

dōTERRA Anchor™

Steadying Blend 5 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



Ingredients: Cocos Nucifera (Coconut) Oil, Lavandula Angustifolia (Lavender) Oil, Juniperus Virginiana Wood Oil, Boswellia Carterii Oil, Cinnamomum Zeylanicum Bark Oil, Santalum Album (Sandalwood) Oil, Piper Nigrum (Pepper) Fruit Oil, Pogostemon Cablin Oil, Cinnamal*, Eugenol*, Limonene*, Linalool*

PRIMARY BENEFITS

- Promotes feelings of completeness and courage throughout your yoga practice
- Encourages a sense of a steady foundation from which to move forward
- Helps the user connect to and trust in themselves and their environment
- For best results, pair with the other oils in the dōTERRA Yoga Collection

PRODUCT DESCRIPTION

dōTERRA Anchor Steadying blend brings a firm trust in yourself so you can approach your yoga practice and life with calming strength. Featuring Lavender, Cedarwood, Sandalwood, Cinnamon, Frankincense, Black Pepper, and Patchouli essential oils in a base of Fractionated Coconut Oil, this blend supports your connection to yourself, your community, your emotional harmony and your innate wisdom. The ideal yoga poses to pair with dōTERRA Anchor are Seated Meditation, Seated Twist, and Bhru Mudra (one hand on the heart, the other on the Earth).

USES

- Apply to ankles, base of spine, and bottoms of feet to promote feelings of completeness and courage
- Can be used during yoga practice or any time during your day
- The perfect yoga poses to pair with the Anchor's aroma are Seated Meditation, Seated Twist, and Bhru Mudra (one hand on the heart, the other on the Earth)
- Incorporate Anchor and the entire dōTERRA Yoga Collection to enhance your yoga practice and daily experience

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