

dōTERRA TOUCH® BALANCE

Grounding Blend 10 mL Roll-On

Airy, fresh, sweet and woody

Aromatic description

PRIMARY BENEFITS

- A calming and relaxing aroma
- Promotes a relaxing environment with its tranquil aroma
- Ideal when looking for balance

PRODUCT DESCRIPTION

The warm, woody aroma of dōTERRA Touch® Balance is grounding and creates a sense of calm and well-being. A perfect combination of Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile, dōTERRA Touch® Balance offers an enticing fragrance that promotes tranquility and relaxation. Spruce, one of the oils in dōTERRA Touch® Balance, is used by Native Americans. Ho Wood, Blue Tansy and Blue Chamomile are ideal to create a calming atmosphere, while Frankincense helps provide a balancing effect.

USES

- Roll on to wrists, pulse points and back of neck for a calm aroma.
- Apply to feet to promote a tranquil aromatic atmosphere.
- Try at times when looking for relaxation and balance.

DIRECTIONS FOR USE

TOPICAL USE: apply to desired area. See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

INGREDIENTS

Fractionated Coconut Oil, Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile and Osmanthus



Certified Pure Tested Grade

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dōTERRA TOUCH® LAVENDER PEACE™

Restful Blend 10 mL Roll-On

Warm, floral, herbal

Aromatic description

PRIMARY BENEFITS

- Calming and relaxing aroma to help a restful user experience
- Ideal before relaxation and sleep

PRODUCT DESCRIPTION

dōTERRA Touch® Lavender Peace™ has a calming and relaxing aroma to help provide a restful experience. This balanced, tranquil blend is ideal when you're looking for relaxation. dōTERRA Touch® Lavender Peace™ combines essential oils renowned for calming emotions and supports a restful sleeping environment. Cedarwood, Ho Wood and Vetiver essential oils in dōTERRA Touch® Lavender Peace™ are known for their a grounding aroma.

USES

- Roll on to wrists, pulse points and back of neck to create calm surroundings.
- Apply to feet before relaxation and sleep.

DIRECTIONS FOR USE

TOPICAL USE: apply to desired area. See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

INGREDIENTS

Fractionated Coconut Oil, Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Absolute, and Hawaiian Sandalwood



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dōTERRA TOUCH® HELICHRYSUM

Helichrysum italicum 10 mL Roll On

Herbaceous, honey, hay

Aromatic description

PRIMARY BENEFITS

- Best known for its topical properties
- Used in skin care products for its benefits to the skin

PRODUCT DESCRIPTION

A small perennial herb with narrow, silver leaves and flowers that form a cluster of golden yellow, ball-shaped blossoms, *Helichrysum italicum* is best known for its topical properties.

The name "Helichrysum" is derived from the Greek "helios" which means sun and "chrysos" meaning gold, referring to the color of the flowers. Helichrysum has been used in herbal health practices since ancient Greece and the oil is highly valued and sought after for its many benefits.

Also referred to as "everlasting" or "immortal flower", Helichrysum is used in products for its benefits to the skin.

USES

- Apply topically to help the appearance of skin.
- Massage into the temples and the back of the neck for a soothing sensation.

DIRECTIONS FOR USE

TOPICAL USE: Apply to desired area. See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART:

Flower

EXTRACTION METHOD:

Steam distillation

MAIN CHEMICAL COMPONENTS:

Neryl acetate, alpha pinene, γ -curcumene



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