

PEACE & CALMING VS. PEACE & CALMING II

Considering how many oils are different between Peace & Calming and Peace & Calming II, it is amazing how similar the fragrance is. Peace & Calming II was developed as an alternative to Peace & Calming when Blue Tansy became increasingly hard to source.

WHAT'S IN COMMON?

The Aroma: both are gentle, calming, and comforting.

Usage: both are labeled for external use. Diffuse at bedtime, dilute in V6 for a massage for baby, or add to evening skincare routine.

Chemical constituents: both include germacrene D, linalol, alpha-pinene, and bisabolol.



WHAT'S DIFFERENT? THE ESSENTIAL OILS.

Peace & Calming: Tangerine, Orange, Ylang ylang, Patchouli, and Blue Tansy.

Peace & Calming II: Tangerine, Orange, Ylang Ylang, Patchouli, German Chamomile, Vetiver, Cistus, Bergamot, Cassia, Davana, and Northern Lights Black Spruce.

REACTIONS IN CHILDREN:

I hear a lot from parents that Peace & Calming can actually make some kids more rambunctious. For many children, it has a calming and relaxing aroma. For other children, it can be an enlivening aromatic experience. Perhaps try at a time when you are flexible to either outcome. I do not hear the same experiences with Peace & Calming II. Doesn't mean that it can't happen, just that I don't hear it as often.