

# dōTERRA Anchor

Steadying Blend 5mL

# dōTERRA®

PRODUCT INFORMATION PAGE



CPTG

**Application:** A T N

**Ingredients:** Lavender, Cedarwood, Frankincense, Cinnamon Bark, Sandalwood, Black Pepper, and Patchouli essential oils in a base of Fractionated Coconut Oil

**Aromatic Description:** Rich, earthy, spicy, woody

## PRODUCT DESCRIPTION

Sometimes in this crazy-busy, modern world, you feel uprooted and unsure of yourself, with a mile long to-do-list and uncertain priorities. Finding balance through aromatherapy and simple yoga moves can be an excellent first step. dōTERRA Anchor Steadying blend brings a firm trust in yourself so you can approach your practice and life with calming strength. Featuring Lavender, Cedarwood, Sandalwood, Cinnamon, Frankincense, Black Pepper, and Patchouli essential oils in a base of Fractionated Coconut Oil, this blend supports your connection to yourself, your community, your emotional harmony and your innate wisdom.

## USES

- Apply to ankles, base of spine, and bottoms of feet to promote feelings of completeness and calmness.
- Enjoy the aromatic benefits of Anchor whenever you are feeling scattered or uprooted.
- The perfect yoga poses to pair with Anchor's aroma are Seated Meditation, Seated Twist, and Bhu Mudra (one hand on the heart, the other on the Earth).
- Can be used during yoga practice or any time during your day.

## PRIMARY BENEFITS

- Supports effective yoga practice
- Promotes feelings of completeness, calmness, and courage
- Encourages a steady foundational sense from which to move forward

## 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. Store in a cool, dry place.

可引致皮膚過敏反應。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。敏感性肌膚可先用分餾椰子油稀釋。

