

# Tranquil™

Essential Oil Roll-On



## Product Summary

Tranquil Essential Oil Roll-On is a proprietary blend of lavender, cedarwood, and Roman chamomile essential oils formulated to calm and relax the body and mind. Using the new roll-on application, Tranquil provides convenient and portable relaxation.

## Product Story

Recent studies indicate that stress and anxiety have been shown to reduce immunity as well as increase susceptibility to disease. It is important to stabilize and balance our bodies, knowing that good health begins with emotional well-being. The essential oils in the Tranquil blend have been found to substantially reduce restlessness, anxious feelings, and calm the mind and body. Using the respective benefits of lavender, cedarwood, and Roman chamomile essential oils, the Tranquil blend offers an instant relaxant in a convenient roll-on application. The no-mess, portable roll-on makes it easy to apply Tranquil wherever relaxation is needed.

## Key Ingredients

Lavender Essential Oil, *Lavandula angustifolia*, is used in the traditional medicine of many cultures as a calmative. Studies have shown that the fragrance of lavender is calming and balancing. Considered the most versatile of the essential oils, lavender can be applied topically or used for aromatherapy to contribute to overall relaxation.

Cedarwood Essential Oil, *Cedrus atlantica*, is best known for its calming and purifying properties. Cedarwood is one of the highest oils in sesquiterpenes which can act directly on the amygdala of the brain to usher relaxation. A conifer oil, cedarwood can be applied topically to combat oily skin or inhaled as a sedative.

Roman Chamomile Essential Oil, *Chamaemelum nobilis*, has traditionally been used to calm and soothe small children. When used for aromatherapy, Roman chamomile can help relieve restlessness and is highly regarded for as a powerful relaxant.

## Primary Benefits

- + Tranquil Essential Oil Roll-On is relaxing and calming to the mind and body.
- + Tranquil Essential Oil Roll-On is uplifting and restorative.
- + Lavender and Roman chamomile essential oils aid in getting a restful night of sleep.
- + The essential oil roll-on offers portability and convenience in a no-mess application.

## How To Use

Apply Tranquil Essential Oil Roll-On liberally to temples, neck, or wrists as needed.

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## Did You Know?

+ In 1999 Roman chamomile was used at the Marie Curie Cancer Care Center in London as part of an aromatherapy massage program to yield “a statistically significant reduction in anxiety.”<sup>1</sup>

## What Makes This Product Unique?

The Tranquil Essential Oil Roll-On offers the benefits of therapeutic-grade essential oils in a new application. The roll-on applicator provides a convenient, no-mess application for your favorite essential oils.

## Cautions

Keep out of reach of children. If pregnant, nursing, taking medication, or have a medical condition, consult a healthcare practitioner prior to use. Keep away from eyes and mucus membranes; avoid using on or near sensitive skin.

## Frequently Asked Questions

Q How often should Tranquil Essential Oil Roll-On be applied?

A *Apply on location every fifteen minutes, up to four applications.*

Q Should I ingest Tranquil?

A *While some of the individual oils used in this blend are safe for consumption, this blend is for topical and aromatic use only. Do not ingest Tranquil essential oil blend.*

Q Is Tranquil safe for children?

A *The essential oils in the Tranquil blend are generally safe for children. Individual skin sensitivities vary and should be monitored closely. Consult your child's physician before applying to your child.*

<sup>1</sup> Wilkinson S, Aldridge J, Salmon I, Cain E, Wilson B. An evaluation of aromatherapy massage in palliative care. *Palliat Med.* 1999 Sep;13(5):409-17.