

# dōTERRA Serenity® Stick + Valerian

dōTERRA® | CANADA

Product Information Page



**CPTG** Certified Pure Tested Grade®

dōTERRA Serenity® Stick + Valerian | 30 g

60225933

## Primary Benefits

- + Promotes tranquil environment when applied topically.
- + Delivers Valerian essential oil and dōTERRA Serenity® blend with Lavender for a comforting, soothing aroma in a portable stick.
- + Applies smoothly without a greasy feeling
- + Free from parabens, phthalates, and synthetic fragrances.

## Description

Preparing for bed has never been more convenient than with the quick absorption and smooth application of the dōTERRA Serenity Stick + Valerian. The stick combines the dōTERRA Serenity® essential oil blend with Valerian essential oil to help create a relaxing atmosphere and gently promotes a restful climate for sleep. The aroma of the dōTERRA Serenity Stick + Valerian provides a soft, restful, and calming ambience and is free from parabens, phthalates, and synthetic fragrances.

### dōTERRA Serenity System

dōTERRA Serenity Stick + Valerian is a part of the complete dōTERRA Serenity System. Use in conjunction with dōTERRA Serenity Blend and dōTERRA Serenity® Restful Complex Softgels to help you chase sweet dreams with a good night's sleep.

## Directions

Apply to the inside of wrists, back of neck, chest, and bottoms of feet as needed when preparing for rest.

## Cautions

Avoid application to the face. Avoid contact with eyes. For external use only. If irritation occurs, discontinue use.