



# Comfort

## Natural

- Essential oil
- Calming qualities
- Beneficial for insomnia, stress, restlessness and anxiety



# Sleep

Valerian is known for its sleep-inducing and soothing qualities. Ancient Greeks and Romans already knew about the medicinal characteristics of this herb and used it to fight insomnia and restlessness. Thanks to its tranquilizing effects, valerian is known to calm the nervous system and to help people cope with tension. Fabrics treated with this finishing will make you feel at ease and relaxed. The aroma of the fabric is naturally calming and sleep inducing.

