



PEACE & CALMING — A gentle, fragrant blend of Tangerine (*Citrus nobilis*), orange (*Citrus sinensis*), ylang ylang (*Cananga odorata*), patchouly (*Pogostemon cablin*) and blue tansy (*Tanacetum annuum*) specially designed for diffusing. It promotes relaxation and a deep sense of peace, helping to calm tensions and uplift spirits.

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A and CALMING
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Essential Oil Blend

- 1 Rub 1-2 drops of Peace & Calming oil on the bottom of the feet and on the shoulders before bedtime to get good quality sleep.
- 2 Diffuse Peace & Calming oil in the room to calm overactive or hard to manage children.
- 3 Mix Peace & Calming oil with massage oil for a relaxing massage.
- 4 Put Peace & Calming oil mixed with Bath Gel Base in warm water for a relaxing bath.
- 5 To help stop nocturnal teeth grinding, diffuse Peace & Calming oil while sleeping.



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