# Wake up on the right side!





Retail: S\$ 103 Wholesale: S\$ 77 PV: 48





Get a restful sleep
and wake up feeling
refreshed to start your day!

leep is important for general wellness with a recommended amount of 7 to 8 hours of sleep per night. Unfortunately, due to the busy schedule and stress we experienced in the day, most of us are not getting the recommended 7 hours of sleep each night. With inadequate amount of sleep, it can lead to many physical and mental health risks.

dōTERRA® Lavender Peace® is known for its calming and relaxing aroma and it can be used in conjunction with Lavender Peace Restful Complex Softgels to give you a deeper sense of tranquility. After a tiring day, diffuse Lavender Peace Restful Blend and/or take Lavender Peace Restful Complex Softgels to help you get the restful sleep you need, waking up feeling refreshed and recharged the following day!



# What is the difference between Lavender Peace Calming Blend and Kestful Blend?

Lavender Peace Calming Blend will be reformulated and will be known as Lavender Peace Restful Blend!

The reformulated Lavender Peace Restful Blend combines essential oils renowned for its ability to lessen feelings of tension, calm emotions, and support a restful sleep when used aromatically. With the addition of ingredients such as, Cedarwood, Ho Wood, and Vetiver, these oils enhance the benefits of dōTERRA Lavender Peace Restful Blend, creating a soothing blend designed to promote relaxation and a restful sleeping environment.

# Noes Lavender Peace Kestful Complex Softgels contain Lavender Peace essential oil blend?

No. dōTERRA Lavender Peace Restful Complex Softgels combine Lavender essential oil with L-Theanine and three botanical extracts from nature's most soothing and relaxing botanicals to help you get the refreshing sleep you need.

## V.J.Y Roll-on Blend

- 10 drops Lavender Peace
- 10 drops Balance
- 5 drops Vetiver

# Relaxing Mullifting Wiffuser Blend

- 3 drops Lavender Peace
- 3 drops Peppermint
- 6 drops Motivate

Mix in a 10 mL roller bottle and fill up the bottle with Fractionated Coconut Oil.

## Restful Sleep Diffuser Blend

- 5 drops Lavender Peace
- 5 drops Balance
- 2 drops Cedarwood

### NEW FORMULA!

#### LAVENDER PEACE RESTFUL BLEND

#### **INGREDIENTS:**

Lavender Flower, Cedarwood, Ho Wood Leaf, Ylang Ylang Flower, Marjoram Leaf, Roman Chamomile Flower, Vetiver Root, Vanilla Bean Absolute, Hawaiian Sandalwood Wood

#### **KEY BENEFITS:**

- Promotes relaxation and a restful sleeping environment
- Lessens feelings of tension and calms emotions
- Calms the mind and soothes the senses

#### **AROMATIC DESCRIPTION:**

Warm, Floral, Herbal

#### USES:

PV: 35.75

Retail: S\$ 68 Wholesale: S\$ 51

- Apply to bottoms of feet at bedtime to help unwind before going to sleep. Use in conjunction with doTERRA Lavender Peace Restful Complex Softgels for an enhanced effect.
- Inhale directly from hands or diffuse throughout the day to help lessen tension.

#### LAVENDER PEACE RESTFUL COMPLEX SOFTGELS



Retail: S\$ 45 Wholesale: S\$ 33 PV: 20

#### **KEY BENEFITS:**

- Relieves occasional sleeplessness
- Promotes healthy relaxation and sleep
- Loosen grogginess or sleepiness upon waking up the next day.
- Enhances sleep quality and speed up the ease of going to sleep.

#### **DIRECTIONS FOR USES:**

Take 1 to 2 softgels before sleep.