

ClaryCalm®

Monthly Blend for Women 10 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade®

Application: **A** **T** **N**

Ingredients: Clary Sage, Lavender, Bergamot, Roman Chamomile, Ylang Ylang, Cedarwood, Geranium, Fennel, Carrot Seed, Palmarosa, Vitex

Aromatic Description: Floral, herbal, coniferous

PRIMARY BENEFITS

- Provides a floral, feminine aroma
- Offers a cooling and soothing sensation

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PRODUCT DESCRIPTION

ClaryCalm is a natural way to balance and regain composure. The blend's calming aroma helps you center when life derails your day. ClaryCalm is a proprietary blend of essential oils specifically chosen for women. ClaryCalm comes in a convenient roll-on bottle making it easy to use anytime. When you feel flushed or warm, apply it to the back of your neck for a cooling, soothing effect. Use ClaryCalm on the lower abdomen and apply a warm compress or heating pad to help nurture and comfort your body. Relax, unwind and take time for yourself.

USES

- Apply to abdomen during a soothing and calming massage.
- Rub on the back of your neck, on your temples, or the bottom of your feet for a relaxing aroma.
- Roll on lower abdomen and use with a heating pad as part of a self care ritual.

DIRECTIONS FOR USE

Topical use: Apply topically to the back of the neck, on temples, or abdomen as needed. 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. Avoid sunlight or UV rays for at least 12 hours after applying product.