

# dōTERRA Touch® Blue Lotus

*Nymphaea caerulea* 10 mL

# dōTERRA®

Product Information Page



**Application:** A | T | N

**Ingredient Information:** Fractionated Coconut Oil,  
Blue Lotus Extract

**Aromatic Description:** Floral, sweet, fresh

**Main Chemical Composition:** Squalene

dōTERRA Touch® Blue Lotus | *Nymphaea caerulea*  
10 mL

## Primary Benefits

- + Provides a relaxing, floral aroma
- + Serves as a natural skin moisturizer
- + Promotes a healthy-looking, radiant complexion

## Description

Blue Lotus Touch combines Fractionated Coconut Oil with Blue Lotus, a precious extract that's been widely celebrated throughout history in Egyptian culture, art, and ceremonies. The blue lotus is a majestic deep blue flower with a vibrant yellow center. It's often referred to today as a water lily—a symbol representing long life, health, honor, and good luck. Egyptian paintings represent the blue lotus, or *Nymphaea caerulea*, as a sacred and even magical flower. Blue lotus flowers were even sprinkled over King Tut's body before he was entombed. Blue Lotus Touch can be used in a massage, as a meditation aid, and for overall skin hydration. It also makes an enchanting personal fragrance.

Blue lotus grows best in small ponds in high humidity. Sourced in Asia, the rare blossoms are collected by local families early in the morning when the delicate petals are fully open to the sun. Thanks to a dōTERRA Co-Impact Sourcing partnership, more than 85 farmers can now make a living and raise families by growing and harvesting the flowers used in Blue Lotus Touch.

## Uses

- + Apply to the pulse points for a centering and relaxing aroma throughout the day.
- + Use as part of a daily skincare routine to help maintain the skin's natural moisture barrier.
- + Roll onto the neck and wrists for a tranquil, calming personal aroma experience.

## Directions

Apply to desired area as needed. No dilution required.  
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.

### Application Methods

A Aromatic T Topical I Internal H Home Care

### Skin Sensitivity

N Neat D Dilute S Sensitive Skin