

# dōTERRA Balance®

Grounding Blend 15 mL

dōTERRA | ISRAEL

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade™

**Aromatic Description:** Airy, fresh, sweet, woody

**Blend Ingredients:** Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, and Osmanthus Flower essential oils in a base of dōTERRA® Fractionated Coconut Oil

## PRIMARY BENEFITS

- Contributes to the relaxation and calmness of the body
- Helps in diminishing stress and worry

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## PRODUCT DESCRIPTION

The warm, woody aroma of dōTERRA Balance grants a sense of calmness, serenity and grounding. 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.

## DIRECTIONS FOR USE

### Aromatic Use:

- Use three to four drops in the diffuser of choice.

### Topical use:

- Dilute 1 drop of the blend with 10 ml of dōTERRA Fractionated Coconut Oil.
- For balancing and relaxing, start the day by rubbing and massaging in 2 drops of the blend on the soles of your feet.\*
- This blend is ideally suited for massage purposes.\*
- For minimizing stress, rub 1-2 drops of the blend on your neck or on your wrists.\*

## 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.

\* For topical use, make sure to follow dilution instructions.