

dōTERRA Adaptiv®

Calming Blend 15mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A T N

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

Aromatic Description: Sweet, citrusy, floral

PRIMARY BENEFITS

- Increases feelings 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. Wild Orange may help energize and uplift mood when inhaled. Whether you're feeling fatigued or restless, indecisive or irritable, dōTERRA Adaptiv Calming Blend is part of the toolbox to help the body and mind to stay balanced.

USES

- Soak in a relaxing Epsom Salt bath by adding three to four drops 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.
- Apply one drop to hands, rub together, and inhale deeply as needed throughout the day.

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.

