

# dōTERRA Breathe®

Respiratory Blend 15 mL

dōTERRA | ISRAEL

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade™

**Aromatic Description:** Minty, fresh, airy

**Ingredients:** Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf, Ravensara Leaf essential oils

## PRIMARY BENEFITS

- Promotes feelings of clear Breatheways
- Cools and energizes

**dōTERRA Breathe**  
Respiratory Blend 15 mL

## PRODUCT DESCRIPTION

dōTERRA Breathe is a remarkable blend of essential oils and is enriched with Cardamom. A central product in dōTERRA's line of essential oils, this unique trademarked blend contains the following essential oils: Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Cardamom, Ravintsara, and Ravensara. dōTERRA Breathe can be applied topically\* to the chest, back, or bottom of feet for calming of the senses.

## USES

- For best results, rub dōTERRA Breathe over the chest region. The oil gives a cooling and energizing sensation that also promotes easy breathing.\*\*
- Rub\* over the chest or the feet.
- For nature lovers, you can rub Breathe on the skin before heading outdoors.

## DIRECTIONS FOR USE

- **For massage:** mix 1 drops with 5 ml of the carrier oil dōTERRA® Fractionated Coconut Oil and use only on these areas of the skin the chest, the neck, the back. For improved breathing rub on the palms of the hands and inhale.
- **For facial washing:** mix 1 drops with 5 ml of the carrier oil dōTERRA Fractionated Coconut Oil.
- **For perfume:** mix 1 drop with 25 ml of the carrier oil dōTERRA Fractionated Coconut Oil.

## CAUTIONS

Do not use on irritated or blemished skin. Cease usage if there are any signs of irritation appearing. Do not use product if there is a known sensitivity to one of the ingredients. Only use cosmetics for their intended purpose, and in accordance with the usage instructions. Do not swallow. Possible skin sensitivity. Avoid touching the internal ear and other sensitive areas. Keep away from the eyes, in the case of contact wash well with water. Keep away from children and from out of their reach. For external use only, the product is not intended for food. It is prohibited to use directly on the skin without first diluting with another oil or with water. Do not expose yourself to the sun or to UV rays for at least 12 hours after rubbing in oil. Store in a cool dry place, under 30 degrees. If you are pregnant, nursing, or undergoing medical treatment, please consult with your doctor. Wash hands well after using. Liscenced by the Ministry of Health.

\* For topical use, follow instructions regarding dilution in accordance to that which is printed on the back of the packaging.

\*\* The information has not been reviewed by the health authorities in Israel and around the world, and this product is not intended for the diagnosis, cure or prevention of any disease.