

Balance[®]

Grounding Blend 15 mL

dōTERRA[®]

PRODUCT INFORMATION PAGE



Application: A T N

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

Aromatic Description: Airy, fresh, sweet, woody

PRIMARY BENEFITS

- Promotes a whole-body sense of relaxation
- Aroma may help ease anxious feelings
- Aroma evokes feelings of tranquility and balance

PRODUCT DESCRIPTION

The warm, woody aroma of Balance Grounding Blend creates a sense of calm and well-being. We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance that promotes tranquility and relaxation. Spruce, one of the oils in Balance, was used by Native Americans for health and spiritual reasons and is still used today to bring harmony to the mind and body. Ho Wood, Blue Tansy, and Blue Chamomile can ease anxious feelings, while Frankincense provides a grounding, balancing effect on emotions. Balance may help reduce the appearance of skin blemishes.

USES

- Begin your day by putting Balance on the bottom of your feet to promote feelings of calmness and tranquility throughout the day.
- Balance is a great oil blend to use during an AromaTouch[®] Hand Massage.
- Apply to your wrists or neck for a calming fragrance.
- Diffuse in your car during road trips to create a calming, soothing environment.
- When applied topically, may help to improve skin appearance and to soothe the skin.

DIRECTIONS FOR USE

Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

Aromatic use: Use three to four drops in the diffuser of your choice.

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.

