When life’s activities seem relentless, and you are searching for a new perspective, while also easing the body and mind, why not try doTERRA® Adaptiv™ Tranquil Blend. This blend may help improve sustained attention, awareness and cultivate being in the present.

**Benefits:**
- Complements effective work and study
- Soothes and uplifting aroma
- Tranquil blend

### WHAT IT TAKES TO MAKE A BOTTLE

- **Copaiba**
  - Calming & soothing aroma
- **Lavender**
  - Calming & soothing. Helps reduce stress
- **Magnolia**
  - Sweet, soft & soothing aroma
- **Neroli**
  - Calms & uplifting
- **Rosemary**
  - An energising herbaceous scent
- **Spearmint**
  - Ideal for a focused environment
- **Wild Orange**
  - Uplifting & energising aroma

### RECOMMENDATION OF USE

- Apply doTERRA® Adaptiv™ Tranquil Blend to pulse points as a reminder to create a change for balance.
- Apply one drop of doTERRA® Adaptiv™ Tranquil Blend to hands, rub together, and inhale deeply throughout the day.
- Roll doTERRA® Adaptiv™ Tranquil Blend Touch on wrists and temples whenever you feel the need.

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