

# ascents™ Calm No. 34 Patient Protocol

no. **34**  
calm

## CALM NO.34

A harmonious blend of lavender, orange, juniper berry, patchouli and ylang ylang promote deep relaxation.

### Orange - USA

Obtained by steam distillation of the herb *Citrus sinensis*

### Lavender - France

Obtained by steam distillation of the herb *Lavandula angustifolia*

### Patchuoli - Sumatra

Obtained by steam distillation of the herb *Pogostemon cablin*

### Juniper Berry

Obtained by steam distillation of the herb *Juniperus communis*

### Ylang Ylang - Indonesia

Obtained by steam distillation of the herb *Cananga odoratum*

Calm is recommended for use in tension-inducing situations to help keep stress at bay. Keep a Calm clinical aromatherapy essential oil sachet in the car, office, at home or in a briefcase or handbag to quickly quell nervousness and anxiety.

ascents™  
Clinical Aromatherapy

## **CLASS**

Essential Oils - 100% pure, no carrier oils. Tested and certified adulterant free.

## **ACTIONS**

ascents™ Calm No. 34 is a clinical essential oil blend used to promote deep relaxation and decrease symptoms of anxiety or stress.

## **HANDLING AND STORAGE**

### **Storage Conditions:**

Store in tightly closed original sachet, in a cool, dry and ventilated area away from heat sources and protected from light.

### **Fire Protection:**

Keep away from ignition sources and naked flames. Take precautions to avoid static discharge in working areas.

## **STABILITY AND REACTIVITY**

ascents™ presents no significant reactivity hazards, by itself or in contact with water. Avoid contact with strong acids, alkali or oxidizing agents

## **DECOMPOSITION**

Not a factor if aligned with shelf life

## **SHELF LIFE**

Min. 6-12 months when stored within advised conditions.

## **DOSE**

3 puffs/use. No concern of overdose, however wait 30-45 minutes to reuse.

**ROUTE OF ADMINISTRATION:** Use a sachet to inhale essential oil into nostrils. Reuse sachet for up to 30 days after opening.

Onset (inhalation): Immediate

## **CONTRAINDICATIONS**

ascents™ products, as inhalation aromatherapy, are generally recognized as safe for pregnant women. Topical application of some essential oils has been known to have labor-inducing or other effects on pregnant women. Consult with your healthcare practitioner to see if topical application is safe for you.

The effect of tranquilizers, anticonvulsants, and antihistamines may be slightly enhanced by ascents™ Calm No. 34.

## **WARNINGS**

The presence of other medical problems has shown no affect with the use of this medicine. If ascents™ is taken with certain other drugs, the effects of either could be increased, decreased, or altered...

Avoid with patients with severe asthma or multiple allergies.

Store away from fire or naked flame.

Store in cool place out of sunlight.

Use carefully during pregnancy.

Be aware of which essential oils are photosensitive, such as bergamot.

## **SIDE EFFECTS**

No side effects have been reported with the use of ascents™. Using ascents™ carry no concern of overdose.

Check with your doctor as soon as possible if any of the following side effects occur:

Headache

Loss of smell/inflammation of naval cavity

Pain

Skin rash

Sore throat

Unusual tiredness/weakness

Nausea

## FIRST-AID MEASURES

**Inhalation:** Remove from exposure site to fresh air. Keep at rest. Obtain medical attention.

**Eye Contact:** Rinse immediately with plenty of water for at least 15 minutes. Contact a doctor if symptoms persist.

**Skin Contact:** Remove contaminated clothes. Wash thoroughly with soap and water, flush with plenty of water. If irritation persists, seek medical advice.

**Ingestion:** Rise mouth out with water. Seek medical advice immediately.

## RESEARCH

**Kritsidima et al.** examined and reviewed the effects lavender on anxiety relating to anticipation, specifically for dental patients. Two groups were used in this randomized-controlled trial, all of which were assessed while waiting for a scheduled appointment. Anxiety levels were assessed, as well as general dental anxiety under the odor of lavender or with no odor. The results showed that although both groups showed similar, moderate levels of generalized dental anxiety, the lavender group reported significantly lower current anxiety. The conclusion of this study shows that lavender scent reduces state anxiety in dental patients.

**Lehrner et al.** conducted a study to investigate the impact of the essential oils of orange and lavender on anxiety, mood, alertness and calmness in dental patients. 200 patients, both male and female between the ages of 18-77 were tested while waiting for dental procedures. Patients were either stimulated with ambient odor of orange or ambient odor of lavender. Statistical analysis reveal that compared to control conditions, both ambient odors or orange and lavender reduce anxiety and improved mood in patients while waiting for dental treatment.

**Shinichiro et al.** tested aromatherapy inhalation on sympathetic activity in normal adult subjects by measuring fluctuations in blood pressure and measuring plasma catecholamine levels. The study concluded that fragrance inhalation of rose oil or patchouli oil caused a 40% decrease in relative sympathetic activity, compared to 1.5-2.5 fold increase in activity when smelling pepper oil, estragon oil, fennel oil or grapefruit oil. Inhaling pepper oil increased adrenaline concentration, whereas rose oil caused a 30% decrease in adrenaline concentrations. These results indicate that inhaling essential oils may modulate sympathetic activity in normal adults.

**Kim et al.** examined the effects of essential oil inhalation on the 24-hour ambulatory blood pressure and salivary cortisol level in 83 prehypertensive and hypertensive subjects. Groups were asked to inhale lavender, ylang-ylang, marjoram, or neroli compared to a placebo group. The experimental groups' measurements were significantly decreased when compared to the placebo and control groups. The inhalation of an essential oil had immediate and continuous effects on the home SBO, and daytime BP, and the stress reduction. Essential oils may have relaxation effects for controlling hypertension.

Haze, Shinichiro, Keiko Sakai, and Yoko Gozu. "Result Filters." . U.S. National Library of Medicine, 2002. Web. 01 July 2013.

Kim, In-Hee, Chan Kim, Kayeon Seong, Myung-Haeng Hur, Heon Man Lim, and Myeong Soo Lee. "Abstract." . U.S. National Library of Medicine, 19 Nov. 2012. Web. 01 July 2013.

Kritsidima, Metaxia, Tim Newton, and Koula Asimakopoulou. "The Effects of Lavender Scent on Dental Patient Anxiety Levels: A Cluster Randomised-controlled Trial." 38.1 (2010): 83-87. Print.

Lehrner, J., G. Marwinski, S. Lehr, P. Jöhren, and L. Deecke. "Ambient Odors of Orange and Lavender Reduce Anxiety and Improve Mood in a Dental Office." 86.1-2 (2005): 92-95. Print.

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