

dōTERRA SHINRIN-YOKU™

Forest Bathing Blend 15mL

Calming, floral, earthy

Aromatic description

PRIMARY BENEFITS

- Specially formulated to bring the power of nature into our homes.
- Distinct calming and relaxing fragrance.

PRODUCT DESCRIPTION

Return to the forest to nurture mind, body and soul.

Research now concludes that the ancient Japanese practice of 'Shinrin-yoku' or forest bathing has healing benefits to both our physical and mental health. Retreating to the inner sanctum of the trees is now scientifically proven to relieve stress, reduce blood pressure and boost our immune defences.

Specially formulated to bring the power of nature into our homes, dōTERRA Shinrin-Yoku™ Forest Bathing Blend not only features the aromas of the great outdoors, but essential oils with the same chemical constituents you inhale when you walk amongst the trees, this includes Lemon, Magnolia, Patchouli, Cardamom, Siberian Fir, Hinoki, Cypress, Lavandin, Pink Grapefruit, Geranium & Petitgrain essential oils.

USES

- Diffuse for the same relaxing benefits of actually forest bathing.
- This blend may also be used as an amulet to calm down negative emotions.

DIRECTIONS FOR USE

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

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

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:

Lemon, Magnolia, Patchouli, Cardamom, Siberian Fir, Hinoki, Cypress, Lavandin, Pink Grapefruit, Geranium & Petitgrain essential oils.



Certified Pure Tested Grade

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