

PEACE & CALMING®

PRODUCT INFORMATION PAGE



Product Summary

Peace & Calming is a gentle, fragrant blend of pure 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.* Peace & Calming may be applied topically or diffused directly into the air.

This blend is the scent of choice for many people, as its calming qualities help them feel more in control.* During times when you feel down or anxious, consider using this soothing essential oil blend.* Peace & Calming is specially blended to lift your mood and ease the discomforts of stressful situations and may be especially helpful and comforting to young children after an overactive day.*

Primary Benefits

- Can help purge the system of nervous emotions, increasing emotional wellness*
- Has an uplifting scent that evokes positive emotions*
- Portable and can be used wherever crowded areas may be overwhelming
- Safe to use on children*

Who Should Use Peace & Calming Essential Oil Blend?

- Individuals seeking a boost to their mood or an uplifting start to the day*
- Individuals who need a calming influence on fussy children*

- Individuals who often find themselves in stressful situations or are easily stressed

Suggested Use

- **Topical:** Dilute 1 drop to every 15 drops of V-6 Vegetable Oil Complex for massage; add 2–4 drops to bathwater; or apply directly to the edge of ears, wrists, bottoms of feet, or Vita Flex points.
- **Aromatic:** Diffuse or directly inhale.

Cautions

- Keep out of reach of children.
- If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.
- Avoid direct sunlight or UV rays for up to 12 hours after applying Peace & Calming.

Did You Know?

- 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 is derived from the blue tansy.
- Patchouli was placed between Indian cashmere shawls en route to Victorian England to protect the merchandise from moths.

- Orange has been studied for its ability to combat negative emotions and bring a deep sense of security.

Complementary Products

- Lavender Essential Oil
- German Chamomile Essential Oil
- RutaVaLa Essential Oil Blend
- Valor Essential Oil Blend

Key Scientific Studies

- Haze S, Sakai K, Gozu Y, et al. Effects of fragrance inhalation on sympathetic activity in normal adults. *Jpn J Pharmacol.* 2002 Nov;90(3):24–53.
- Buckle J. *Clinical Aromatherapy Essential Oils in Practice*, 2nd Edition. p. 109,543,553.
- Lis-Balchin M. (2006). *Aromatherapy Science: A guide for Healthcare Professionals*. p. 262, 260-263.
- Tisserand R, Balacs T. Essential Oil Safety. p. 196,209.
- Lawless J. *The Illustrated Encyclopedia of Essential Oils*. p. 122.

Product Information

Peace & Calming Essential Oil Blend—15 ml
Item No. 3393

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.