

Calm

CALMING BLEND 10ml

Calm is a very physically relaxing blend, and is perfect to use at the end of a hectic day to help unwind and relax into the evening. The essential oils in this formula have a direct response on the brain and it is, therefore, most effective when inhaled.*

This sweet-smelling blend can assist the nervous system while breaking life-draining addictions. It helps the nerves stay calm and can support one in remaining resolute in the desire to overcome addictive behaviors.*

Children find this blend very relaxing, particularly if they are overstimulated and cannot go to sleep. Calm has been diffused with good success in schools, particularly in classrooms with children who have ADD and find it difficult to settle down in the afternoons.*

ingredient highlights

- **Ylang Ylang Complete:** The fragrance is soft, sweet, and erotic. It stimulates the same part of the brain that releases endorphins.*
- **Sweet Orange:** Known as the Oil of Tranquility, Sweet Orange is an uplifting, anti-depressive, and de-stressing essential oil without being sedative.*
- **Rose:** Even in highly diluted concentrations, Rose Oil has a very strong psychological effect; it is a good tonic to the soul.*

uses

aromatic

- **Diffuser:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for 15 minutes per hour as needed to create a soothing, relaxed environment.*
- **Inhalation:** Put 1 to 2 drops on a tissue, cotton ball, or your wrists and inhale as needed to calm and relax the body & mind.*
- **Body/Room Spray:** Add 10 to 12 drops to 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well before using. Close your eyes and mist around your body to create a soothing environment and increase relaxation. Particularly helpful in children's rooms at bedtime.*

bath

- **Bath:** Mix 10-12 drops in ½ cup Pink Himalayan or Dead Sea salt and add to a warm tub of water. Mix thoroughly for a relaxing bath before bedtime to promote restful sleep.*

topical

- **Massage:** Dilute 6 to 10 drops in 1 ounce of carrier oil and massage as desired for relaxation.*
- **Reflexology:** Apply 2 to 4 drops to the soles of the feet and/or pulse points to help relax the body quickly and effectively.*

topical dilution guidelines

Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.*

- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
- **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce).*

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application methods

Aromatic • Bath • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

ingredients

Citrus reticulata (Tangerine), Citrus sinensis (Orange, sweet), Citrus paradisi (Grapefruit, pink), Cananga odorata (Ylang Ylang Complete), Tanacetum anuum (Tanacetum Annuum), Rosa damascena (Rose), Aniba rosaeodora (Rosewood)

responsible cautions

- People with highly sensitive skin may want to dilute this blend before applying directly to the skin.
- The blue/green color of this blend could potentially discolor clothing or bedding.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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