



**Application:** A T S

**Ingredients:** Fractionated Coconut Oil, Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, Osmanthus Flower.

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

**dōTERRA Balance® | Grounding Blend 15 ml**

**SKU: 60219302**

## Primary Benefits

- + Promotes a whole-body sense of relaxation when applied topically
- + Provides a sense of calmness
- + Evokes feelings of tranquility and balance

## Product Description

The warm, woody aroma of dōTERRA Balance® Grounding Blend creates a sense of calm and relaxation. We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue

Chamomile with Fractionated Coconut Oil to offer an enticing fragrance that promotes tranquility and relaxation. 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. Ho Wood, Blue Tansy, and Blue Chamomile can provide a sense of calmness, while Frankincense provides a grounding, balancing effect on emotions.

## Uses

- + Begin your day by putting dōTERRA Balance® on the bottom of your feet to promote feelings of calmness and tranquility throughout the day
- + dōTERRA Balance® is a great oil blend to use during a dōTERRA AromaTouch® Hand Massage
- + Apply to your wrists or neck to provide a sense of balance
- + Diffuse in your car during road trips to create a calming, soothing environment

## 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 you are pregnant, nursing, or under a doctor's care, consult with your physician. Avoid contact with eyes, inner ears, and sensitive areas.