

# dōTERRA Adaptiv<sup>®</sup> Touch

Calming Blend 10 mL Roll-on

# dōTERRA<sup>®</sup>

PRODUCT INFORMATION PAGE



**Application:** A T N

**Ingredients:** Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum in a Fractionated Coconut Oil base.

**Aromatic Description:** Sweet, citrusy, floral

## PRIMARY BENEFITS

- Helps boost mood
- Assists in centering
- Increases feelings of tranquility
- Soothes and uplifts
- Reduces feelings of anxiousness and tension

## PRODUCT DESCRIPTION

dōTERRA Adaptiv Touch is a terrific solution to life's stressful moments. Feelings of restlessness, being wound up, or being on edge happen to everyone from time to time; adapt and regroup with the help of the dōTERRA Adaptiv Touch Calming Blend. Lavender, Magnolia, and Neroli provide stress-relieving effects while Wild Orange, Rosemary, and Spearmint energize and uplift. When easily fatigued or having difficulties staying on task, dōTERRA Adaptiv Touch Calming Blend helps create a sense of balance.

## USES

- Apply to pulse points to help with feelings of balance.
- Use to massage shoulders and neck to ease tension and relieve fatigue.
- Apply one drop to hands, rub together, and inhale deeply as needed throughout the day.
- Roll on wrists and temples whenever you feel the need to gain composure quickly.

## DIRECTIONS FOR USE

**Topical use:** Apply to desired area as needed. No dilution required.

**Aromatic Use:** Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks.

## CAUTIONS

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 and UV rays for at least 12 hours after applying product.

