

Peace and Calming®

Features and Benefits

- Offer a peaceful environment
- Has a refreshing aroma
- May help improve the appearance of the skin

Uses

- Will help you to unwind
- Can be used when practicing meditation
- May help your children to calm before bedtime

How to use

- Diffuse in your kid's room before bedtime
- Make your own air freshener by adding 5-10 drops in an empty spray bottle and fill it with distilled water
- Put a drop or two on a cotton ball or disk and place it in drawers

Precautions:

- For external use only
- Keep out of the reach of children
- Possible skin sensitivity
- If you are pregnant, nursing or under the care of a physician, consult your physician prior to use.
- Avoid contact with eyes, inner ear, and sensitive areas.

Is a blend of

- Tangerine. (Citrus reticulata)
- Orange. (Citrus aurantium)
- Ylang Ylang. (Cananga odorata)
- Patchouli. (Pogostemon cablin)
- Blue Tansy. (Tanacetum annuum)



SOURCES:
Young Living website



Notes

Is a Young Living original blend
One of the most popular blends among Young Living members

DISCLAIMER:

This information is for educational purpose only
These statements have not been evaluated by the Food and Drug Administration
Young Living products are not intended to diagnose, treat, cure, or prevent any disease