

# dōTERRA abōde™

Refreshing Blend 15 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



**Ingredients:** Citrus Aurantifolia (Lime) Peel Oil, Litsea Cubeba Fruit Oil, Cinnamomum Cassia Oil, Eucalyptus Citridora Oil, Melaleuca Alternifolia (Tea Tree) Leaf Oil, Thuja Plicata Wood Oil, Eucalyptus Kochii Leaf Oil, Coriandrum Sativum (Coriander) Leaf/ Stem Oil, Lavandula Hybrida Oil, Backhousia Citridora Leaf Oil, Limonene\*, Citral\*, Cinnamic Aldehyde\*, Linalool\*, Coumarin\*.

## PRIMARY BENEFITS

- Formulated with CPTG™ essential oils known for their cleansing constituents including limonene, geranial and neral.
- Contains Kochii Eucalyptus which has the highest concentration of 1,8-cineole.
- Provides a fresh, citrus aroma.

## PRODUCT DESCRIPTION

The signature blend of dōTERRA abōde™ is a dynamic combination of CPTG™ essential oils including distilled Lime, Litsea, Cassia, Lemon Eucalyptus, Tea Tree, Arborvitae, Kochii Eucalyptus, Cilantro, Lavandin and Lemon Myrtle. It is high in powerful constituents like limonene, geranial, neral and 1,8-cineole. In fact, Kochii Eucalyptus, found only in the semi-arid interior of Western Australia, has the highest concentration of 1,8-cineole, or eucalyptol, of all eucalyptus oil available. Always feel refreshed with dōTERRA abōde™.

## USES

- Keep in your bathroom cabinet for its cleansing and refreshing properties on the skin.
- Carry the fresh aroma of dōTERRA abōde with you wherever you go.
- Before a busy day, create a personal sanctuary by using dōTERRA abōde as part of your morning routine.

## 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. Avoid sunlight and UV rays for at least 12 hours after applying.



\*Naturally occurring oil compounds