

# Usage Guide: Calm

**Calm** blend rapidly relieves feelings of stress and anxiety.

Apply the roll-on in a clockwise and then anticlockwise motion on the following:

- **Ajna chakra,**
- **Throat chakra**
- **Solar Plexus chakra (front & back)**
- **Wrists**

May be used every 3-4 hours.

This blend is designed to aid in the day to day stressful situations we face.

*All natural essential oils in coconut oil.  
No chemical additives; fragrance or otherwise.  
If problem persists please consult a Doctor.*

**For more details and tips on managing stress and anxiety scan QR Code and click**



Usage Instructions

*These are complementary modalities, not meant to replace your Allopathic practice.*

*Keep Essential oils away from children, pets, pregnant women. Do not heat these oils as essential oils are volatile.*

