



**Application:** A T I D

**Ingredients:** Tangerine, Rosemary, Geranium, Ginger, Juniper Berry, Cilantro essential oils

**Aromatic Description:** Herbal, clean, floral

**dōTERRA Zendocrine<sup>®</sup>** | Essential Oil Blend 15 mL

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## Primary Benefits

- + Adds a fresh, herbal-citrus flavour to tea and water.
- + Creates a refreshing, revitalizing atmosphere when diffused.
- + Limonene contributes topical cleansing benefits.
- + Ginger oil enriches a soothing abdominal massage.
- + Complements core Foundational Wellness products to help you reset your wellness routine.

## Description

When aspiring to live a clean lifestyle, we can all benefit from a little more of the gentle, consistent support provided by essential oils. dōTERRA Zendocrine Blend is engineered with key Certified Pure Tested Grade CPTG<sup>®</sup> essential oils that provide daily support for your wellness goals, designed to work in harmony with your existing routines and make it easy to start new habits that encourage long-term wellness.

Enhanced with Ginger and optimized ratios of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils, Zendocrine has a refreshing, revitalizing scent and a tasteful, balanced flavour profile. This versatile blend is designed for aromatic, topical, and dietary use. Diffuse it daily or use a few drops to flavour your morning orange juice or daily water.

Use Zendocrine conjunction with core Foundational Wellness products to help you reset your wellness routine.

## Uses

- + Add 1-2 drops to fresh juice or tea to start your day off right.
- + Add 1-2 drops to daily water for a fresh flavour while hydrating.
- + Apply to abdominal areas and massage. Dilute with a carrier oil to minimize any skin sensitivity.
- + Apply to a dry brush and brush over skin as a part of a revitalizing self-care ritual.
- + Diffuse 3-4 drops for a refreshing, revived atmosphere.

## Directions

**Aromatic use:** Add three to four drops to the diffuser of your choice.

**Internal use:** Dilute one drop in 120 mL of liquid.

**Topical use:** Dilute 1 drop of Zendocrine with 5-10 drops of dōTERRA Fractionated Coconut Oil to minimize skin sensitivity.

**Additional precautions follows on next page.**

## Cautions

Keep away from children. Consult your doctor if pregnant or in treatment. Avoid eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.