

dōTERRA Serenity™

Restful Blend 15 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



Ingredients: Lavandula Angustifolia (Lavender) Oil, Juniperus Virginiana Wood Oil, Cinnamomum Camphora Linaloolifera Leaf Oil, Cananga Odorata Flower Oil, Origanum Majorana Leaf Oil, Anthemis Nobilis Flower Oil, Vetiveria Zizanoides Root Oil, Vanilla Planifolia Fruit Extract, Santalum Paniculatum Wood Oil, Benzyl Benzoate, Benzyl Salicylate, Limonene, Linalool

PRIMARY BENEFITS

- This unique Serenity blend helps the user experience feelings of tranquillity and relaxation
- Can help to calm emotions and soothe the senses during moments of heightened emotion
- Serenity can be felt instantly when applied topically

PRODUCT DESCRIPTION

dōTERRA Serenity is a peaceful blend of essential oils that promotes tranquillity and relaxation. dōTERRA Serenity combines essential oils renowned for their ability to calm emotions. Apply topically before bedtime to help reduce worry and prepare for a restful sleep. Cedarwood, Ho Wood, and Vetiver essential oils give this blend a grounding aroma.

USES

- Apply to bottoms of feet at bedtime to help unwind before going to sleep, use in conjunction with dōTERRA Serenity Restful Complex Softgels
- Add 2–3 drops into a warm bath with Epsom salts to create a relaxing, renewing experience
- Apply 2–3 drops to the back of the neck or on the heart for feelings of calmness and peace

DIRECTIONS FOR USE

Topical: For massage, mix 5 drops with 10 ml carrier oil. For bath, mix 5 drops with 5 ml carrier oil. For perfuming, mix 1 drop to 10 drops carrier oil.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. Avoid contact with eyes, inner ears, and sensitive areas.

