



CPTG Certified Pure Tested Grade®

When you feel the need for a calming boost, Adaptiv is your solution.

Aromatic Description: Sweet, citrusy, floral

Ingredients: Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum

PRIMARY BENEFITS

- Helps create a tranquil environment
- Soothes the skin
- Calming and relaxing arom

dōTERRA® Adaptiv™
Calming Blend 15 ml

PRODUCT DESCRIPTION

Keep Adaptiv on hand to help comfort you in new surroundings or situations. When a big meeting is coming up, or for other important events, keep Adaptiv Calming Blend on hand. In preliminary studies, the scent of Lavender, a main ingredient of Adaptiv, has been found to contribute to an environment conducive to performing tasks requiring sustained attention. Lavender, Magnolia, Neroli, and Sweetgum provide stress-relieving effects while Wild Orange and Spearmint energize and uplift. Copaiba and Rosemary soothe anxious feelings to round out the calming blend. Whether you're feeling fatigued or restless, indecisive or irritable, Adaptiv Calming Blend is part of the toolbox to help the body and mind to stay balanced.

USES

- Soak in a relaxing Epsom Salt bath by adding three to four drops to bath water.
- Mix three drops with Fractionated Coconut Oil for soothing massage.
- Diffuse the oil in a room diffuser to promote a centered and calm mindset.
- Apply one drop to hands, rub together, and inhale deeply as needed throughout the day.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of your choice.

Topical use: Dilute 1 drop of Adaptiv blend in 5 ml Fractionated Coconut oil

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. Avoid sunlight and UV rays for at least 12 hours after applying.