

MIDNIGHT FOREST

Nature Blend 15mL

Piney, woody, spicy

Aromatic description

KEY INGREDIENTS AND BENEFITS

- Provides calming and relaxing aroma
- Sets a tranquil environment
- Creates a peaceful, mellow atmosphere
- Brings the outdoors into your home

PRODUCT DESCRIPTION

Most of life these days is spent indoors, often glued to technology. With work and family obligations, it can be hard to get outside and just breathe. Intuitively we know, and science has long acknowledged, we have a biological need to connect with nature. Spending time among towering trees can help create in us a sense of well-being. The Japanese have a name for this: shinrin-yoku or "forest bathing." dōTERRA captures this aromatic experience of well-being with Midnight Forest, a proprietary essential oil blend containing tree terpenes, with a fresh and distinctive aroma. The Siberian Fir and Wild Orange essential oils in Midnight Forest add to a calm and relaxed environment when used in a room or personal diffuser, and when applied topically. The Frankincense in the blend can help create a peaceful atmosphere when diffused. Even when you can't get outside, you can immerse yourself in nature with Midnight Forest.

USES

- Diffuse to create naturally clear and fresh surroundings.
- Apply topically or diffuse to create a calm, relaxing setting.
- Add to Fractionated Coconut Oil to enhance a comforting massage.

DIRECTIONS FOR USE

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

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

See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. 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.

INGREDIENTS

Siberian Fir, Cypress, Juniper Berry, Black Spruce, Wild Orange, Frankincense, Pimento Leaf, Pimento Fruit, Cistus, Caraway, and Labdanum.



Certified Pure Tested Grade

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