

And breathe ingredients:

****30ml Calm room spray – Made by Coopers****: *certified organic

Spring Water, Witch Hazel Distillate, Essential Oils of: Lavender*, Bergamot, Ylang Ylang, Rosemary, Frankincense, Polysorbate 20, Phenoxyethanol & Ethylhexylglycerin

****Cartwright and Butler Milk chocolate chunk biscuits****:Flour (Wheat Flour, Calcium, Iron, Niacin, Thiamin), Salted Butter (Milk, Salt), Milk Chocolate Chunks (18%)(Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Whey Powder (Milk), Skimmed Milk Powder, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring), Sugar, Muscovado Sugar (Sugar, Cane Molasses), Free Range Pasteurised Eggs, Raising Agents (Sodium Hydrogen Carbonate, Diphosphate), Rice Flour. Allergens: Egg, Gluten, Milk. May contain tree nuts.