



Application: A T N

Ingredients: Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum

Aromatic Description: Sweet, citrusy, floral

PRIMARY BENEFITS

- Helps boost mood
- Complements effective work and study
- Increases feelings of tranquility
- Soothes and uplifts
- Calming and relaxing aroma

PRODUCT DESCRIPTION

When stress and tension seem to be relentless, dōTERRA Adaptiv Calming Blend is the precise solution. Use dōTERRA Adaptiv to help get comfortable with new surroundings or situations. When a big meeting is coming up, or for other important events, keep dōTERRA Adaptiv Calming Blend on hand. In preliminary studies, the scent of Lavender, a main ingredient of dōTERRA Adaptiv, has been found to contribute to an environment conducive to performing tasks requiring sustained attention. Lavender, Magnolia, Neroli, and Sweetgum provide stress-relieving effects while Wild Orange and Spearmint energize and uplift. Copaiba and Rosemary soothe anxious feelings to round out the calming blend. Whether you're feeling fatigued or restless, indecisive or irritable, dōTERRA Adaptiv Calming Blend is part of the toolbox to help the body and mind to stay balanced. Use dōTERRA Adaptiv Calming Blend in combination with the dōTERRA Adaptiv capsules for synergistic results.

USES

- Soak in a relaxing Epsom Salt bath by adding three to four drops to bath water.
- Mix three drops with Fractionated Coconut Oil for soothing massage.
- Diffuse the oil in a room diffuser to promote a centered and calm mindset.
- Apply one drop to hands, rub together, and inhale deeply as needed throughout the day.

DIRECTIONS FOR USE

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

Topical use: Apply one to two drops to desired area. 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 and UV rays for at least 12 hours after applying product.

注意: 此產品或可引致皮膚敏感。請保存於兒童不可觸及的地方。孕婦或接受治療者, 使用前請先諮詢醫生意見。避免接觸眼睛、內耳及敏感部位。使用產品後應避免於至少12小時內接觸陽光或紫外線。敏感性肌膚可先用分餾椰子油稀釋才使用。

