



OLIVE  
HOUSE

Realizing Aafiyat Lifestyle

CALM &  
COMFORT



## INTRODUCTION

# BENEFIT OF PRODUCT

## Calm & Comfort Blend Oil

by Olive House is a premium, expertly crafted fusion of nature's most revered botanicals—Nigella sativa (black seed oil), thyme, peppermint, and eucalyptus—designed to nurture both body and mind during pregnancy and beyond.

Clinically inspired and backed by research, this versatile oil offers:

**Triple-action benefits:** Aromatherapy, massage, and skincare in one gentle formula.

**Science-backed ingredients:** Proven to reduce stress, soothe aches, and support immunity.

**NPRA-registered & GMP-certified:** Safe for sensitive skin, free from synthetic additives.

# BENEFITS FOR PREGNANT WOMEN

## Physical Relief

### Reduces Muscle Tension -

Eases backaches, cramps, and joint pain

### Improves Circulation -

Reduces swelling in hands and feet

### Enhances Sleep Quality

Combats pregnancy-related insomnia

### Relieves Headaches

Calms stress-induced tension

## Emotional & Mental Wellness



### Lowens Stress & Anxiety

Reduces cortisol levels



### Stabilizes Mood Swings

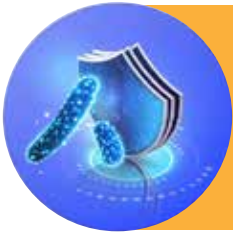
Balances emotional fluctuations



### Encourages Bonding

Helps moms connect with their baby

# Immune & Skin Support



## Antimicrobial Protection

Thyme oil's natural properties guard against minor skin infections.



## Stretch Mark Prevention

Nigella sativa (black seed oil) boosts skin elasticity when applied topically.

## BENEFITS FOR THE BABY

### During Pregnancy

#### Calmer Fetal Environment

Less exposure to stress hormones

#### Optimal Development

Better oxygen & nutrient flow

#### Steady Movement & Heartbeat

Linked to maternal relaxation

### After Birth

#### Soothes Newborn

Gentle scents promote calmness

#### Stronger Mother-Baby Bond

Relaxed mom = happier baby

#### Better Sleep Patterns

Peaceful environment aids rest