

dōTERRA Breathe®

Respiratory Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG

Application: A T S

Ingredients: Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf, Ravensara Leaf essential oils

Aromatic Description: Minty, fresh, airy

PRIMARY BENEFITS

- Maintains feelings of easy breathing
- Diffuse during sleep

PRODUCT DESCRIPTION

dōTERRA Breathe is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Cardamom, Ravintsara, and Ravensara. dōTERRA Breathe maintains feelings of easy breathing. dōTERRA Breathe can be applied topically to the chest, back, or bottom of feet, or diffused at nighttime to help calm the senses.

USES

- Diffuse, inhale directly from palms, or rub on chest or feet.
- Use when outdoors.
- Diffuse at bedtime.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with carrier oil to minimize any skin sensitivity. See additional precautions below.

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.

