

# CALM GROUND

## Emotional Balance Roll-On

When the body softens, the mind follows.

Calm Ground is the blend we reach for when life begins to move too fast.

The body tightens.  
The breath becomes shallow.  
Thoughts begin to race ahead.

Calm Ground brings things back to center.

Soft floral notes calm the nervous system while deep grounding oils help the body settle again. The result is a blend that encourages emotional balance, steady breathing, and a sense of stability when the day feels overwhelming.

Not escape.  
Not sedation.

Just the quiet return of steadiness.

### THE DAILY PRACTICE

*When the day feels overwhelming...*

- Roll onto wrists or chest.
- Take one slow breath in.
- Then a longer breath out.

Let the shoulders soften.  
Let the body settle.  
Calm begins when the nervous system feels safe again.



### THE BLEND

Lavender • Copaiba • Frankincense  
Vetiver • Roman Chamomile

Soft floral oils relax the body while deep grounding oils help stabilize emotions and quiet internal tension.

The aroma feels like:

- a slower breath
- a quieter room
- the moment the body remembers how to rest

### WHAT IT SUPPORTS

Life asks a lot from the nervous system.

Deadlines.  
Decisions.  
Constant motion.

Calm Ground supports the moments when the body needs to slow down and reset.

When the body softens,  
the mind becomes clearer,  
and emotions regain their balance.

This blend helps create the conditions where calm can return naturally.

This is calm the natural way:

Grounded.  
Steady.  
Supportive.

## TRADITIONAL AROMATHERAPY USES

The essential oils in Calm Ground have been traditionally used to support:

- Emotional balance
- Stress relief
- Nervous system calm
- Restful sleep preparation
- A grounded, steady mood

Calm Ground does not force relaxation. It simply helps the body remember how to return to it.

## HOW WE USE CALM GROUND

### Evening Reset

- Apply to wrists or chest before winding down at night.

### Moments of Stress

- Roll onto temples or back of neck when tension rises.

### Before Sleep

- Apply to feet or wrists before bed to encourage relaxation.

### Emotional Reset

- Use when emotions feel overwhelming or unsettled.

### Daily Grounding Ritual

- Apply during moments of pause to reconnect with steady breathing.
- When the body relaxes, the mind finds its way back to balance.

## SAFETY GROUP 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified Aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

### RESPONSIBLE USE

- For external use only.
- Keep out of reach of children and pets.
- Avoid contact with eyes.
- Discontinue use if irritation occurs.
- Store away from sunlight at room temperature with the lid securely tightened.

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