



I AM ALCHEMY

His Calm Balm

Stress doesn't always express, it accumulates. His Calm Balm is designed to support the release of built-up tension in the body while promoting a grounded, steady state. Applied to the lower abdomen and lower back, it helps the body unwind from pressure, both physical and emotional.

Simple, effective support for when the body needs to reset.

Supports:

- Helps relieve physical tension and tightness
- Supports emotional balance and reduces irritability
- Promotes nervous system regulation and grounding
- Supports relaxation in the lower back and abdomen
- Encourages a steady, more resilient state

Ways to use His Calm Balm

- Use daily in the evenings before bed or as needed during the day
- Anytime anxiety, overwhelm, irritability, or mental tension is present
- Apply a small amount over the lower abdomen, mid/ lower back, neck & shoulders to support grounding or tension release.



I AM ALCHEMY

His Calm Balm

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. Massage lower/mid back, neck and shoulders as well
6. Optional: Place a warm compress over the belly to deepen the sense of comfort and support.

Ritual to Deepen

- During massage
- Inhale deeply through the nose
- Exhale with a sigh through the mouth

Repeat 5 times and say:

"I release pressure. I return to calm."

Storage

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

Ingredients

- Homemade Grass-Fed Ghee, Organic Ashwagandha, Organic Bala, Organic Brahmi, Organic Rose Petals

**Move gently with your rhythm and trust the process.
For questions, contact camilla@iamalchemyco.com.**