

dōTERRA Serenity®

Restful Blend 15 mL

dōTERRA | ISRAEL

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade®

dōTERRA Serenity is a blend of essential oils and its calming aroma can promote feelings of tranquillity and relaxation.

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

Aromatic Description: Warm, floral, herbal

PRIMARY BENEFITS

- This unique dōTERRA Serenity® blend helps the user experience feelings of tranquillity and relaxation.
- Can help to calm emotions and soothe the senses during moments of heightened emotion.

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PRODUCT DESCRIPTION

dōTERRA Serenity combines essential oils renowned for their ability to calm emotions. Apply topically before bedtime to help prepare for a restful sleep. Cedarwood, Ho Wood, and Vetiver essential oils give this blend a grounding aroma.

USES

- Apply to bottoms of feet at bedtime to help unwind before going to sleep.
- Add 2–3 drops into a warm bath with Epsom salts to create a relaxing, renewing experience.
- Apply 2–3 drops to the back of the neck or on the heart it's aroma can provide a feeling of calmness and peace.

DIRECTIONS FOR USE

Topical use: For massage, mix 1 drop with 5 ml dōTERRA 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.