

# dōTERRA Balance®

Centering Blend 15 mL

dōTERRA®

Product Information Page



---

## Application A T N

**Ingredients:** Spruce Needle/Leaf, Ho Wood, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower essential oils in a base of Fractionated Coconut Oil

**Aromatic Description:** Airy, fresh, sweet, woody

---

## Primary Benefits

- + Promotes a whole body sense of relaxation.
- + Evokes feelings of tranquility and balance.

## Description

The warm, woody aroma of Balance, dōTERRA's centering blend, creates a sense of calm and well-being. We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance that promotes tranquility and relaxation. Spruce, one of the oils in dōTERRA Balance, was used by Native Americans for health and spiritual reasons and is still used today to bring harmony to the mind and body. Linalool, bornyl acetate, and alpha-pinene found in Ho Wood, Blue Tansy, and Blue Chamomile can promote feelings of relaxation, while Frankincense provides a grounding, balancing effect on emotions.

## Uses

- + Begin your day by putting Balance on the bottom of your feet to promote feelings of calmness and tranquility throughout the day.
- + Balance is a great oil blend to use during an AromaTouch® Hand Massage.
- + Apply Balance to your wrists or neck for feelings of relaxation.
- + Diffuse in your car during road trips to create a calming, soothing environment.

## Directions for Use

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

**Topical Use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. 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.