

dōTERRA Align[®]

Centering Blend 5mL

dōTERRA[®]

PRODUCT INFORMATION PAGE



Application: A T N

Ingredients: Bergamot Fruit, Coriander Seed, Marjoram Leaf, Peppermint, Geranium, Basil, Rose, Jasmine Flower essential oils in a base of Fractionated Coconut Oil

Aromatic Description: Green, fresh, herbal, lightly floral

PRIMARY BENEFITS

- Complements an effective yoga practice
- Invite confident peace into your daily practice as you embrace the Centering Blend

PRODUCT DESCRIPTION

Feeling disconnected and unable to control your circumstances? Aromatherapy and some simple centering yoga poses can create a new sense of peace and purpose, leading to a renewal of resolution. Remembering your own worth and remaining steady in yourself is a daily practice. Featuring Bergamot, Coriander, Marjoram, Peppermint, Jasmine absolute, and Rose essential oils in a base of Fractionated Coconut Oil, dōTERRA Align Centering Blend helps you to trust in yourself and stay open to all possibilities.

USES

- Apply over heart, wrists, and back of neck.
- Enjoy the aromatic benefits of dōTERRA Align whenever you are feeling apathetic and unfocused.
- Ideal yoga poses with Align's aroma are Warrior II, Triangle, and Gate pose.
- Can be used during yoga practice or any time during your day.

DIRECTIONS FOR USE

For massage, mix 5 drops with 10mL carrier oil. For bath, mix 5 drops with 5mL carrier oil. For perfuming, mix 1 drop to 10 drops carrier oil and apply to skin.

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.

