

# dōTERRA Align™

Centring Blend 5 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



**Ingredients:** Cocos Nucifera (Coconut) Oil, Citrus Aurantium Bergamia (Bergamot) Fruit Oil, Coriandrum Sativum (Coriander) Seed Oil, Origanum Majorana Leaf Oil, Mentha Piperita (Peppermint) Oil, Pelargonium Graveolens Oil, Ocimum Basilicum (Basil) Oil, Rosa Damascena Flower Oil, Jasminum Grandiorum (Jasmine) Flower Extract, Linalool\*, Limonene\*, Citronellol\*.

## PRIMARY BENEFITS

- Supports effective yoga practice by helping to anchor the mind, enhancing your yoga experience.
- Promotes feelings of self-acceptance, trust, and fluidity throughout your yoga practice.
- Encourages harmony and calm progress, helping the user to better their environment and well-being.
- For best results, pair with the other oils included in the dōTERRA Yoga Collection.

## PRODUCT DESCRIPTION

dōTERRA Align™ is the centring blend in the dōTERRA Yoga Collection. This peaceful and steadying blend is designed to enhance your daily yoga practice by promoting feelings of self-acceptance and trust. Ideal yoga poses to pair with dōTERRA Align are Warrior II, Triangle, and Gate pose. Outside of yoga practice, Align is a beautiful blend to encourage harmony throughout the day.

## USES

- Apply topically to enjoy the benefits of Align whenever you want to promote centring.
- Ideal yoga poses with Align's aroma are Warrior II, Triangle, and Gate pose.
- Apply onto desired areas to use during yoga practice or anytime during your day.
- Incorporate Align and the entire dōTERRA Yoga Collection to enhance your yoga practice.

## 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.

## ADDITIONAL INFORMATION

Batch number can be found on product.  
Period after opening is 12 months.  
Expiration date can be found on product.



\*Naturally occurring oil compounds