

# dōTERRA Breathe™

Clear Blend 15 mL

# dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A | T | S

**Ingredients:** Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf, Ravensara Leaf essential oils

**Aromatic Description:** Minty, fresh, airy

## PRIMARY BENEFITS

- Promotes a restful night's sleep
- May be effective in soothing skin when applied topically

## PRODUCT DESCRIPTION

dōTERRA Breathe™ is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Cardamom, Ravintsara, and Ravensara. When applied topically, dōTERRA Breathe's peppermint properties can give a nice, cooling effect to the skin. dōTERRA Breathe™ can be applied topically to the chest, back, or bottom of feet, or diffused at nighttime to calm the senses and promote a restful sleep.

## USES

- Diffuse, inhale directly from palms, or rub on chest or feet for a calming soothing effect.
- Diffuse at bedtime for a restful night's sleep.

## DIRECTIONS FOR USE

**Topical use:** Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

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

## 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. Avoid direct sunlight for up to 12 hours after applying product.

