



Peace & Calming[®]

essential oil blend

YOUNG LIVING[®]
ESSENTIAL OILS

Peace & Calming essential oil blend is a proprietary combination of Blue Tansy, Orange, Tangerine, Patchouli, and Ylang Ylang that creates a moment of tranquility in your everyday life.

Product Size: 5 ml
Item No.: 3398

A calm you is the best you. Find a moment of peace with the soothing aroma of this beloved D. Gary Young original blend. A beautiful combination of citrus and floral oils, Peace & Calming blend invites you to unwind from the day with a few drops in your diffuser or mixed with Epsom salt in a relaxing bath. Make it part of your calming evening routine as you let go of the day's demands and just be.

FEATURES & BENEFITS

- Has a comforting, fresh, citrus aroma
 - Soothes the spirit
 - Creates a peaceful environment for yoga and meditation
 - Invites a moment of calm for you, your children, and your pets
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CERTIFICATIONS



SUGGESTED USES

- Apply Peace & Calming blend to the bottoms of feet at night as part of a bedtime ritual for your whole family.
 - Apply 1–3 drops to your neck and temples for a moment of peace.
 - Diffuse 8–20 drops daily to create a positive, peaceful atmosphere.
 - Dilute it with V-6™ Vegetable Oil Complex for a calming back massage before naps or bed.
 - Add 4–5 drops to 1 cup of Epsom salt for a centering bath at the start of the day or as part of a calming evening routine.
 - Add it to Young Living® Bath and Shower Gel Base for a cleanser your entire family will love.
 - Combine it with Citrus Fresh™ essential oil blend for a bright, invigorating scent that's perfect for mornings before school or practice.
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DIRECTIONS

Topical: Dilute 1 drop with 1 drop of V-6 Vegetable Oil Complex or other carrier oil. Apply to desired area as needed.

Aromatic: Diffuse up to 1 hour 3 times daily.

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KEY CONSTITUENTS

Limonene, Trans-beta-caryophyllene, Germacrene D, Patchoulol, Gamma-terpinene

INGREDIENTS

Citrus reticulata[†] (Tangerine) peel oil, *Citrus aurantium dulcis*[†] (Orange) peel oil, *Cananga odorata*[†] (Ylang ylang) flower oil, *Pogostemon cablin*[†] (Patchouli) oil, *Tanacetum annuum*[†] (Blue tansy) oil

[†]Premium essential oil

SAFETY

Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. 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 product.

PAIRS WELL WITH



Young Living Stress Away[®]
essential oil blend
Item No. 4630



Super Vitamin D[™]
tablets
Item No. 28972



KidScents[®] Unwind[™]
stick packs
Item No. 32540



Peace & Calming[®]
Roll-On
Item No. 26498
