

AUNZ KIT SKU: 60205396
(ONLY AVAILABLE IN YOGA COLLECTION)

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dōTERRA Anchor®

Grounding Blend 5 mL

Rich, earthy, spicy, woody

Aromatic description

PRIMARY BENEFITS

- Supports effective yoga practice
- May help Promote feelings of completeness, calmness and courage
- Try dōTERRA Anchor® to Encourage a steady foundational sense from which to move forward.

PRODUCT DESCRIPTION

Sometimes in this crazy-busy, modern world, you feel uprooted and unsure of yourself, with a mile long to-do-list and uncertain priorities. Finding balance through aromatherapy and simple yoga moves can be an excellent first step.

dōTERRA Anchor® Grounding blend evokes aromas to help bring a firm trust in yourself so you can approach your practice and life with calming strength.

Featuring Lavender, Cedarwood, Frankincense, Cinnamon, Sandalwood, Black Pepper and Patchouli essential oils in a base of Fractionated Coconut Oil, try this blend to support connection to yourself, your community, your emotional harmony and your innate wisdom.

USES

- Apply to ankles, base of spine and bottoms of feet to help promote feelings of completeness and calmness.
- Enjoy the aromatic benefits of dōTERRA Anchor® whenever you are feeling scattered or uprooted.
- The perfect yoga poses to pair with dōTERRA Anchor®'s aroma are Seated Meditation, Seated Twist and Bhujangasana (one hand on the heart, the other on the Earth).
- Can be used during yoga practice or any time during your day.

DIRECTIONS FOR USE

DIFFUSER USE: Apply several drops to diffusing jewellery, natural dolomite or lava diffusing rocks.

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

See additional precautions to the right.

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

Lavender, Cedarwood, Frankincense, Cinnamon Bark, Sandalwood, Black Pepper, and Patchouli essential oils in a base of Fractionated Coconut Oil



Certified Pure Tested Grade

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