dōTERRA Serenity®

Restful Blend 15 mL

Application: (A) (T) | (N)

Ingredient Information: Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Sandalwood, Tonka Bean, Vanilla Absolute

Aromatic Description: Warm, herbal, floral

dōTERRA Serenity® | Restful Blend 15 mL

Primary Benefits

+ Creates a calming atmosphere

+ Provides a relaxing aroma

+ Creates a restful environment at bedtime

+ Encourages a tranquil atmosphere

Description

The soothing and grounding aroma of dōTERRA Serenity Restful Blend is a magical mix of CPTG® Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, and Sandalwood essential oils with hints of Tonka Bean and Vanilla Absolute. The blend creates a calming, tranquil atmosphere. Apply one to two drops to the hands and inhale throughout the day to help reduce life's daily stressors, or diffuse at night as part of a positive sleep practice. Diffuse dōTERRA Serenity Restful Blend in conjunction with the use of dōTERRA Serenity® Stick + Valerian and dōTERRA Serenity® Restful Complex Softgels to help you find sweet dreams and a good night's sleep.

Uses

+ Inhale directly from hands or diffuse throughout the day for a soothing aroma.

+ Apply to bottoms of feet at bedtime to help unwind before going to sleep. Use in conjunction with dōTERRA Serenity Restful Complex Softgels for an enhanced effect.

+ Add to a warm bath with Epsom salts to create a relaxing, renewing experience.

+ Diffuse at night to help quiet a restless baby or child.

· Apply a drop to the back of the neck or on the heart for a calming atmosphere.

Directions

Aromatic use: Add 3-4 drops to the diffuser of choice.

Topical use: Apply 1-2 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.