

dōTERRA BALANCE®

Grounding Blend 15 mL

Harmonise

Aromatic description: Airy, fresh, sweet, woody

Achieve harmony with dōTERRA Balance®

dōTERRA Balance® combines the calming aromas of Ho Wood, Blue Tansy, and Blue Chamomile with grounding Frankincense and Spruce. This perfectly balanced blend of essential oils creates an enticing fragrance and helps bring harmony to the mind and body.

PRIMARY BENEFIT

The calming aromas of Ho Wood, Blue Tansy, and Blue Chamomile essential oil found in dōTERRA Balance® may help to promote feelings of calm.

SECONDARY BENEFIT

Spruce Essential Oil is high in bornyl acetate, a compound that promotes relaxation and calmness. Try diffusing dōTERRA Balance® to ease into a good night's sleep.

TERTIARY BENEFIT

Re-focus and re-centre. The grounding combination of Frankincense and Spruce can create a peaceful and meditative space. Take a moment to slow your breath and quieten your mind.

PRODUCT DESCRIPTION

The warm, woody aroma of dōTERRA Balance® Grounding Blend helps create a sense of calm and relaxation.

We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance to help promote tranquility and relaxation.

Spruce, one of the oils in dōTERRA Balance®, was used by Native Americans and is still used today to help bring harmony to the mind and body. Ho Wood, Blue Tansy, and Blue Chamomile aromas can provide a sense of calmness, while Frankincense aroma has grounding and balancing properties.

USES

- Begin your day by putting dōTERRA Balance® on the bottom of your feet to help promote a sense of calmness and tranquility to your day.
- A great oil blend to use during an AromaTouch® Hand Massage.
- Apply to your wrists or neck.
- Diffuse in your car during road trips to create a calming, soothing aroma.

DIRECTIONS FOR USE

DIFFUSION:

Use three to four drops in the diffuser of choice.

TOPICAL USE:

Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions below

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.
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.

INGREDIENTS

Fractionated Coconut Oil, Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, Osmanthus Flower.



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC. ©2020 dōTERRA 12062020