



NATURE'S SUNSHINE

REFUGE Calming Blend

GOOD FOR

Nervous System

Brain

SIZE **15 ml**

ITEM # **3876**

DIRECTIONS FOR USE Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature's Sunshine Massage Oil or Carrier Oil before being applied topically.

— How the Key Ingredients Work

REFUGE brings together a carefully chosen collection of botanicals and aromatic ingredients, each with a long history of supporting a relaxed mind and a settled body. Together they create a gentle, layered formula designed to help you feel at ease from the inside out.

Lavender — One of the most well-studied calming botanicals in the world, lavender has been shown in multiple clinical trials to help ease feelings of anxiety and support a more relaxed state of mind. Its soothing qualities also extend to everyday comfort, making it a cornerstone of this blend.

Orange — The bright, familiar scent of sweet orange does more than lift your mood — clinical studies show that inhaling orange essential oil can meaningfully reduce anxious feelings, even in stressful situations. It brings a cheerful, grounding warmth to the REFUGE formula.

Vanilla — Vanilla is far more than a comforting scent. Controlled human studies — including research from Oxford University and Memorial Sloan-Kettering — found that vanilla fragrance produced measurable relaxation and happiness responses and helped reduce anxiety by a remarkable margin in clinical settings.

Ylang Ylang — Prized for centuries across Southeast Asia for its deeply fragrant flowers, ylang ylang is a beloved ingredient in calming and wellness traditions. Its rich, floral aroma is thought to work through the brain's scent-processing pathways to encourage a sense of peace and ease.

Cedar — Cedar has a long, storied history in traditional wellness practices across many cultures, valued for its grounding, woody character. In aromatherapy traditions, cedar-derived ingredients are used to help create a sense of stability and calm — a steady, earthy anchor in any relaxation blend.

Tansy — Tansy (*Tanacetum vulgare*) has been used in European herbal traditions for centuries. While it is best known historically as a cleansing herb, its presence in wellness formulas reflects a deep-rooted tradition of using botanicals to support the body's natural balance and overall sense of wellbeing.

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