

Tension Relief Essential Oil Blend

Version number: GHS 1.0

Date of compilation: 2025-11-26

SECTION 1: Identification

1.1 Product identifier

Trade name **Tension Relief Essential Oil Blend**

1.2 Relevant identified uses of the substance or mixture and uses advised against

Relevant identified uses general use

1.3 Details of the supplier of the safety data sheet

Plant Therapy LLC
621 Washington St. S. Suite 100
Twin Falls ID 83301
United States

Telephone: +1 800-917-6577
e-mail: cs@planttherapy.com
Website: <https://www.planttherapy.com>

1.4 Emergency telephone number

Emergency information service This number is only available during the following office hours: Mon-Fri 09:00 AM - 05:00 PM

SECTION 2: Hazard(s) identification

2.1 Classification of the substance or mixture

Classification acc. to OSHA "Hazard Communication Standard" (29 CFR 1910.1200)

Section	Hazard class	Category	Hazard class and category	Hazard statement
A.2	skin corrosion/irritation	2	Skin Irrit. 2	H315
A.3	serious eye damage/eye irritation	1	Eye Dam. 1	H318
A.4S	skin sensitization	1	Skin Sens. 1	H317
A.5	germ cell mutagenicity	2	Muta. 2	H341
A.6	carcinogenicity	2	Carc. 2	H351
A.8	specific target organ toxicity - single exposure	2	STOT SE 2	H371
A.10	aspiration hazard	1	Asp. Tox. 1	H304
B.6	flammable liquid	4	Flam. Liq. 4	H227

For full text of abbreviations: see SECTION 16.

The most important adverse physicochemical, human health and environmental effects

Immediate effects can be expected after short-term exposure. The product is combustible and can be ignited by potential ignition sources.

2.2 Label elements

Tension Relief Essential Oil Blend

Version number: GHS 1.0

Date of compilation: 2025-11-26

Labelling acc. to OSHA "Hazard Communication Standard" (29 CFR 1910.1200)

- Signal word danger

- Pictograms

GHS05, GHS07, GHS08



- Hazard statements

H227	Combustible liquid.
H304	May be fatal if swallowed and enters airways.
H315	Causes skin irritation.
H317	May cause an allergic skin reaction.
H318	Causes serious eye damage.
H341	Suspected of causing genetic defects.
H351	Suspected of causing cancer.
H371	May cause damage to organs.

- Precautionary statements

P201	Obtain special instructions before use.
P210	Keep away from heat/sparks/open flames/hot surfaces. No smoking.
P260	Do not breathe dust/fume/gas/mist/vapors/spray.
P270	Do not eat, drink or smoke when using this product.
P272	Contaminated work clothing must not be allowed out of the workplace.
P280	Wear protective gloves/eye protection/face protection.
P301+P310	If swallowed: Immediately call a poison center/doctor.
P302+P352	If on skin: Wash with plenty of water.
P305+P351+P338	If in eyes: Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing.
P321	Specific treatment (see on this label).
P331	Do NOT induce vomiting.
P362	Take off contaminated clothing and wash before reuse.
P363	Wash contaminated clothing before reuse.
P370+P378	In case of fire: Use sand, carbon dioxide or powder extinguisher to extinguish.
P403+P235	Store in a well-ventilated place. Keep cool.
P405	Store locked up.
P501	Dispose of contents/container to industrial combustion plant.

2.3 Other hazards

This material is combustible, but will not ignite readily.

Hazards not otherwise classified

May be harmful if swallowed (GHS category 5: acutely toxic - oral).

Very toxic to aquatic life with long lasting effects (GHS category 1: aquatic toxicity - acute and/or chronic).

Toxic to aquatic life with long lasting effects (GHS category 2: aquatic toxicity - acute and/or chronic).

Results of PBT and vPvB assessment

Does not contain a PBT-/vPvB-substance at a concentration of $\geq 0.1\%$.

Endocrine disrupting properties

Does not contain an endocrine disruptor (ED) in a concentration of $\geq 0.1\%$.

Tension Relief Essential Oil Blend

Version number: GHS 1.0

Date of compilation: 2025-11-26

SECTION 3: Composition/information on ingredients**3.1 Substances**

Not relevant (mixture)

3.2 Mixtures

Description of the mixture

This product does not meet the criteria for classification in any hazard class according to GHS.

SECTION 4: First-aid measures**4.1 Description of first-aid measures**

General notes

Do not leave affected person unattended. Remove victim out of the danger area. Keep affected person warm, still and covered. Take off immediately all contaminated clothing. In all cases of doubt, or when symptoms persist, seek medical advice. In case of unconsciousness place person in the recovery position. Never give anything by mouth.

Following inhalation

If breathing is irregular or stopped, immediately seek medical assistance and start first aid actions. In case of respiratory tract irritation, consult a physician. Provide fresh air.

Following skin contact

Wash with plenty of soap and water.

Following eye contact

Remove contact lenses, if present and easy to do. Continue rinsing. Irrigate copiously with clean, fresh water for at least 10 minutes, holding the eyelids apart.

Following ingestion

Rinse mouth with water (only if the person is conscious). Do NOT induce vomiting.

4.2 Most important symptoms and effects, both acute and delayed

Symptoms and effects are not known to date.

4.3 Indication of any immediate medical attention and special treatment needed

none

SECTION 5: Fire-fighting measures**5.1 Extinguishing media**

Suitable extinguishing media

Water spray, BC-powder, Carbon dioxide (CO₂)

Unsuitable extinguishing media

Water jet

5.2 Special hazards arising from the substance or mixture

In case of insufficient ventilation and/or in use, may form flammable/explosive vapor-air mixture. Solvent vapors are heavier than air and may spread along floors. Places which are not ventilated, e.g. unventilated below ground level areas such as trenches, conduits and shafts, are particularly prone to the presence of flammable substances or mixtures.

Hazardous combustion products

Carbon monoxide (CO), Carbon dioxide (CO₂)**5.3 Advice for firefighters**

Tension Relief Essential Oil Blend

Version number: GHS 1.0

Date of compilation: 2025-11-26

In case of fire and/or explosion do not breathe fumes. Coordinate firefighting measures to the fire surroundings. Do not allow firefighting water to enter drains or water courses. Collect contaminated firefighting water separately. Fight fire with normal precautions from a reasonable distance.

SECTION 6: Accidental release measures

6.1 Personal precautions, protective equipment and emergency procedures

For non-emergency personnel

Remove persons to safety.

For emergency responders

Wear breathing apparatus if exposed to vapors/dust/aerosols/gases.

6.2 Environmental precautions

Keep away from drains, surface and ground water. Retain contaminated washing water and dispose of it. If substance has entered a water course or sewer, inform the responsible authority.

6.3 Methods and material for containment and cleaning up

Advice on how to contain a spill

Covering of drains

Advice on how to clean up a spill

Wipe up with absorbent material (e.g. cloth, fleece). Collect spillage: sawdust, kieselgur (diatomite), sand, universal binder

Appropriate containment techniques

Use of adsorbent materials.

Other information relating to spills and releases

Place in appropriate containers for disposal. Ventilate affected area.

6.4 Reference to other sections

Hazardous combustion products: see section 5. Personal protective equipment: see section 8. Incompatible materials: see section 10. Disposal considerations: see section 13.

SECTION 7: Handling and storage

7.1 Precautions for safe handling

Recommendations

- Measures to prevent fire as well as aerosol and dust generation

Use local and general ventilation. Avoidance of ignition sources. Keep away from sources of ignition - No smoking. Take precautionary measures against static discharge. Use only in well-ventilated areas. Due to danger of explosion, prevent leakage of vapours into cellars, flues and ditches. Ground/bond container and receiving equipment. Use explosion-proof electrical/ventilating/lighting/equipment. Use only non-sparking tools.

- Specific notes/details

Places which are not ventilated, e.g. unventilated below ground level areas such as trenches, conduits and shafts, are particularly prone to the presence of flammable substances or mixtures. Vapors are heavier than air, spread along floors and form explosive mixtures with air. Vapors may form explosive mixtures with air.

Advice on general occupational hygiene

Wash hands after use. Do not eat, drink and smoke in work areas. Remove contaminated clothing and protective equipment before entering eating areas. Never keep food or drink in the vicinity of chemicals. Never place chemicals in containers that are normally used for food or drink. Keep away from food, drink and animal feedingstuffs.

7.2 Conditions for safe storage, including any incompatibilities

Managing of associated risks

Tension Relief Essential Oil Blend

Version number: GHS 1.0

Date of compilation: 2025-11-26

- Explosive atmospheres
Keep container tightly closed and in a well-ventilated place. Use local and general ventilation. Keep cool. Protect from sunlight.
- Flammability hazards
Keep away from sources of ignition - No smoking. Keep away from heat, hot surfaces, sparks, open flames and other ignition sources. No smoking. Take precautionary measures against static discharge. Protect from sunlight.
- Ventilation requirements
Use local and general ventilation. Ground/bond container and receiving equipment.
- Packaging compatibilities
Only packagings which are approved (e.g. acc. to the Dangerous Goods Regulations) may be used.

7.3 Specific end use(s)

See section 16 for a general overview.

SECTION 8: Exposure controls/personal protection

8.1 Control parameters

Occupational exposure limit values (Workplace Exposure Limits)
this information is not available

8.2 Exposure controls

Appropriate engineering controls
General ventilation.

Individual protection measures (personal protective equipment)

Eye/face protection

Wear eye/face protection.

Skin protection

- Hand protection

Wear suitable gloves. Chemical protection gloves are suitable, which are tested according to EN 374. Check leak-tightness/impermeability prior to use. In the case of wanting to use the gloves again, clean them before taking off and air them well. For special purposes, it is recommended to check the resistance to chemicals of the protective gloves mentioned above together with the supplier of these gloves.

- Other protection measures

Take recovery periods for skin regeneration. Preventive skin protection (barrier creams/ointments) is recommended. Wash hands thoroughly after handling.

Respiratory protection

In case of inadequate ventilation wear respiratory protection.

Environmental exposure controls

Use appropriate container to avoid environmental contamination. Keep away from drains, surface and ground water.

SECTION 9: Physical and chemical properties

9.1 Information on basic physical and chemical properties

Appearance

Physical state	liquid
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Tension Relief Essential Oil Blend

Version number: GHS 1.0

Date of compilation: 2025-11-26

Color	not determined
Particle	not relevant (liquid)
Odor	characteristic

Other safety parameters

pH (value)	not determined
Melting point/freezing point	not determined
Initial boiling point and boiling range	not determined
Flash point	61.7 °C 143.1 °F
Evaporation rate	not determined
Flammability (solid, gas)	not relevant, (fluid)
Vapor pressure	not determined
Density	0.911 g/cm ³
Vapor density	this information is not available
Solubility(ies)	not determined

Partition coefficient

- n-octanol/water (log KOW)	this information is not available
Auto-ignition temperature	not determined
Viscosity	not determined
Explosive properties	none
Oxidizing properties	none

9.2 Other information

Liquid content	100 %
Solid content	0 %

SECTION 10: Stability and reactivity

10.1 Reactivity

Concerning incompatibility: see below "Conditions to avoid" and "Incompatible materials". The mixture contains reactive substance(s). Risk of ignition.

If heated:

Tension Relief Essential Oil Blend

Version number: GHS 1.0

Date of compilation: 2025-11-26

Risk of ignition

10.2 Chemical stability

See below "Conditions to avoid".

10.3 Possibility of hazardous reactions

No known hazardous reactions.

10.4 Conditions to avoid

Keep away from heat, hot surfaces, sparks, open flames and other ignition sources. No smoking.

Hints to prevent fire or explosion

Use explosion-proof electrical/ventilating/lighting/equipment. Use only non-sparking tools. Take precautionary measures against static discharge.

10.5 Incompatible materials

Oxidizers

10.6 Hazardous decomposition products

Reasonably anticipated hazardous decomposition products produced as a result of use, storage, spill and heating are not known. Hazardous combustion products: see section 5.

SECTION 11: Toxicological information

11.1 Information on toxicological effects

Test data are not available for the complete mixture.

Classification procedure

The method for classification of the mixture is based on ingredients of the mixture (additivity formula).

Classification acc. to OSHA "Hazard Communication Standard" (29 CFR 1910.1200)

Acute toxicity

Shall not be classified as acutely toxic.

GHS of the United Nations, annex 4: May be harmful if swallowed.

Skin corrosion/irritation

Causes skin irritation.

Serious eye damage/eye irritation

Causes serious eye damage.

Respiratory or skin sensitization

May cause an allergic skin reaction.

Germ cell mutagenicity

Suspected of causing genetic defects.

Carcinogenicity

Suspected of causing cancer.

Reproductive toxicity

Shall not be classified as a reproductive toxicant.

Specific target organ toxicity - single exposure

May cause damage to organs.

Specific target organ toxicity - repeated exposure

Shall not be classified as a specific target organ toxicant (repeated exposure).

Aspiration hazard

Tension Relief Essential Oil Blend

Version number: GHS 1.0

Date of compilation: 2025-11-26

May be fatal if swallowed and enters airways.

SECTION 12: Ecological information

12.1 Toxicity

Very toxic to aquatic life with long lasting effects. Toxic to aquatic life with long lasting effects.

12.2 Persistence and degradability

Data are not available.

12.3 Bioaccumulative potential

Data are not available.

12.4 Mobility in soil

Data are not available.

12.5 Results of PBT and vPvB assessment

Does not contain a PBT-/vPvB-substance at a concentration of $\geq 0.1\%$.

12.6 Endocrine disrupting properties

Does not contain an endocrine disruptor (ED) in a concentration of $\geq 0.1\%$.

12.7 Other adverse effects

Data are not available.

SECTION 13: Disposal considerations

13.1 Waste treatment methods

Waste treatment-relevant information

Solvent reclamation/regeneration.

Sewage disposal-relevant information

Do not empty into drains. Avoid release to the environment. Refer to special instructions/safety data sheets.

Waste treatment of containers/packages

Only packagings which are approved (e.g. acc. to DOT) may be used. Completely emptied packages can be recycled. Handle contaminated packages in the same way as the substance itself.

Remarks

Please consider the relevant national or regional provisions. Waste shall be separated into the categories that can be handled separately by the local or national waste management facilities.

SECTION 14: Transport information

14.1 UN number

DOT	UN 1197
IMDG-Code	UN 1197
ICAO-TI	UN 1197

14.2 UN proper shipping name

DOT	Extracts, liquid
IMDG-Code	EXTRACTS, LIQUID

Tension Relief Essential Oil Blend


Version number: GHS 1.0

Date of compilation: 2025-11-26


ICAO-TI	Extracts, liquid
14.3 Transport hazard class(es)	
DOT	3
IMDG-Code	3
ICAO-TI	3
14.4 Packing group	
DOT	III
IMDG-Code	III
ICAO-TI	III
14.5 Environmental hazards	hazardous to the aquatic environment
14.6 Special precautions for user	
There is no additional information.	
14.7 Transport in bulk according to IMO instruments	
The cargo is not intended to be carried in bulk.	

Information for each of the UN Model Regulations

Transport of dangerous goods by road or rail (49 CFR US DOT) - Additional information

Particulars in the shipper's declaration	UN1197, Extracts, liquid, 3, III, environmentally hazardous
Danger label(s)	3, fish and tree
	
Environmental hazards	yes (hazardous to the aquatic environment)
Special provisions (SP)	B1, IB3, T2, TP1
ERG No	127

International Maritime Dangerous Goods Code (IMDG) - Additional information

Marine pollutant	yes (hazardous to the aquatic environment)
Danger label(s)	3, fish and tree
	
Special provisions (SP)	223, 955
Excepted quantities (EQ)	E1
Limited quantities (LQ)	5 L
EmS	F-E, S-D
Stowage category	A

Tension Relief Essential Oil Blend

Version number: GHS 1.0

Date of compilation: 2025-11-26

International Civil Aviation Organization (ICAO-IATA/DGR) - Additional information

Environmental hazards YES (hazardous to the aquatic environment)

Danger label(s) 3



Special provisions (SP) A3

Excepted quantities (EQ) E1

Limited quantities (LQ) 10 L

SECTION 15: Regulatory information

15.1 Safety, health and environmental regulations specific for the product in question

National regulations (United States)

Toxic Substance Control Act (TSCA) not all ingredients are listed (ACTIVE)

Superfund Amendment and Reauthorization Act (SARA TITLE III)

- The List of Extremely Hazardous Substances and Their Threshold Planning Quantities (EPCRA Section 302, 304)

none of the ingredients are listed

- Specific Toxic Chemical Listings (EPCRA Section 313)

none of the ingredients are listed

Comprehensive Environmental Response, Compensation, and Liability Act (CERCLA)

- List of Hazardous Substances and Reportable Quantities (CERCLA section 102a) (40 CFR 302.4)

none of the ingredients are listed

Clean Air Act

none of the ingredients are listed

Right to Know Hazardous Substance List

- Toxic or Hazardous Substance List (MA-TURA)

none of the ingredients are listed

- Hazardous Substances List (MN-ERTK)

none of the ingredients are listed

- Hazardous Substance List (NJ-RTK)

none of the ingredients are listed

- Hazardous Substance List (Chapter 323) (PA-RTK)

none of the ingredients are listed

- Hazardous Substance List (RI-RTK)

none of the ingredients are listed

California Environmental Protection Agency (Cal/EPA): Proposition 65 - Safe Drinking Water and Toxic Enforcement Act of 1987

none of the ingredients are listed

Tension Relief Essential Oil Blend

Version number: GHS 1.0

Date of compilation: 2025-11-26

Industry or sector specific available guidance(s)

NPCA-HMIS® III

Hazardous Materials Identification System. American Coatings Association.

Category	Rating	Description
Chronic	*	chronic (long-term) health effects may result from repeated overexposure
Health	3	major injury likely unless prompt action is taken and medical treatment is given
Flammability	2	material that must be moderately heated or exposed to relatively high ambient temperatures before ignition can occur
Physical hazard	0	material that is normally stable, even under fire conditions, and will not react with water, polymerize, decompose, condense, or self-react. Non-explosive
Personal protection	-	

NFPA® 704

National Fire Protection Association: Standard System for the Identification of the Hazards of Materials for Emergency Response (United States).

Category	Degree of hazard	Description
Flammability	2	material that must be moderately heated or exposed to relatively high ambient temperatures before ignition can occur
Health	3	material that, under emergency conditions, can cause serious or permanent injury
Instability	0	material that is normally stable, even under fire conditions
Special hazard		

National inventories

Country	Inventory	Status
EU	REACH Reg.	not all ingredients are listed
US	TSCA	not all ingredients are listed

Legend

REACH Reg. REACH registered substances
TSCA Toxic Substance Control Act

15.2 Chemical Safety Assessment

Chemical safety assessments for substances in this mixture were not carried out.

SECTION 16: Other information, including date of preparation or last revision

Abbreviations and acronyms

Abbr.	Descriptions of used abbreviations
49 CFR US DOT	49 CFR U.S. Department of Transportation
DGR	Dangerous Goods Regulations (see IATA/DGR)

Tension Relief Essential Oil Blend

Version number: GHS 1.0

Date of compilation: 2025-11-26

Abbr.	Descriptions of used abbreviations
DOT	Department of Transportation (USA)
ED	Endocrine disruptor
EmS	Emergency Schedule
ERG No	Emergency Response Guidebook - Number
GHS	"Globally Harmonized System of Classification and Labelling of Chemicals" developed by the United Nations
IATA	International Air Transport Association
IATA/DGR	Dangerous Goods Regulations (DGR) for the air transport (IATA)
ICAO	International Civil Aviation Organization
ICAO-TI	Technical instructions for the safe transport of dangerous goods by air
IMDG	International Maritime Dangerous Goods Code
IMDG-Code	International Maritime Dangerous Goods Code
NPCA-HMIS® III	National Paint and Coatings Association: Hazardous Materials Identification System - HMIS® III, Third Edition
OSHA	Occupational Safety and Health Administration (United States)
PBT	Persistent, Bioaccumulative and Toxic
vPvB	Very Persistent and very Bioaccumulative

Key literature references and sources for data

OSHA Hazard Communication Standard (HCS), 29 CFR 1910.1200.

Transport of dangerous goods by road or rail (49 CFR US DOT). International Maritime Dangerous Goods Code (IMDG). Dangerous Goods Regulations (DGR) for the air transport (IATA).

Classification procedure

Physical and chemical properties: The classification is based on tested mixture.

Health hazards, Environmental hazards: The method for classification of the mixture is based on ingredients of the mixture (additivity formula).

List of relevant phrases (code and full text as stated in section 2 and 3)

Code	Text
H227	Combustible liquid.
H304	May be fatal if swallowed and enters airways.
H315	Causes skin irritation.
H317	May cause an allergic skin reaction.
H318	Causes serious eye damage.
H341	Suspected of causing genetic defects.
H351	Suspected of causing cancer.
H371	May cause damage to organs.

Disclaimer

This information is based upon the present state of our knowledge. This SDS has been compiled and is solely intended for this product.