

# EASY AIR®

Clear Blend 15 mL

## Breathe

Aromatic description: Minty, fresh, airy

Breathe easy with dōTERRA Easy Air®

dōTERRA Easy Air® is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus and Tea Tree. Ancient Greeks made headdresses of laurel leaves to crown winning sportsmen, warriors and scholars. The refreshing aroma of Easy Air® helps promote feelings of clear and easy breathing. It can be applied topically, or diffused before a restful night's sleep.

### PRIMARY BENEFIT

The Eucalyptus within dōTERRA Easy Air® may help with seasonal threats. Take a deep breath and inhale for feelings of relaxation and clearer breathing.

### SECONDARY BENEFIT

The Laurel Leaf within dōTERRA Easy Air® may help to promote feelings of easy breathing.

### TERTIARY BENEFIT

dōTERRA Easy Air® contains relaxing Ravintsara which can be used in meditation for its relaxation properties. Its fresh and earthy scent may be used to prepare for a restful night's sleep.

### PRODUCT DESCRIPTION

Easy Air® can be applied topically to the chest, back or bottom of feet, or diffused at night time to help calm the senses before a restful night's sleep.

### USES

- Diffuse, inhale directly from palms, or rub on chest or feet when environmental threats are high.
- Use when outdoors at times of seasonal threats.
- Diffuse at bedtime for a restful environment.

### INGREDIENTS

Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf and Ravensara Leaf essential oils.

### DIRECTIONS FOR USE

#### DIFFUSION:

Use three to four drops in a diffuser of your choice.

#### TOPICAL USE:

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

*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. Application to skin may increase sensitivity to sunlight.



Certified Pure Tested Grade

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