

# dōTERRA ADAPTIV® Touch

Calming Blend 10 ml Roll-on

dōTERRA® | INDIA

Product Information Page



## Product Description

dōTERRA Adaptiv® Touch is a terrific solution to life's stressful moments. Feelings of restlessness, being wound up, or being on edge happen to everyone from time to time; adapt and regroup with the help of dōTERRA Adaptiv® Touch Calming Blend. Lavender, Magnolia, Neroli, and Sweetgum provide stress-relieving effects while Wild Orange and Spearmint energize and uplift. Copaiba and Rosemary soothe feelings of uncertainty to round out the calming blend. When easily fatigued or having difficulties staying on task, dōTERRA Adaptiv® Touch Calming Blend helps create a sense of balance.

## Uses

- + Apply to pulse points to help with feelings of balance.
- + Use to massage shoulders and neck to ease tension and relieve fatigue.
- + Roll on wrists and temples whenever you feel the need to gain composure quickly.

## Directions for Use

**Topical use:** Apply to desired area as needed. No dilution required.

**Diffusion:** Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks.

## Cautions

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 product.

**Application:** A | T | N

**Ingredients:** Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum in a Fractionated Coconut Oil base.

**Aromatic Description:** Sweet, citrusy, floral

dōTERRA ADAPTIV® Touch | Calming Blend

10 ml Roll-on

SKU: 60220400

## Primary Benefits

- + Helps boost mood
- + Assists in centering
- + Increases feelings of tranquility
- + Soothes and uplifts
- + Reduces feelings of tension