

# ClaryCalm™

Monthly Blend for Women 10 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T N

**Ingredients:** Clary Sage Flower, Lavender Flower, FCF Bergamot Peel, Roman Chamomile Flower, Ylang Ylang Flower, Cedarwood Wood, Geranium Stem/Leaf, Fennel Seed, Carrot Seed, Palmarosa Herb, and Vitex Berry essential oils.

**Aromatic Description:** Floral, herbal, coniferous

## PRIMARY BENEFITS

- Aroma provides a soothing and calming effect during a woman's menstrual cycle
- Calming aroma helps soothe heightened emotions
- Aroma may help promote feelings of relaxation

## PRODUCT DESCRIPTION

ClaryCalm is a proprietary blend of essential oils, its aroma provides a soothing and calming effect during a woman's menstrual cycle. A topical blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, and Vitex, ClaryCalm provides a cooling effect to the skin.

## USES

- During your menstrual cycle, apply to abdomen to experience a soothing and calming massage.
- During moments of heat, apply to the skin for a cooling, soothing effect.
- Diffuse for a calming aroma that helps soothe heightened emotions.

## DIRECTIONS FOR USE

**Topical use:** Apply topically to the back of the neck, on temples, and bottoms of feet. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

## 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.

