

Midnight Forest

Nature Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A T N

Ingredients: Siberian Fir, Cypress, Juniper Berry, Black Spruce, Wild Orange, Frankincense, Pimento Leaf, Pimento Fruit, Cistus, Caraway, and Labdanum

Aromatic Description: Piney, woody, spicy

PRIMARY BENEFITS

- Creates a stable and grounding environment
- Creates a peaceful, reflective atmosphere
- Brings the strength of the forest into your home

PRODUCT DESCRIPTION

Most of life these days is spent indoors, often glued to technology. With work and family obligations, it can be hard to get outside and just breathe. Intuitively we know, and science has long acknowledged, we have a biological need to connect with nature. Spending time among towering trees can help create a sense of well-being. The Japanese call this *shinrin-yoku* or “forest bathing.” dōTERRA captures this aromatic experience of well-being with Midnight Forest, a proprietary essential oil blend containing distinctive tree terpenes, with a fresh and distinctive aroma. The Siberian Fir and Wild Orange essential oils in Midnight Forest add to a grounding environment when used in a room or personal diffuser, and when applied topically. Frankincense creates a peaceful atmosphere when diffused. Even when you can’t get outside, you can immerse yourself in nature with Midnight Forest.

USES

- Diffuse to create clear and fresh surroundings.
- Apply to toothbrush before brushing teeth for healthy gums and fresh breath.
- Apply topically or diffuse to create a calm, relaxing setting.
- Add to Fractionated Coconut Oil to enhance a comforting massage.

DIRECTIONS FOR USE

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

Topical use: For massage, mix 5 drops with ≈ 10 ml carrier oil. For bath, mix 5 drops with ≈ 5 ml 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.

