

Peace & Calming®

Introduction

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.

History



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



- Ylang ylang is extremely effective in calming and bringing about a sense of relaxation.



- Blue tansy induces relaxation and promotes a feeling of comfort.



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



- 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.

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.

How to Use

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

Testimonials

Peace and Calming for a difficult student

Author: Kym Betts

Posted: Nov 20, 2010

Recently I have been teaching and have had a particularly difficult student who suffers from anxiety and a personality disorder. After several not good days I asked if she would mind trying Peace and Calming. She agreed and wore it in the heart region for two days. For those two days she had no anxiety and her

personality disorder was less of a problem. On the third day I forgot to give it to her and we had another bad day. Tomorrow I won't forget. Love these products

Irregular heartbeat and Peace and Calming

Author: Alischia Boyl

Posted: Nov 07, 2010

I've been taking heart meds for over 3 years trying to control my palpitations with no success. Even on the prescriptions I was having long bouts of fluttering. A friend dropped off her diffuser and a few bottles of essential oils to try. The one I used the most was Peace and Calming. I diffused it daily and after about 2 weeks started noticing that I wasn't having my daily episodes of flutters.

So I researched the oils in this blend and found that the Ylang Ylang in Peace and calming has heartbeat regulating effects!! So now I still diffuse Peace & Calming but add extra Ylang Ylang to boost those results. And I have to add, my 2 oldest children said to keep doing whatever I was doing because they liked how 'nice' I had become!! haha.