

dōTERRA Adaptiv[®] Touch

Calming Blend 10 mL Roll-on

dōTERRA[®]

PRODUCT INFORMATION PAGE



Application: A T N

Ingredients: Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum in a Fractionated Coconut Oil base.

Aromatic Description: Sweet, citrusy, floral

PRIMARY BENEFITS

- Helps boost mood
- Assists in centering
- Increases feelings of tranquility
- Soothes and uplifts
- Reduces feelings of anxiousness and tension

PRODUCT DESCRIPTION

A synergistic blend to the dōTERRA Adaptiv capsules, dōTERRA Adaptiv Touch is a terrific solution to life's stressful moments. Feelings of restlessness, being wound up, or being on edge happen to everyone from time to time; adapt and regroup with the help of the dōTERRA Adaptiv Touch Calming Blend. Lavender provides soothing effects while Wild Orange and Spearmint uplift. When easily fatigued or having difficulties staying on task, dōTERRA Adaptiv Touch Calming Blend helps create a sense of balance.

USES

- Apply to pulse points to help with feelings of balance.
- Use to massage shoulders and neck to ease tension and relieve fatigue.
- Apply one drop to hands, rub together, and inhale deeply as needed throughout the day.
- Roll on wrists and temples whenever you feel the need to gain composure quickly.

DIRECTIONS FOR USE

Topical use: Apply to desired area as needed. No dilution required.

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

CAUTIONS

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.

