

Suggested Use: Add to a diffuser, or create a room mister by adding 30 drops to 1 oz. of water in a spray bottle. It can also be added to a carrier oil for massage. Take it anywhere you need peace and harmony.

Natural essential oils are highly concentrated and should be used with care.

Massage Oil Dilution Ratio:
1 oz. of carrier oil to 10-30 drops of essential oil blend.

Caution: Keep out of reach of children. Avoid contact with eyes. If pregnant or lactating, consult your healthcare practitioner before using. Not for internal use. Do not use undiluted on skin. Reacts strongly to sunlight and other sources of ultraviolet light.

now[®]
essential oils



*Peace &
Harmony*

calming blend

Net 1 fl. oz. (30 mL)

Ingredients: Peppermint Oil, Patchouli Oil, Orange Oil, Lavender Oil, Basil Oil.

Aroma: Minty Floral Herb.

Benefits: Centering, calming, balancing.

Extraction Method:

Orange Oil – Cold Pressed,
Peppermint Oil, Patchouli Oil, Lavender Oil & Basil Oil – Steam Distilled

Purity Tested/Quality Assured

Manufactured by NOW Foods
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