

# dōTERRA Balance™

Grounding Blend 15 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



**Ingredients:** Cocos Nucifera (Coconut) Oil, Picea Mariana Branch/Leaf Oil, Cinnamomum Camphora Linaloolifera Leaf Oil, Boswellia Carterii Oil, Tanacetum Annuum Flower/Leaf/Stem Oil, Chamomilla Recutita (Matricaria) Oil, Osmanthus Fragrans Flower Extract, Limonene\*, Linalool\*

## PRIMARY BENEFITS

- dōTERRA Balance is formulated with emotionally beneficial essential oils that work together to create a sense of calmness and well-being.
- The aroma of dōTERRA Balance is sweet and woody and is the perfect fragrance for promoting feelings of balance and tranquility.
- Infused with Spruce, Ho Wood, Blue Tansy, Blue Chamomile, and Frankincense essential oils.

## PRODUCT DESCRIPTION

The fresh and woody aroma of Balance is a perfect go-to-oil when you need a little harmony in your life. Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile blend perfectly with Fractionated Coconut Oil to offer an enticing fragrance that, when applied topically, promote calm, relaxation, and well-being.

## USES

- Apply Balance to neck and wrists to help promote feelings of calm.
- Combine Balance with Epsom salts in a warm bath for relaxation.
- Use to help create a calm environment when meditating or practicing yoga.
- Apply to the bottom of feet to promote feelings of balance throughout the day.
- Apply topically before bed to steady yourself and promote peaceful dreams.

## DIRECTIONS FOR USE

For massage, mix 5 drops with 10 ml carrier oil. For bath, mix 5 drops with 5 ml carrier oil. For perfuming, mix 1 drop to 10 drops carrier oil. For topical use only.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. Consult your doctor if pregnant or in treatment. Avoid eyes, inner ears, and sensitive areas.

\*Naturally occurring oil compounds

