

PRODUCT SUMMARY

Peace & Calming® essential oil is a gentle, sweet blend of Ylang Ylang, Orange, Tangerine, Patchouli, and Blue Tansy and is one of Young Living's most popular essential oil blends. With a calming, sweet aroma, this blend is one you'll love using during your children's bedtime and for yourself after the house has settled down.

KEY INGREDIENTS

Tangerine, Orange, Ylang Ylang, Patchouli, Blue Tansy

EXPERIENCE

This fragrant oil blend is a wonderful addition to your meditation, evening routine, or playtime with the kids. With a comforting, fresh aroma, Peace & Calming has become a popular oil for everything from enhancing the environment in your home to applying as a personal fragrance for any occasion.

PRODUCT BACKGROUND

Peace & Calming is a D. Gary Young-original blend and is one of Young Living's most popular products. This Young Living exclusive is made from five therapeutic-grade essential oils, including Tangerine and Orange essential oils, which contain some of the highest naturally occurring levels of the constituent limonene. This blend also has Ylang Ylang essential oil, which is steam distilled at Young Living's farm in Ecuador. Its comforting aroma makes it a great companion for activities like yoga, bedtime, and study.

BENEFITS & FEATURES

- Has a comforting, fresh aroma
- Helps freshen the air when diffused and improves the appearance of skin when applied topically
- Offers a peaceful environment for yoga and meditation
- Includes the naturally occurring constituents limonene, germacrene D, sabinene, camphor, and patchoulol



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.

SUGGESTED USE

- Diffuse this oil to freshen the air, especially in rooms where children play or study.
- Apply to the bottoms of feet at night as part of a bedtime ritual for your whole family.
- Dilute with V-6 Vegetable Oil Complex for a calming back massage before naps or bed.
- Combine with Citrus Fresh™ for a bright, invigorating scent that's perfect for mornings before school or practice.
- Add 4–5 drops to 1 cup Epsom salt for a centering bath at the start of the day or as part of a calming evening routine.
- Add to Young Living Bath & Shower Gel Base for a cleanser your entire family will love.

CAUTIONS

Keep out of reach of children. 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.

PEACE & CALMING®



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

†100% pure, therapeutic-grade essential oil

FREQUENTLY ASKED QUESTIONS

Q. Can Peace & Calming be ingested?

A. Peace & Calming is labeled for topical and aromatic use and is not intended for internal consumption. Be sure to always follow individual label instructions for Young Living products.

Q. Is there a UV warming associated with Peace & Calming?

A. Peace & Calming contains Tangerine and Orange essential oils, which can make skin photosensitive. If contact with skin occurs, avoid direct sunlight or UV rays for up to 12 hours.

Q. What is the aroma of Peace & Calming like?

A. Peace & Calming is gentle, fresh, and fragrant and creates a comforting and peaceful atmosphere. The bright, fruity aroma of Tangerine and Orange is paired with the soft, flowery scent of Ylang Ylang. Earthy Patchouli and Blue Tansy ground the blend for a peaceful aroma.

COMPLEMENTARY PRODUCTS

Peace & Calming II™
Essential Oil Blend
Item No. 5327



Lavender
Essential Oil
Item No. 3575



Stress Away™
Essential Oil Blend
Item No. 4630



Tranquil™ Roll-On
Item No. 3533

