

REST & RESTORE

Bedtime Ritual Bundle

BUNDLE OVERVIEW

Creating night-time rituals can help your body and brain ease into a restorative sleep. One huge benefit of essential oils includes the impact they can have on sleep in a natural, balanced way. By creating this habit, you are helping to instill a routine your body will recognise and naturally respond to.

BEDTIME RITUAL BUNDLE

- Adaptiv™ Calming Mist
- Lavender Peace™ 15mL
- Lavender 10mL
- Easy Air® 5mL

BUNDLE PRODUCTS

Adaptiv Calming Mist

dōTERRA Adaptiv™ Tranquil Mist is perfect to create a tranquil and renewing environment any time with just a spray or two in a room or on household fabrics. Spritz on upholstery or bedding any time for a soothing aroma. Using CPTG® essential oils - Lavender, Magnolia, and Neroli, known as calming aromas while Wild Orange and Spearmint are ideal to set an uplifting atmosphere. Copaiba, Sweetgum, and Rosemary essential oils complete the unique aroma of the dōTERRA Adaptiv Mist blend

- Use as a room spray or on linens, bedding, upholstery, or clothing for a calming aromatic environment.

Lavender Peace™ 15mL

Lavender Peace™ Restful Blend has a calming and relaxing aroma that provides a unique user experience. This perfectly balanced blend includes essential oils renowned for their soothing and calming properties. Cedarwood, Ho Wood and Vetiver essential oils give Lavender Peace™ a grounding and soothing aroma for a relaxing environment.

- Diffuse at night to create a calming environment.
- Massage onto bottoms of feet at bedtime to help unwind before going to sleep.

Lavender 10mL

Lavender is widely known for its calming and relaxing properties and ability to soothe and soften the skin. dōTERRA Touch® Lavender combines Lavender essential oil with Fractionated Coconut Oil to provide these same benefits to individuals who have delicate or sensitive skin.

- Apply to the temples or back of the neck for a relaxing, calming aroma.
- Rub on the bottoms of feet to promote a relaxing and calming aroma before bedtime.



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Easy Air® 5mL

dōTERRA Easy Air® is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus and Tea Tree. 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.

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

CAUTIONS

FOLLOW THE DIRECTIONS FOR USE.
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.

DIRECTIONS FOR USE

See Individual product information pages for information.



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