

# CALM

stress relief blend

10ml

*HB*Naturals  
PRODUCT INFORMATION PAGE



## application

Aromatic • Bath • Topical

## safety group #2

## ingredients

Citrus reticulata (Tangerine), Citrus sinensis (Orange, sweet), Citrus paradisi (Grapefruit, pink), Cananga odorata (Ylang Ylang Complete), Tanacetum anuum (Tanacetum Annuum), Rosa damascena (Rose), Aniba rosaeodora (Rosewood)

## responsible cautions

- People with highly sensitive skin may want to dilute this blend before applying directly to the skin.
- The blue/green color of this blend could potentially discolor clothing or bedding.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

"The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

## product summary

You can use this sweet smelling blend to assist your nervous system while breaking life-draining addictions. The beautiful fragrance helps one's nerves stay calm and supports a person emotionally to remain resolute in the desire to overcome addictive behaviors.\*

Children find this blend very relaxing, particularly if they are overstimulated and cannot go to sleep.\*

This blend has been diffused with good success in schools with ADD children who cannot settle down in the afternoons.\*

The essential oils in this formula have a direct response on the brain, therefore, it is most effective when inhaled.\*

A very physically relaxing blend, Calm is perfect for the end of a hectic day to help unwind and relax into the evening.\*

## ingredient highlights

- **Ylang Ylang Complete:** The fragrance is soft, sweet, and erotic. It stimulates the same part of the brain that releases endorphins.\*
- **Sweet Orange:** Orange is known as the Oil of Tranquility. Emotionally, Orange is an uplifting, anti-depressive, and de-stressing essential oil without being sedative.\*
- **Rose:** Even in highly diluted concentrations, Rose Oil has a very strong psychological effect; it is a good tonic to the soul.\*

## uses

- Mix 10-12 drops Calm in ½ cup Pink Himalayan or Dead Sea salt and add to a warm tub of water. Mix thoroughly for a relaxing bath before bedtime to promote restful sleep.\*
- Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before using. Close your eyes and mist around your body to create a soothing environment and increase relaxation. Particularly helpful in children's rooms at bedtime.\*
- Apply 10-15 drops on the absorbent inner core of a nasal inhaler, cap the bottom, and inhale as needed.\*
- Dilute 6 to 10 drops in 1 ounce of carrier oil and massage as desired for relaxation.\*
- Apply 1 to 2 drops to pulse points.\*
- Apply 2 to 4 drops to the soles of the feet to help relax the body quickly and effectively.\*