Better Sleep

- **Absorb** by being in the outdoors, through your connection to nature and absorption of aromatic molecules in your surroundings.
- **Apply** often throughout the day, every day as though your life depends on it.
- **Choose** between single notes (simplified) or combinations (more complex) depending on how sensitive or if you are dealing with multiple symptoms or have one blend preference.
- **Customize** by adding to unscented personal care products, cleaning supplies and environmental fragrance through diffuser, room mists and candles.
- **Create** an aromatic sanctuary in your home that mirrors the outdoors.
- **Dose** yourself in your daily life where you have a continuous connection to the outdoors inside your home, car, office and sleep chamber. Often less is more.
- **Find** a selection of essential oils that align with you for the purpose of your wellbeing, lifestyle and physiology as it relates to sleep.
- **Follow** nature and more is not better, often the smallest concentration can have the most significant impact. Aromatic Plants use the smallest of aromatic molecules to heal internally and communicate externally.
- **Identify** what aspect of your physiology is the most active regarding your lack of sleep between physical, emotional or psychological including if the root cause is trauma based.
- **Indulge** yourself in a wide range of essential oils to maximize exposure by exposing yourself to a wide range of aromatic molecules.
- **Microdose** utilizing the smallest of all aromatic molecules, administered through inhalation, single-drop application, multiple applications and continuous use throughout the day, and applying to specific points and larger areas of the body through massage.
- **Use** essential oils from the moment you wake up to the last thing before bed through exercise, meditation, yoga
- **Regulate** how much you use, when you use and how often you apply as essential oils can also create the opposite affect regarding sleep and better to use a drop at a time 30-60 minutes before bed.

# Case Study

**Male 67, good health overall, lives alone, works alone, over thinks, over works, and who has had had sleep disruption after the passing of parent and then end of a relationship. He is committed to change. Often feels fatigue, restless, sleepy and unmotivated. He is an over achiever and hard worker. This is his five-year plan to recover restorative sleep.**

## **1<sup>st</sup> stage of sleep recovery**

More hydration, yoga, going out of the house, bookending ending each, being in community.

## **2nd stage of sleep recovery**

Added yoga 5 times a week, daily visits to coffee shops, joined a men's chorus, attended church

## **3rd stage of sleep recovery**

Added cycling, committed to going to bed no later than 10pm, more home cooked meals, cutting back his work-load, daily trauma recovery meetings.

## **4<sup>th</sup> stage of sleep recovery**

Added swimming x 2 per week, weights x 3 X per week, bed at 9p, up at 5am, daily supplements, at least two hours a day in the outdoors either gardening, biking or walking, Yoga 6- seven days a week, gave up coffee, 80% home cooked meals, more community outreach, daily calls, no TV after 7pm, no devices in the bedroom with full black out. Added sauna and cold plunge 3 x week.

# “Essence 1 (2025) and Essence 2 (2026)”

## Essence 1

- **Anointing Oil from 2025 - Extracted from over 3,000 vials in hiding for 35 years**
- From over 100 aged and infused essential oils that were forgotten, left behind, sitting still, waiting and alchemically extracted.
- The ultimate blend that formulated itself with no formula.
- “Essence 1” captures my journey for the past 35 years,
- It is the ultimate blend that formulated itself.
- One-of-a-kind fragrance cannot be replicated and is limited in supply.
- The anointing oil helps heal what’s on the inside.
- **Intention:** For those lost in the shadows, left behind, forgotten, whose essence has not been actualized, who need healing and transformation into self-actualization.

## Essence 2

- **Anointing Oil 2026 – Extracted from over 4,500 vials in hiding for 35 years**
- From over 38 essential oils formulated in 14 purposeful formulas that address Abundance, Beginnings, Courage, Dreams, Energy, Gratitude, Healing, Renewal, Romance, Uplifting, Serenity, Sensual, Spirit, and Well-being
- Essence 2” captures my journey for the past 35 years, sitting still and pecculating slowly.
- **Description:** In the quiet **Beginning** of a new chapter, the **Spirit** awakens to an **Abundance** of possibility, guided by the **Courage** to **Dream** beyond old limits. Each moment becomes **Energizing**, filled with **Gratitude** for the gentle **Healing** that follows every step toward deeper **Well-being**. Life softens into **Serenity**, where **Romance** and the **Sensual** beauty of connection feel natural and true. In this space, every experience becomes **Uplifting**, a reminder that the heart is always capable of **Renewal**.
- **Intention:** To shift from the separateness of the past and connect to all the parts of us that are pure and true through transformation.

# Lecture Summary

- Breath.....
- Sleep is 50% lifestyle and 50% chemistry.
- Sleep is a complex equation that is chemistry driven.
- We are preparing for sleep while we are awake.
- Essential oils are complex chemically based solutions.
- There are close to 1000 essential oils available worldwide.
- Each essential oil is a complex chemical equation.
- Each person has a different chemical equation.
- Combined essential oils create even more complexity.
- Essential oil work best when used throughout the day, every day and continuously -  
Application through personal care products and diffusion
- Use smaller amounts of essential oils in preparation for sleep -Application through inhalation and microdosing.
- Essential oils can be sleep disruptors at incompatible dosages.
- To get the most out of essential oils combine study with ownership.
- Use daily, continuously and repeat often as though your life depends on it
- Breath, smile more, move your body, eat less, pray some, love what you do.

# **How to Be Happy All the Time**

*"The rose plant of our happiness can grow only on the fertile soil of our peace. It can never grow on hard, unfeeling soil or human mentality. We have to dig constantly into peace with the spade of our good actions. We have to keep our happiness plant well-watered with our spirit of love and service."*

***Yogananda, Paramhansa***



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