

Peace & Calming

Peace & Calming® is a gentle, fragrant blend. When diffused, it helps calm tensions and uplift the spirit, promoting relaxation and a deep sense of peace. When massaged on the bottoms of the feet, it can be a wonderful prelude to a peaceful night's rest. Peace & Calming may be especially calming and comforting to young children after an overactive and stressful day.



Single Oils:

Tangerine –sedating and calming to the nervous system. It is also a diuretic and a decongestant of the lymphatic system.

Orange – uplifting, may bring feelings of peace, happiness and joy. May provide emotional support to help overcome depression.

Ylang Ylang – may help feelings of confidence, joy, and peace.

Patchouli – is sedating, calming, and relaxing allowing the reduction of anxiety.

Blue Tansy – may help cleanse the liver and calm the lymphatic system to help deal with anger and promote feelings of self-control.

Aromatic Benefits: balancing, calming, soothing

Body Systems: emotional, nervous

Emotional Uses: abuse, agitation, anger/hate, agitation, argumentative, bitterness, feeling boxed in, feeling bugged, feeling over-burdened, calming, confusion, depression, despair, despondency, disappointment, discouragement, grief/sorrow, guilt, inner peace, irritability, mood swings, overwhelmed, panic, restlessness, sadness, sedative, shock, stress, trauma

Physical Uses: addictions, arthritis, ADD, circulation, coughs, deodorant, headaches/migraines, hyperactive, inflammation, insomnia, liver, mental fatigue, muscle spasms, osteoporosis, PMS, relaxation, restlessness, sprains, sports injuries, stress, teeth grinding, tension

Application: apply under nose, back of neck, back, and feet. Put in bath water. Apply to navel, feet, or back of neck for insomnia. Wear as a perfume or cologne.

Safety Data: Avoid exposure to direct sunlight for 3-6 hours after use.

For educational purposes only. This information is not intended to diagnose, treat, or cure any disease.