

# PastTense<sup>®</sup>

Tension Blend 10 mL

# dōTERRA<sup>®</sup>

PRODUCT INFORMATION PAGE



**Application:** T | N

**Ingredients:** Wintergreen Leaf, Lavender Flower, Peppermint Plant, Frankincense Resin, Cilantro Herb, Marjoram Leaf, Roman Chamomile Flower, Basil Leaf, and Rosemary Leaf essential oils.

**Aromatic Description:** Fresh, mint, herbal

## PRIMARY BENEFITS

- Helps provide grounding and balanced emotions
- Helps ease stressful feelings
- Packaged for convenient application in a roll-on bottle

## PRODUCT DESCRIPTION

PastTense is a distinctive blend of essential oils known to help provide grounding and balanced emotions. Known for their soothing effects on both the mind and body, the essential oils in PastTense quickly promote feelings of relaxation and calm emotions. PastTense comes in a convenient 10 mL roll-on for easy application when at work, school, or home. Simply apply to the neck, shoulders, or behind the ears to help calm emotions while breathing in the cooling, distinctive aroma of PastTense.

## USES

- Massage into shoulders, neck, and back for a cooling, soothing sensation.
- Add to temples and back of neck before taking a test or presenting in public.
- Apply to the wrists while traveling to help calm emotions.

## DIRECTIONS FOR USE

**Topical use:** Apply to desired area. Dilute with dōTERRA Fractionated Coconut 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.

