

# dōTERRA Calmer™

Restful Blend 10 mL Roll-on

# dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T N

**Ingredients:** Lavender, Cananga, Buddha Wood, and Roman Chamomile essential oils in a base of Fractionated Coconut Oil

**Aromatic Description:** Sweet, floral, soft woody

## PRIMARY BENEFITS

- Creates a restful atmosphere conducive to sleep
- Aroma promotes a positive and stress-free mood
- Aroma provides soothing and relaxing feelings throughout the body

## PRODUCT DESCRIPTION

dōTERRA Calmer Restful Blend promotes a serene atmosphere, allowing bedtime to be a peaceful and welcomed experience. Rolling dōTERRA Calmer onto the bottoms of feet and the back of the neck helps create a stress-free atmosphere when tensions are high. Combining the soothing properties of Lavender, Cananga, Buddha Wood, and Roman Chamomile essential oils in a convenient and safe delivery method along with the skin moisturizing benefits of Fractionated Coconut Oil, dōTERRA Calmer can be used as part of your nightly ritual. Cananga and Buddha Wood essential oils, unique to dōTERRA Calmer, promote feelings of relaxation. When it's time to restore your mind and body, apply dōTERRA Calmer to your wrists, breathe, and relax.

## USES

- Roll on to the back of the neck and chest to promote a restful atmosphere and calm sleeping environment.
- Apply dōTERRA Calmer to wrists at the end of the day to help diminish worry and to quiet restlessness.
- Apply to bottoms of feet at bedtime to help unwind before going to sleep.

## DIRECTIONS FOR USE

**Aromatic Use:** Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks.

**Topical Use:** Apply to desired area. Intended for use with adult supervision.

## CAUTIONS

Keep out of reach of children under 3. Possible skin sensitivity. If under a doctor's care, consult your physician. Keep out of eyes, inner ears, mouth, and sensitive areas.

