



Application: A T S

Ingredients: Peppermint Plant, Coriander Seed, Ginger Root, Caraway Seed, Cardamom Seed, Fennel Seed, Anise Fruit/Seed, Tarragon Plant essential oils.

Aromatic Description: Spicy, sweet, minty

dōTERRA DigestZen™ | Digestive Blend 15 ml

SKU: 60219320

Primary Benefits

- + Provides a soothing aroma during an abdominal massage
- + Apply one to two drops to desired area and dilute with a carrier oil to minimize any skin sensitivity

Description

dōTERRA DigestZen™ contains ingredients such as Peppermint Plant, Coriander Seed, Ginger Root, Caraway Seed, Cardamom Seed, Fennel Seed, Anise Fruit/Seed and Tarragon Plant essential oils. The combination of these oils help soothe the body.

Uses

- + Provides a soothing abdominal massage
- + Take on a road trip to ease the effects of motion sickness
- + Apply to the stomach or bottoms of feet after eating a large meal

Directions for Use

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

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.