



# Solle Essentials™ Calm



The Solle Essentials™ Calm Blend was specifically formulated to help the body and mind manage daily stresses that can cause various physical and emotional health concerns if left unaddressed. Experience a new day with the increased peace and rejuvenation that comes with Solle Essentials™ Calm.

## **Patchouli, *Pogostemon cablin***

Grounding, calming, connected to earth (esp. when feel neglected)  
Increases positive thinking, brings clarity through calmness  
Digestive, enzyme issues – malnutrition  
Urinary, skin concerns; candida  
Calms mood swings, nervousness, anxiety  
Helps one connect and re-attach to self  
Antibacterial, antifungal, antidepressant, anti-inflammatory,  
anti-arthritis, carminative, insecticide, febrifuge, sedative

## **Petitgrain, *Citrus aurantium var. amara***

From the leaves of Bitter Orange tree (bergamot – fruit; neroli - flowers)  
Calms anger, panic, anxiety, nervous system sedative  
Relaxes body and mind, yet refreshing  
Calms rapid heart rate  
Promotes restful sleep  
Calms skin irritation, blemishes  
Antidepressant, antispasmodic, sedative, deodorant

## **Blue Cypress, *Callitris intratropica***

Grounding -calming, promotes feelings of security  
Eliminative Systems - Respiratory, liver, kidneys, anti-parasitic  
Structural System – skin irritations (itching), joint and muscle support  
Nervous System – Anxiety, decisive, insomnia, emotional support

## **German Chamomile *Matricaria recutita***

Digestive System – IBS, Colitis, Colic, Diverticulitis  
Adrenal Support - fatigue, exhaustion, overworked  
Antibacterial, carminative, cholagogue (promotes bile flow), nerve

## **Yuzu, *Citrus junos***

Antibacterial, carminative, cholagogue (promotes bile flow), nerve  
Digestive System - GI upset, gut clarity, carbohydrate metabolism, gas, bloating  
Nervous System - Relaxing, endocrine stress, anxiety, confidence, insomnia  
Structural System- Calms skin irritations, muscle soreness, recovery

## **Roman Chamomile (*Chamaemelum nobile*)**

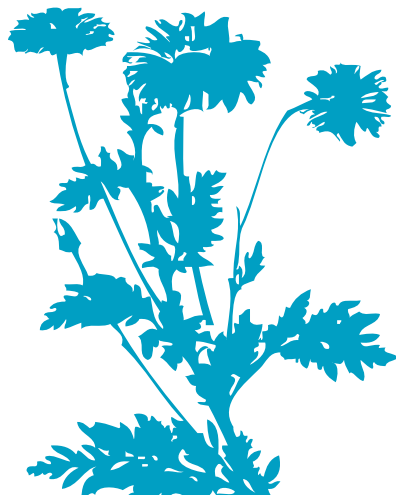
Digestive and Intestinal Systems - Indigestion, IBS, Crohn's, Colitis, Colic, Nausea  
Nervous System - Anxiety, Stress, Hysteria, better sleep  
Adrenal support - Fatigue, Exhaustion, Overworked  
Emotions - Encourages peace and patience, nourishes ambiguous loss/grief,  
anger, irritability, rage Antibacterial, anti-inflammatory (heat reducing),  
antispasmodic

## **Balsam, Peru (*Myroxylon balsamum var. pereirae*)**

Grounding, calming, promotes feelings of safety and security  
GI System - Inflammation, H. Pylori, bowel issues, leaky gut  
Urinary System - Skin irritations, UTI's, cystitis, dandruff, alopecia  
Nervous System - Mental chatter, distractive thoughts, fatigue, standing up for self  
Emotions - Past emotional wounds, injured souls, let go of conflict and promote  
forgiveness, comforting Anti-inflammatory, anti-parasitic, deodorant

## The Solle Difference

- 100% pure, unadulterated essential oils (ecocert when possible)
- Sourced from a certified organic laboratory with Eco-Certification and USDA Organic Certified
- Sourced from sustainable, environmentally conscious harvesting practices and reputable suppliers
- Specifically formulated to complement Solle's Calming Products



## Product Use

- For topical use only.
- Add several drops of the Solle Essentials™ Calm blend to a carrier or diffuser.
  - Roll-on (.33oz) – 10-15 total drops in carrier
  - Spray (2oz.) – 15-30 total drops in a carrier
  - Diffuser – 5-15 total drops (depending on size of area)
  - Aromatherapy inhaler – 1-5 total drops
- Keep out of the reach of children.
- Use caution if serious health issues exist or if pregnant.

## Complementary Product

Try using with Solle ReNue, Solle Naturals' category leading calm drink and Verdezymes, Solle Naturals 100% plant sourced enzyme product. Together they will help relieve stress and anxiety, support healthy digestion and help you get a more restful sleep at night.



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