



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

Three Home Uses

Sleep: Apply 3 drops directly from bottle to kids stuffed animal or blanket (dark fabric only—Calm will stain lighter fabric), and roll on bottom of feet. Or, apply in massage oil and massage feet (5 - 10 drops in 5 ml bottle). Add 2-3 Verdezymes for digestive soothing as needed for older children and adults.

Headache/Migraine: Roll on areas of pain on head (5 – 10 drops in 5 ml bottle)Or, apply 3 – 5 drops to a hot, moist dark-colored towel. Fold twice and place on forehead or back of neck.

Heart/blood pressure: Add 5 – 10 drops to Epsom Salt bath at night-time.

Product Use

- For topical use only.
- Add several drops of the Solle Essentials@ Calm 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.

