

# dōTERRA Shinrin-Yoku™ Touch

Forest Bathing Blend 10ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



**Ingredients:** Cocos Nucifera (Coconut) Oil, 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 Leaf/Branch Oil, Limonene\*, Linalool\*, Citral\*

## PRIMARY BENEFITS

- Combines Shinrin-Yoku Forest Bathing Blend with Fractionated Coconut Oil in a convenient format.
- 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 when applied topically, inspired by the wellness benefits of forest bathing.

## PRODUCT DESCRIPTION

Immerse yourself in the wonders of Shinrin-Yoku. This ancient practice allows you to experience the essence of natural surroundings in its full beauty at home. 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. Now, dōTERRA has developed the Shinrin-Yoku Forest Bathing Blend, a combination of CPTG Certified Pure Tested Grade™ essential oils that contain the same phytoncides and terpenes found in lush woodlands, together with Fractionated Coconut Oil. These compounds protect trees and possess other components such as limonene,  $\alpha$ -Pinene, and  $\beta$ -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 Touch Blend is the perfect addition.

## USES

- Roll on the skin when meditating or journaling.
- Wear as a personal aroma.
- When your schedule doesn't allow you to spend as much time in the forest as you'd like, simply roll on Shinrin-Yoku Touch.

## 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.

## 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