

dōTERRA Shinrin-Yoku™

Forest Bathing Blend 15ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



Ingredients: Citrus Limon (Lemon) Peel Oil, Pogostemon Cablin Oil, Michelia Alba Leaf Oil, Abies Sibirica Oil, Elettaria Cardamomum Seed Oil, Cupressus Sempervirens Branch/Leaf Oil, Chamaecyparis Obtusa Wood Oil, Lavandula Hybrida Oil, Citrus Paradisi (Grapefruit) Peel Oil, Cupressus Lusitanica Branch/Leaf Oil, Pelargonium Graveolens Oil, Citrus Limon (Lemon) Branch/Leaf Oil, Linalool*, Limonene*, Citral*

PRIMARY BENEFITS

- Formulated with essential oils abundant in terpenes and phytoncides connected to the positive effects of outdoor exploration.
- Promotes a calming, grounding environment with its refreshing, inspiring scent.
- Creates an energising experience inspired by the wellness benefits of forest bathing.
- A blend inspired by the wellbeing practice of forest bathing.

PRODUCT DESCRIPTION

Slow down, focus, and centre yourself with Shinrin-Yoku. Inspired by the calming energy of the forest, this blend is designed to refresh your senses with nature's beauty through each uplifting drop. While connecting to nature for relaxation is timeless, the practice of shinrin-yoku originated in Japan in the 1980s as a way to disconnect from technology and unwind in the forest atmosphere. Our blend uses CPTG Certified Pure Tested Grade™ essential oils that are rich in revitalising phytoncides and terpenes found in lush woodlands. These compounds protect trees and possess other components such as limonene, α -Pinene, and β -Pinene, known for their calming and grounding properties. Whether you're looking to unwind after a long day or simply want to experience the essence of natural surroundings, our Shinrin-Yoku Forest Bathing Blend is the perfect addition.

USES

- Use to help promote clear and fresh surroundings.
- With Shinrin-Yoku, create the perfect environment for meditation, journaling or creative moments,
- Apply topically with a carrier oil for a floral, citrus, or woody personal scent.

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. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, face, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.

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