

# ADAPTIV™

*Tranquil Blend 15 mL*

*Sweet, citrusy, floral*

*Aromatic description*

## PRIMARY BENEFITS

- Soothe the mind and relax the body. Take a moment to enjoy the calming aromas of Lavender, Magnolia and Neroli essential oils.
- Work and study. The distinctive calming aromas of dōTERRA Adaptiv™ may help push the noise and distractions of modern day life into the background.
- Tired or restless? The collective aromas of dōTERRA Adaptiv™ Tranquil Blend is part of your toolbox to help your body and mind stay balanced.

## PRODUCT DESCRIPTION

When life's activities seem relentless and you are searching for a new perspective, why not try Adaptiv™ Tranquil Blend.

Adaptiv™ Tranquil Blend combines the calming aromas of Lavender, Magnolia, Neroli and Sweetgum with the uplifting aromas of Wild Orange and Spearmint essential oils. In addition, the topical benefits of Copaiba mean Adaptiv™ Tranquil Blend can be enjoyed both topically and aromatically.

No matter how you are feeling, include Adaptiv™ Tranquil Blend as part of your toolbox to help support a balanced mind and body.

## USES

- Soak in a relaxing Epsom Salts bath by adding three to four drops in a teaspoon of carrier oil (ie.

fractionated coconut oil) to the bath water with Epsom Salts as desired.

- Mix three drops with Fractionated Coconut Oil for a soothing massage.
- Diffuse for a soothing and uplifting aroma.
- Apply one drop to hands, rub together and inhale deeply as needed throughout the day.

## DIRECTIONS FOR USE

DIFFUSION: Use three to four drops in the diffuser of your choice.

TOPICAL USE: Apply one to two drops to desired area.

See additional precautions below.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. NOT TO BE TAKEN. Possible skin sensitivity. 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 and UV rays for at least 12 hours after applying product.

## INGREDIENTS

Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli and Sweetgum essential oils



Certified Pure Tested Grade

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