

Peace & Calming II Essential Oil Blend

Young Living Therapeutic Grade Essential Oil



This blend promotes relaxation and a deep sense of peace and emotional well-being, helping to dampen tension and uplift spirits. When massaged on the bottom of feet, it can be a wonderful prelude to a peaceful night's rest. It may calm overactive and difficult-to-manage children. It also reduces depression, anxiety, stress, and insomnia.

Ingredients:

Tangerine: Contains esters and aldehydes that are sedating and calming, helping to combat anxiety and nervousness.

Orange: Is elevating to the mind and body and brings joy and peace. A Brazilian university evaluated the potential anxiolytic effect of Citrus sinensis essential oil and found in a placebo-controlled study that the aroma of sweet orange oil was acutely anxiolytic, giving support to its calming use as a tranquilizer by aromatherapists (Goes TC, et al., 2012).

Ylang Ylang: Increases relaxation and balances male and female energies, restoring confidence and equilibrium.

Patchouli: Is very high in sesquiterpenes that stimulate the limbic center of the brain. It re-establishes mental and emotional equilibrium and energizes the mind. It promotes grounding and helps center the emotions to clarify thoughts, allowing the mind to relax and let go of jealousies, obsessions, and insecurities.

German Chamomile: Disperses anger, stabilizes emotions, and helps release emotions linked to the past. Soothes and clears the mind.

Vetiver: Psychologically grounding, calming, and stabilizing. It helps us cope with stress and recover from emotional trauma. May be successful in the treatment of ADD and ADHD in children.

Cistus: Calming to the nerves, elevates the emotions.

Bergamot: Relieves anxiety; mood lifting qualities.

Cassia: Is rich in biblical history and is mentioned in one of the oldest known medical records.

Davana: Calming.

Northern Lights Black Spruce: Diffuse this rich, woody, and invigorating scent during meditation to create a fresh aromatic atmosphere.