

dōTERRA Serenity® Stick + Valerian

dōTERRA®
Product Information Page



CPTG Certified Pure Tested Grade®

dōTERRA Serenity® Stick + Valerian |

Net wt 1.06 oz / 30 g

60225458

Primary Benefits

- + Provides a soothing, calming aroma when applied topically
- + Delivers Valerian essential oil and the dōTERRA Serenity Restful Blend with Lavender for a comforting, soothing aroma in a portable stick
- + Applies smoothly without a greasy feeling
- + Free from parabens, phthalates, and synthetic fragrances

The dōTERRA Serenity Stick + Valerian is a part of the **dōTERRA Serenity Sleep System** which also includes dōTERRA Serenity Restful Blend Softgels and the dōTERRA Serenity Restful Blend. Recent epigenetics testing suggests this system[†]:

- + Supports improved sleep quality, glucose metabolism, cellular fitness and function, and healthy sleep by maintaining circadian rhythms critical to keeping a healthy sleep cycle.*
- + Helps regulate healthy sleep, immune function, and inflammatory response.*

Combining the **dōTERRA Serenity Sleep System** with smart sleep hygiene habits can help you get the rest you deserve.*

Description

Preparing for bedtime has never been easier with the convenience, quick absorption, and smooth application of the dōTERRA Serenity Stick + Valerian. dōTERRA Serenity® Restful Blend includes CPTG® Lavender essential oil known to be soothing to the skin when applied topically while delivering a comforting, grounding aroma that contributes to an environment of restful sleep. The stick combines the restful blend with Valerian essential oil to help create an atmosphere that gently entices comfort and relaxation when practicing healthy sleep hygiene.

The aroma of the dōTERRA Serenity Stick + Valerian provides a soft, restful, and calming ambience and is free from parabens, phthalates, and synthetic fragrances.

Directions

Apply to the inside of wrists, back of neck, chest, and bottoms of feet as needed when preparing for rest.

Cautions

Avoid application to the face. Avoid contact with eyes. For external use only. If irritation occurs, discontinue use.

Ingredients

Cocos nucifera (Coconut) Oil, Tapioca Starch, *Helianthus annuus* (Sunflower) Seed Wax, *Lavandula angustifolia* (Lavender) Oil, *Juniperus virginiana* (Cedarwood) Wood Oil, *Valeriana officinalis* (Valerian) Root Oil, *Coriandrum sativum* (Coriander) Seed Oil, *Cananga odorata* (Ylang Ylang) Flower Oil, *Origanum majorana* (Marjoram) Flower/Leaf/Stem Oil, *Anthemis nobilis* (Roman Chamomile) Flower Oil, *Sambucus nigra* (Elderberry) Fruit Extract, *Santalum album* (Sandalwood) Oil, Glyceryl Laurate, Glyceryl Caprylate, *Vetiveria zizanioides* (Vetiver) Root Oil, Glyceryl Undecylenate, *Dipteryx odorata* (Tonka Bean) Seed Extract, *Vanilla planifolia* (Vanilla) Fruit Extract, Glycerin, Lauric Acid

[†]Epigenetics is the study of how your behaviors and environment can cause changes that affect the way your genes work.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.