

Serenity™

Restful Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A | T | N

Ingredients: Lavender Flower, Cedarwood wood, Ho Wood Leaf, Ylang Ylang Flower, Marjoram Leaf, Roman Chamomile Flower, Vetiver Root, Vanilla Fruit Absolute, Hawaiian Sandalwood Wood

Aromatic Description: Warm, floral, herbal

PRIMARY BENEFITS

- Promotes healthy-looking, smooth skin
- Aroma promotes relaxation and a restful sleeping environment
- Massage into feet to lessen feelings of tension and calm emotions
- Aroma calms the mind and soothes the senses.

PRODUCT DESCRIPTION

The newly updated Serenity™ Restful Blend has a calming and relaxing aroma that provides a unique user experience. This perfectly balanced, tranquil blend can be felt immediately, transporting the user to a state of blissful repose. Serenity™ combines essential oils renowned for their ability to lessen feelings of tension and calm emotions, and support a restful sleep when used aromatically. Apply one to two drops to the hands and inhale throughout the day to help reduce worry from life's daily stressors, or diffuse at night to help quiet a restless baby or child. The addition of Cedarwood, Ho Wood, and Vetiver essential oils gives Serenity™ a grounding aroma that calms the mind and soothes the senses. Serenity™ Blend contains Lavender Essential Oil, which may help reduce the appearance of blemishes.

USES

- Apply to bottoms of feet at bedtime to help unwind before going to sleep.
- Add 2–3 drops into a warm bath with Epsom salts to create a relaxing, renewing experience.
- Apply 2–3 drops to the back of the neck or on the heart for feelings of calmness and peace.
- Inhale directly from hands or diffuse throughout the day to help lessen tension.
- Diffuse at night to calm a restless baby or child.

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.

