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.
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.

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

C O M P L E M E N T A R Y P R O D U C T S

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

*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.