

# dōTERRA Align

Centering Blend 5mL

# dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T N

**Ingredients:** Bergamot\* Fruit, Coriander Seed, Marjoram Leaf, Peppermint, Geranium, Basil, Rose, Jasmine Flower essential oils in a base of Fractionated Coconut Oil

**Aromatic Description:** Green, fresh, herbal, lightly floral

## PRIMARY BENEFITS

- Supports effective yoga practice
- Promotes feelings of self-acceptance, trust, and fluidity
- Encourages harmony and calm progress

## PRODUCT DESCRIPTION

Feeling disconnected and unable to control your circumstances? Aromatherapy and some simple centering yoga poses can create a new sense of peace and purpose, leading to a renewal of resolution. Remembering your own worth and remaining steady in yourself is a daily practice. Featuring Bergamot, Coriander, Marjoram, Peppermint, Jasmine absolute, and Rose essential oils in a base of Fractionated Coconut Oil, dōTERRA Align Centering Blend helps you to trust in yourself and stay open to all possibilities.

## USES

- Apply over heart, wrists, and back of neck to promote feelings of self-acceptance and fluidity.
- Enjoy the aromatic benefits of Align whenever you are feeling apathetic and unfocused.
- Ideal yoga poses with Align's aroma are Warrior II, Triangle, and Gate pose.
- Can be used during yoga practice or any time during your day.

## DIRECTIONS FOR USE

**Aromatic use:** Apply several drops to diffusing jewelry, natural dolomite, or lava diffusing rocks.

**Topical use:** Apply one to two drops to desired area. See additional precautions below.

## CAUTION

If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Keep out of reach of children. Dilute with dōTERRA Fractionated Coconut Oil to minimize skin sensitivity. Avoid UV rays for 12 hours after applying product. Store in a cool, dry place.

注意：或可引致皮膚敏感。請將本品放在兒童不能接觸的地方。如果懷孕或醫生照顧期間，用前請諮詢您的醫生。避免接觸眼睛，內耳和敏感部位。存放在乾燥，陰涼的地方，避免陽光直射。用產品後應避免於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。

