

# dōTERRA Balance®

Essential Oil Blend 15 mL

dōTERRA®

Product Information Page



**Application:** A T N

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

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

## Primary Benefits

- + Adds to a relaxing massage
- + Creates a calming atmosphere
- + When diffused, provides a tranquil aroma

## Product Description

The warm, woody aroma of dōTERRA Balance creates a refreshing environment. We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, and Osmanthus with Fractionated Coconut Oil to offer an enticing fragrance that creates a tranquil and relaxing atmosphere. 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.

## Uses

- + Begin your day by putting dōTERRA Balance on the bottom of your feet.
- + dōTERRA Balance is a great oil blend to use during an AromaTouch® Hand Massage.
- + Apply to your wrists or neck.
- + Diffuse in your car during road trips.

## Directions

**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.

