

dōTERRA Breathe®

Respiratory Blend 5 ml

dōTERRA® | INDIA

Product Information Page



CP™TG®

Application: A T S

Extraction Method: Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Tea Tree Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf, Ravensara Leaf essential oil

Aromatic Description: Minty, fresh, airy

dōTERRA Breathe® | Respiratory Blend 5 ml

SKU: 60219333

Primary Benefits

- + Feel clear and calm when breathing
- + Ideal to be applied before a restful night's sleep
- + Great blend to use when seasonal threats are high

Product Description

dōTERRA Breathe® is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara. dōTERRA Breathe® can be applied topically to the chest, back, or bottom of feet, or diffused at night time to calm the senses before a restful night's sleep.

Uses

- + Diffuse, inhale directly from palms, or rub on chest or feet when needed
- + Use when going outdoors at times of seasonal changes or when seasonal threats are high
- + Diffuse at bedtime for a restful 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 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 your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.