

# ZenGest®

Essential Oil Blend 15 mL

dōTERRA® | CANADA

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade®

**Application:** A T I N

**Ingredients:** Anise Seed, Peppermint, Ginger Rhizome/Root, Caraway Seed, Coriander Seed, Tarragon Plant, and Fennel Seed essential oils

**Aromatic Description:** Spicy, sweet, minty, licorice

## ZenGest®

Essential Oil Blend 15 mL

Part Number: 31031813

Wholesale: \$42.25 CAD

Retail: \$56.33 CAD

PV: 35

## PRODUCT DESCRIPTION

This unique blend combines the calming properties of Ginger, Fennel, Coriander, Peppermint, Tarragon, Anise, and Caraway. ZenGest can be diffused for its licorice aroma, can be applied topically to the abdomen, or taken internally for its soothing properties.

## USES

### Cosmetic

- Use topically before a long flight or road trip for a calming aroma.
- Dilute with Fractionated Coconut Oil and use for a soothing abdominal massage.

### Food

- Add one drop to water after enjoying a large meal.
- Combine with honey and warm water to create a soothing herbal tea.

### Household

- Place three to four drops in a car diffuser during a road trip.

## DIRECTIONS FOR USE

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

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

**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 areas.

