

dōTERRA Serenity®

Essential Oil Blend 15 mL

dōTERRA® | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T N

Ingredients: Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Sandalwood, Tonka Bean, Vanilla Absolute

Aromatic Description: Sweet, warm, herbal

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Primary Benefits

- + Provides a relaxing aroma
- + Creates a calming atmosphere.
- + Creates a restful environment at bedtime.
- + Encourages a tranquil atmosphere.

Description

Capture the essence of true serenity with the calming, tranquil aroma of dōTERRA Serenity essential oil blend. Designed to help you create a restful environment, just one drop of this signature blend sets the stage for a peaceful night's rest.

dōTERRA Serenity is a restful blend of CPTG® Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, and Sandalwood essential oils, mixed with absolutes of Tonka Bean and Vanilla. While preparing for bed, apply dōTERRA Serenity on the bottoms of your feet or diffuse at night as part of a positive sleep practice.

Uses

- + Diffuse dōTERRA Serenity to create a serene environment as you prepare for bed.
- + Add to a warm bath with Epsom salts to create a relaxing, renewing experience.
- + Add 5-10 drops to a spray bottle with water and mist over your sheets.
- + Apply to bottoms of feet at bedtime to help unwind before going to sleep.
- + Use in conjunction with dōTERRA Serenity Restful Complex Softgels as part of a positive sleep practice.

Directions

Aromatic use: Use three to four drops in the diffuser of your choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.