

## Serenity Calming Essential Oil

Calm inner chaos, quiet your mind, and restore tranquility with this floral blend of soothing exotic oils that include **Lavender**, **Bulgarian Rose**, **Helichrysum**, **Geranium**, and **German Chamomile**. Mix a few drops into lotions or creams, sprinkle onto your yoga mat, or add to your bath to help decrease anxiety, promote relaxation, and enhance well-being.

### Mind & Mood Benefits - Highlights

**Bulgarian Rose:** eases tension, soothes negative emotions, and inspires passion

**Helichrysum:** soothes mental unrest, promotes feelings of security and well-being

**Geranium:** helps release negative energy, uplifts, and promotes hope and comfort

**German Chamomile (Matricaria):** eases stress and tension

**Frankincense:** enhances focus and elevates the mind

**Carrot Seed:** clears negative energy and inspires creativity

**Tangerine:** calms anxiety and promotes happiness

**Sandalwood:** enhances concentration, alleviates anxiety, and creates a sense of composure

**Lavender:** soothes, steadies the mind, and improves focus

**Rosewood:** stabilizes emotions, uplifts, and empowers



#### Directions:

Mix a few drops into lotions or creams, use in a diffuser, or simply inhale the lush aromas to help dispel confusion and promote a sense of strength and stability. **DO NOT APPLY DIRECTLY ONTO SKIN.**

0.3 oz

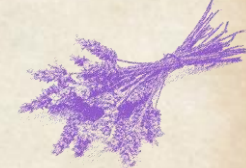
### Top Shelf Ingredients



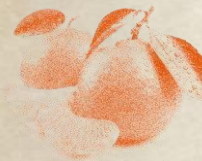
**Bulgarian Rose**



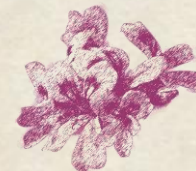
**Helichrysum**



**Lavender**



**Tangerine**



**Geranium**



**Frankincense**

### Ingredient Library

Lavandula Angustifolia (Lavender) Oil, Rosa Damascena (Bulgarian Rose) Flower Oil, Daucus Carota Sativa (Carrot) Seed Oil, Citrus Reticulata (Tangerine) Leaf Oil, Helichrysum Italicum Flower Oil, Boswellia Carterii (Frankincense) Oil, Santalum Spicatum (Sandalwood) Oil, Pelargonium Graveolens (Geranium) Oil, Aniba Rosaeodora (Brazilian Rosewood) Oil, Chamomilla Recutita (Matricaria) Flower Oil.

*Caution: Avoid contact with eyes. Do not apply directly onto skin. Discontinue use if irritation occurs. Consult your doctor when using essential oils while pregnant or breastfeeding. Store at room temperature, away from heat or flames. Keep out of reach of children.*