

dōTERRA Balance®

Grounding Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



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Application: A T N

Ingredients: Fractionated Coconut Oil, Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, Osmanthus Flower.

Aromatic Description: Airy, fresh, sweet, woody

PRIMARY BENEFITS

- Helps promote a whole-body sense of relaxation
- May help ease anxious feelings
- Helps evoke feelings of tranquility and balance

PRODUCT DESCRIPTION

The warm, woody aroma of dōTERRA Balance Grounding Blend creates a sense of calm and well-being. We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance that promotes tranquility and relaxation. Spruce, one of the oils in dōTERRA Balance, was used by Native Americans for health and spiritual reasons and is still used today to bring harmony to the mind and body. Ho Wood, Blue Tansy, and Blue Chamomile can help ease anxious feelings, while Frankincense provides a grounding, balancing effect on emotions.

USES

- Begin your day by putting dōTERRA Balance on the bottom of your feet to promote feelings of calmness and tranquility throughout the day.
- dōTERRA Balance is a great oil blend to use during an AromaTouch® Hand Massage.
- Apply to your wrists or neck to help ease anxious feelings.
- Diffuse in your car during road trips to create a calming, soothing environment.

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 a 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.

