

# Neshama

Soulful Blend 10 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



**Ingredients:** Cocos Nucifera (Coconut) Oil, Boswellia Carterii Oil, Lavandula Angustifolia (Lavender) Oil, Juniperus Virginiana Wood Oil, Citrus Aurantium Dulcis (Orange) Peel Oil, Cupressus Sempervirens Branch/Leaf Oil, Commiphora Myrrha Oil, Nardostachys Jatamansi Root Oil, Cinnamomum Cassia Oil, Cinnamomum Zeylanicum Bark Oil, Limonene\*.

## PRIMARY BENEFITS

- Convenient roll-on application allows you to easily apply and enjoy the topical benefits of Neshama.
- Neshama's main ingredient, Fractionated Coconut Oil, may help to hydrate and soothe skin.
- May promote peaceful, relaxed and satisfied feelings due to the addition of Frankincense essential oil.
- Includes CPTG essential oils of Frankincense, Lavender, Cedarwood, Cypress, Myrrh, Spikenard, Wild Orange, Cassia and Cinnamon.

## PRODUCT DESCRIPTION

Neshama comes from the Hebrew word meaning “soul” and was created to help remind us of who we truly are and how we are all connected to each other and the world around us. Historically, both plants and essential oils have been celebrated for the benefits and uses they provide to mankind, demonstrating the connection between man and nature. Many of the essential oils chosen for the Neshama Soulful Blend were considered holy and mentioned in ancient scripture, used then and now to help us connect with a higher sense of self. Included in this inspiring blend are some of our most prized and precious CPTG™ essential oils, including Frankincense, Lavender, Cedarwood, Cypress, Myrrh, Spikenard, Wild Orange, Cassia and Cinnamon. In times of particular difficulty, applying Neshama may act as a reminder that your soul has a deep connection to the world around you and that healing will come in time.

## USES

- Apply topically to help soothe the skin.
- Massage on the temples throughout the day.
- Roll on pulse points and forehead during yoga or meditation.
- Apply over the heart each morning as a reminder to connect to your inner self throughout the day.

## DIRECTIONS FOR USE

For topical use only. Roll on to skin for perfuming and skin care or massage.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying.



\*Naturally occurring oil compounds.