

dōTERRA BALANCE®

Grounding Blend 15 mL

Airy, fresh, sweet, woody

Aromatic description

PRIMARY BENEFITS

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

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