



Calm-a-Mile NEAT Diffusion Blend

Ingredients: Essential oils of German Chamomile (*Matricaria recutita*), Roman Chamomile (*Chamaemelum nobile*), Blue Cypress (*Callitris intratropica*), Frankincense (*Boswellia carterii*), Clary Sage (*Salvia sclarea*), Ylang Ylang (*Cananga odorata*)

Calm-a-Mile is a wonderful blend, but the Ready To Use (RTU) version is not suited for diffusion as it contains Fractionated Coconut Oil. Carrier oils are generally not recommended for use with diffusers, so to be able to diffuse this blend - we have created an undiluted version called Calm-a-Mile NEAT.

German Chamomile is a very large portion of this blend, and is a very strong and powerful oil. Without dilution, it is pretty overwhelming, to animal and human. This blend is only recommended with water-based diffusion.

Directions for Diffusion of Calm-a-Mile NEAT:

Because this blend is pretty intense, and because German Chamomile is a fairly expensive oil, we initially only sold this version of the blend in a 5mL or smaller bottle. But, due to popular demand, we have made it available in a 15mL size as well! In general, keep in mind that you will likely only need 1-2 drops of Calm-a-Mile NEAT in your diffuser for each batch of water you add. We recommend trying 1 drop first, and adding more if you find you would like it stronger.

All of the same benefits of Calm-a-Mile RTU can be found with diffusion of the NEAT version - minus of course the massage and body work benefits. Overall calming, anxiety relief, balancing of emotions, and a grounded feeling can be felt with this beautiful smelling blend. This blend can also be diffused just because you like the smell of it too!

Calm-a-Mile RTU (Ready To Use)

Ingredients: Fractionated Coconut Oil, German Chamomile (*Matricaria recutita*), Roman Chamomile (*Chamaemelum nobile*), Blue Cypress (*Callitris intratropica*), Frankincense (*Boswellia carterii*), Clary Sage (*Salvia sclarea*), Ylang Ylang (*Cananga odorata*)

This blend was created for my own dog (pictured to the left). Her name is Thollie, and in 2008, she was abandoned in the middle of the night in an outdoor dog run in Minneapolis, Minnesota. Not much was known of her past, but it was fairly obvious that she carried some emotional traumas.

She was unable to pass temperament testing in order to go into a rescue situation. She was incredibly head shy - and would not let anyone touch her around her head or ears.

To help Thollie with her various emotional responses to everyday activities, I created the Calm-a-Mile RTU blend. German Chamomile is a very strong oil, and although the use of this blend in an undiluted form was still helpful for Thollie - we found even more results when we diluted the blend in Fractionated Coconut Oil. Fractionated Coconut Oil is used within our products as a carrier oil, as it does not harden like traditional raw coconut oil at cool room temperatures - important when we need to drip the oil from a bottle! Thollie's willingness to use any essential oil we wanted, hid the benefits of a more diluted formula from us for a while. However, we found once she was exposed to the diluted form - she responded even more favorably. She has shown us fully that sometimes "less is more" - and we have evolved many of our formulas further due to this enlightenment. The fact is, many animals are overwhelmed by the strength of essential oils, and the ideal dilution ratio - actually creates a LARGER response!

Instructions for Use:

This blend is diluted with Coconut Oil and is not intended for diffusion, as carrier oils can harm diffuser machines. RTU refers to "Ready To Use" - which means that this blend is already at an ideal dilution for use with animals.

Cats:

Cats are unique in many ways, so although this blend is recommended for cats - there will still be a few individuals who decide they are not fans of it! That is definitely a cats' prerogative! The best way to use Calm-a-Mile RTU with cats is to place 1-2 drops into your hands, rub them together and then just hold or pet your cat. For most cats, they prefer that there be a very light film on your hands, to almost no film at all. All you have to do is smell your cat after you pet them, to know that even with the oils completely absorbed into your hands - you are still getting quite a bit of essential oil on them. Cats are groomers of course, and while licking themselves, will certainly ingest some of the essential oil that has been "Pet" onto them. This is completely fine, and often a beneficial way to have cats ingest essential oils for health reasons.

If you would like to expose your cat to Calm-a-Mile in another easy way - I recommend diffusing Calm-a-Mile NEAT in a water-based diffuser. Diffusion is often under-estimated, and can be a great way to expose your cat to an essential oil that you desire. Many cats do feel a calmness and soothing effect from Calm-a-Mile.

When a cat is going to be transported in a kennel for a care ride or other stressful event - you can also "Pet" the Calm-a-Mile RTU onto bedding, blankets, or even drip some onto a cotton ball (100% cotton please) - and place it near the cat or into the kennel with your kitty. Keep in mind that many cats respond to the [KittyBoost](#) with a calming effect as well, and most cats really enjoy the application! So if your cat is not a huge fan of Calm-a-Mile, make sure to try KittyBoost!

Dogs:

Dogs do very well with Calm-a-Mile RTU - and although you should always start out with small amounts of oil, you may find that your dog "desires" additional applications as well as may want to lick it right up out of your hand. 2-10 drops is generally used at each application site, and many dogs will have several locations massaged or applied to. This blend works very well as a massage oil, and for massage therapists, it is likely to become one of their favorite items to use. Just coat your hands lightly, and perform massage or reflexology as usual. You will find a greatly enhanced effect to any body work - Chiropractic, massage, reflexology, acupressure, and even petting over acupuncture sites prior to "needling" is greatly effective. We have also found that Calm-a-Mile RTU is greatly calming to skin irritations, insect bites, muscle strains, and more! I generally dip my finger into a bit of the blend, and then dab it onto the area in question. This amazing blend certainly has more benefits to show us, and we are amazed every day with some of our "accidental discoveries"!

Situations where dogs especially benefit from Calm-a-Mile RTU is prior to any stressful event (nail trims, veterinary visits, car rides...), to enhance training and obedience skills, prior to therapy dog work (the humans benefit from it too!), prior to competitions, or for any situation where a calm and balanced attitude is desired. Calm-a-Mile is also the ideal blend for newly adopted dogs, puppies leaving their moms, foster dogs, introduction to new dogs (pet onto all dogs), crate training, and anxiety issues. As an alternative, [Calm-a-Mile NEAT](#) can also be diffused for dogs.

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