

# dōTERRA Balance™

Skin Care Oil 15 ml

dōTERRA® | EUROPE

PRODUCT INFORMATION PAGE



**Ingredients:** Fractionated Coconut Oil, Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, Osmanthus Flower

**Aromatic Description:** Airy, fresh, sweet, woody

## PRIMARY BENEFITS

- Promotes a whole-body sense of relaxation
- May help ease anxious feelings
- Evokes feelings of tranquility and balance

**dōTERRA Balance™**

Skin Care Oil 15 ml

Part Number: 31010001

## PRODUCT DESCRIPTION

The warm, woody aroma of dōTERRA Balance creates a sense of calm and well-being. This perfect blend of Spruce, Ho Wood, Frankincense, Blue Tansy, Roman Chamomile, and Fractionated Coconut Oil offers an enticing fragrance that promotes tranquility and relaxation. Spruce, one of the oils in dōTERRA Balance, was used by Native Americans for health and spiritual reasons and is still used today to bring harmony to the mind and body. Ho Wood, Blue Tansy, and Blue Chamomile can ease anxious feelings, while Frankincense provides a grounding, balancing effect on emotions.

## USES

- Begin your day by putting dōTERRA Balance on the bottom of your feet to promote feelings of calmness and tranquility.
- dōTERRA Balance is a great oil blend to use during an AromaTouch™ Hand Massage.

## DIRECTIONS FOR USE

**Topical 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.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product. Not intended for internal use.

