



I AM ALCHEMY

Her Calm Balm

When the nervous system is overwhelmed, the body tightens especially in the womb space. Her Calm Balm is a deeply nourishing herbal blend designed to calm the nervous system while softening the lower belly. It supports the body in feeling safe enough to release tension, emotional buildup, and cyclical discomfort. This is your daily ritual for grounding, regulating, and reconnecting. It is especially supportive during depletion, postpartum, perimenopause, menopause, or after periods of emotional or physical stress.

Ways to use Her Calm Balm

- Anytime anxiety, overwhelm, emotional tension is present
- Use daily in the evenings before bed or anytime overwhelm is present during the day
- Luteal & menstrual phase when body slows down (back/belly massage)
- Follicular & ovulation phase to increase sensitivity and nourish tissues after depletion of the menstrual phase. (yoni massage)

Step-by-Step Use

1. Scoop a dime-sized amount into your hands
2. Rub palms together to warm the balm
3. Place hands on lower belly
4. Slowly massage in circular motions (clockwise)
5. Place hands on mid/lower back
6. Slowly massage in circular motions (clockwise)
7. Optional: Place a warm compress over the area after applying to deepen the sense of comfort and support.



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Ritual to Deepen

- During massage
- Close your eyes
- Inhale through the nose for 4 counts
- Exhale slowly for 6 counts

Place one hand on heart, one on womb and say:

"I soften. I am safe to feel."

Stay here for 1-3 minutes

Storage

- Best within 6 months for maximum potency. Always use a clean, dry spoon to maintain quality.

Ingredients

- Homemade Grass-Fed Ghee, Organic Shatavari Root, Organic Rose Petals, Organic Stinging Nettles, Organic Damiana

Move gently with your rhythm and trust the process.

For questions, contact camilla@iamalchemyco.com.