



I AM ALCHEMY

Littles Calm Balm

Little bodies feel big things. Littles Calm Balm is a soft, nurturing formula designed to soothe the belly and calm the nervous system, helping children return to comfort, ease, and balance.

Perfect for moments of overwhelm, tummy discomfort, or winding down before rest.

Supports:

- Supports gentle belly comfort and digestion
- Helps calm the nervous system and reduce overstimulation
- Promotes relaxation and ease, especially before sleep
- Supports emotional regulation in sensitive children
- Provides a sense of comfort and safety in the body

Ways to use Littles Calm Balm

- Use daily in the evenings before bed or as needed during the day.
- When big emotions arise, anxiety, overwhelm, or over stimulation.
- After meals or belly discomfort
- Bedtime to support settling down

Step-by-Step Use

1. Scoop a dime-sized amount into your hands
2. Rub palms together to warm the balm
3. Massage chest, belly, lower back & bottom of feet during bedtime
4. Use slow, nurturing touch
5. For belly discomfort, use on belly only
6. Optional: Place a warm compress over the belly to deepen the sense of comfort and support.



I AM ALCHEMY

Littles Calm Balm

Ritual to Deepen

- During massage
- Speak softly, sing or hum while applying
- Encourage slow breathing together
- Stay here for 1-3 minutes

Whisper:

“You are safe. You are loved. You can rest.”

Storage

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

Ingredients

- Homemade Grass-Fed Ghee, Organic Triphala, Organic Rose Petals, Organic Fennel, Organic Chamomile, Organic Brahmi

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