



**Application:** A T N

**Ingredients:** Lavender Flower, Cedarwood, Coriander Seed, Ylang Ylang Flower, Marjoram Leaf, Roman Chamomile Flower, Vetiver Root, Sandalwood, Tonka Bean Absolute, Vanilla Bean Absolute

**Aromatic Description:** Warm, floral, herbal

**dōTERRA Serenity® | Restful Blend 15 ml**

**SKU: 60219524**

## Primary Benefits

- + This unique dōTERRA Serenity® blend helps the user experience feelings of tranquillity and relaxation.
- + It can help to calm emotions and soothe the senses during moments of heightened emotion.
- + dōTERRA Serenity® can be felt instantly when applied topically.
- + Helps create a restful and relaxing environment, ideal to use before bedtime.

## Product Description

The newly updated dōTERRA Serenity® Restful Blend has a calming and relaxing aroma that provides a unique user experience. This perfectly balanced, tranquil blend can be sensed immediately, transporting the user to a state of blissful repose. dōTERRA Serenity® combines essential oils renowned for their ability to create a restful environment at bedtime. Apply one to two drops to the hands and smell throughout the day to help reduce life's daily stressors, or diffuse at night to help quiet a restless baby or child. The addition of Cedarwood, Vetiver, and Sandalwood essential oils gives dōTERRA Serenity® a grounding aroma that encourages a tranquil atmosphere when it's time to wind down.

## Uses

- + Diffuse at night to calm a restless baby or child.
- + Apply to bottoms of feet at bedtime to help unwind before going to sleep.
- + Smell directly from hands or diffuse throughout the day for a soothing aroma.
- + Apply two to three drops to the back of the neck or on the heart for feelings of peace.

## 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 your physician. Avoid contact with eyes, inner ears, and sensitive areas.