

# Peace & Calming®



## Product Summary

Peace & Calming is a gentle, fragrant blend of tangerine, ylang ylang, blue tansy, orange, and patchouli essential oils. When diffused or massaged it can help calm tensions and uplift the spirit, promoting relaxation and a deep sense of peace.

## Product Story

Peace & Calming's gorgeous scent is specially blended to lift your mood or ease the discomforts of stressful situations. If you've ever felt down or often feel anxious in certain settings, consider using this soothing essential oil blend. Peace & Calming can be applied topically or diffused into the air. This blend is the scent of choice for many people, as its calming qualities help them feel more in control. Peace & Calming may be especially helpful and comforting to young children after an overactive day.

## Key Ingredients

+ Tangerine is a calming essential oil that helps with occasional nervous irritability. The essential oil contains esters and aldehydes that are sedating and calming.

- + Ylang ylang is extremely effective in calming and bringing about a sense of relaxation.
- + Blue tansy induces relaxation and promotes a feeling of comfort.
- + Orange has a great fruity scent that lifts the spirits while providing a calming influence on the body.
- + Patchouli helps release negative emotion.

## Primary Benefits

- + Peace & Calming essential oil blend can help purge your system of nervous emotion, increasing emotional wellness.
- + Peace & Calming has an uplifting scent that evokes positive emotions.
- + Peace & Calming is portable and can be used wherever crowded areas may be overwhelming.
- + The essential oils that comprise this blend are safe to use on the feet to help even the fussiest of children.

## How to Use

Use 1–2 drops on the bottoms of feet or in a warm bath.

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## Did You Know

- + Peace & Calming is one of the nine essential oils in the Everyday Oils collection.
- + Ylang ylang is historically known as an aphrodisiac and is widely used as a floral scent in many perfumes. In Indonesia, the petals are often strewn across a marriage bed.
- + The blue-green color of Peace & Calming comes from the blue tansy.
- + Patchouli was placed between Indian cashmere shawls en route to Victorian England to protect the merchandise from moths.
- + Orange essential oil has been studied for its ability to combat negative emotions and bring a deep sense of security.

## Caution

Peace & Calming includes citrus oils, which may cause skin sensitivity when exposed to sunlight. Avoid direct sunlight or UV rays for up to twelve hours after applying.

## Frequently Asked Questions

**Q.** Is Peace & Calming good for massage?

**A.** Peace & Calming is ideal for massage and can be blended with the V-6™ Enhanced Vegetable Oil Complex for a soothing massage.

**Q.** Can Peace & Calming be used on children?

**A.** Peace & Calming should generally be used for children two years and older.