



CPTG Certified Pure Tested Grade®

Application: A T I N

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

Aromatic Description: Spicy, sweet, minty, licorice

ZenGest® | Essential Oil Blend 15 mL

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Cautions

- + Adds a sweet, soothing taste to water
- + Has a calming, gentle, licorice aroma
- + Provides a soothing aroma during an abdominal massage

Product Description

This proprietary blend of CPTG® essential oils includes Cardamom, Coriander, Ginger, and Fennel essential oils, combined with Peppermint, Anise, and Caraway. ZenGest can be diffused or used topically for its pleasant licorice aroma or combined with Fractionated Coconut Oil to be used in massage. You can also enjoy the refreshing taste of ZenGest oil blend by adding a few drops as a breath rinse or sweet-flavored chaser after a hearty meal.

Why should I add ZenGest® oil blend to my collection? ZenGest essential oil blend offers a huge variety of benefits, being one of the few dōTERRA blends that is can be used aromatically, topically, and internally. ZenGest was designed with specific purposes in mind, but has the versatility to be applied almost endlessly to serve your needs.

Uses

Cosmetic

- + Apply to wrists and pulse points during travel for a pleasant, calming aroma.
- + Dilute with Fractionated Coconut Oil and use for a soothing abdominal massage.

Food

- + Add one drop to water and drink to freshen breath.
- + Combine with honey and warm water to create a soothing herbal tea.

Household

- + Diffuse for a sweet, minty calming aroma.

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.