



Application: A T N

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

Aromatic Description: Sweet, citrusy, floral

PRIMARY BENEFITS

- Promotes an atmosphere of tranquility
- Soothes and uplifts
- Calming and relaxing aroma

PRODUCT DESCRIPTION

When stress and tension seem to be relentless, dōTERRA Adaptiv Calming Blend is the precise solution. Use dōTERRA Adaptiv to help get comfortable with new surroundings or situations. When a big meeting is coming up, or for other important events, keep dōTERRA Adaptiv Calming Blend on hand. In preliminary studies, the scent of Lavender, a main ingredient of dōTERRA Adaptiv, has been found to contribute to an environment conducive to performing tasks requiring sustained attention. Lavender provides stress-relieving effects while Wild Orange uplifts.

USES

- Soak in a relaxing Epsom Salt bath by adding three to four drops of diluted dōTERRA Adaptiv oil 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.

DIRECTIONS FOR USE

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

Topical use: Apply one to two drops to desired area. 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.

