



dōTERRA  
AUSTRALIA & NEW ZEALAND

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*Celebrate Acknowledge Appreciate*



# Adaptiv Gift Pack.

Dear

This indulgent and aromatic gift supports wellbeing and encourages you to take time to discover the ultimate mind, body and spirit renewal.

Transform your bath into a tranquil sanctuary with the **Adaptiv™ Bath Oil** to help soften and soothe the body. Create a comforting and tranquil environment in any room with just a spritz or two of the **Adaptiv™ Tranquil Mist**. Soothe the mind and relax with the calming aromas of **Adaptiv™ Touch 10mL**, this convenient roller bottle means you have it ready to use, any time you want to seek an oasis of calm.

## TO USE:

### **Adaptiv™ Bath Oil**

- Pour two to three caps full of oil into warm running water to create a milky bath.

### **Adaptiv™ Tranquil Mist**

- Use as a room spray or on linen, bedding, upholstery, or clothing for a calming aroma.

### **Adaptiv™ Touch 10mL**

- Apply to pulse points as a reminder to create a change for balance.
- Use to massage shoulders and neck.
- Apply one drop to hands, rub together, and inhale deeply as needed throughout the day.
- Roll on wrists and temples whenever you feel the need.

Enjoy this special gift.

Yours sincerely,

dōTERRA<sup>®</sup>  
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