



CPTG Certified Pure Tested Grade®

Application: A T N

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

Aromatic Description: Rich, earthy, spicy, woody

dōTERRA Anchor™ | Steadying Blend 5 mL

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Primary Benefits

- + Supports effective yoga practice
- + Promotes feelings of completeness, calmness, and courage
- + Encourages a steady foundational sense from which to move forward

Product Description

Finding balance through simple yoga poses can be an excellent first step to establishing stability in your daily life. dōTERRA Anchor Steadying Blend promotes a firm trust in yourself so you can approach both your practice and life with calm strength. Featuring Lavender, Cedarwood, Sandalwood, Cinnamon, Frankincense, Black Pepper, and Patchouli essential oils in a base of Fractionated Coconut Oil, this blend promotes a sense of calm and self-awareness, as well as supports your connection to your community, your emotional harmony, and your innate wisdom.

Uses

- + Include abode oil blend in DIY room, fabric, and Apply to ankles, base of spine, and bottoms of feet to promote feelings of completeness and calmness.
- + Use while practicing the following yoga poses: Seated Meditation, Seated Twist, and Bhu Mudra (one hand on the heart, the other on the Earth).
- + Use during yoga practice, meditation, or any time during your day.

Directions for Use

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

Topical use: When used topically, dilute 1 drop with 5-10 drops of carrier oil to minimize skin sensitivity.

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 area