

ADAPTIV™

Calming Blend 15mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A T N

Ingredients: Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum

Aromatic Description: Sweet, citrusy, floral

PRIMARY BENEFITS

- Helps boost mood
- Complements effective work and study
- Increases feelings of tranquility
- Soothes and uplifts
- Calming and relaxing aroma

PRODUCT DESCRIPTION

When stress and tension seem to be relentless, Adaptiv Calming Blend is the precise solution. Use Adaptiv to help get comfortable with new surroundings or situations. When a big meeting is coming up, or for other important events, keep Adaptiv Calming Blend on hand. In preliminary studies, the scent of Lavender, a main ingredient of Adaptiv, has been found to contribute to an environment conducive to performing tasks requiring sustained attention. Lavender, Magnolia and Neroli provide stress-relieving effects while Wild Orange, Rosemary and Spearmint energize and uplift. Whether you're feeling fatigued or restless, indecisive or irritable, Adaptiv Calming Blend is part of the toolbox to help the body and mind to stay balanced.

USES

- Soak in a relaxing Epsom Salt bath by diluting three to four drops in fractionated coconut oil and adding to bath water.
- Mix three drops with Fractionated Coconut Oil for soothing massage.
- Diffuse the oil in a room diffuser to promote a centered and calm mindset.
- Apply one drop to hands, rub together, and inhale deeply as needed throughout the day.

DIRECTIONS FOR USE

Diffusion: Use two to five drops in the diffuser of your choice.

Topical use: As skin care oil. For massage or perfuming, dilute 1 drop essential oil to 10 drops carrier oil. 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.

