

# dōTERRA Lavender Peace®

Restful Blend 15 mL

dōTERRA®

Product Information Page



**Application** A T N

**Ingredients:** Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Sandalwood, Tonka Bean, Vanilla Absolute

**Aromatic Description:** Warm, floral, herbal

**dōTERRA Lavender Peace® | Restful Blend 15 mL**

## Primary Benefits

- + Creates a restful environment at bedtime
- + Provides a calming and soothing aroma
- + Encourages a tranquil atmosphere

## Description

The soothing and grounding aroma of dōTERRA Lavender Peace® Restful Blend is magical mix of CPTG® Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, and Sandalwood essential oils with hints of Tonka Bean and Vanilla Absolute, creating a calming, tranquil atmosphere. Apply one to two drops to the hands and inhale throughout the day to help reduce life's daily stressors, or diffuse at night as a part of a positive sleep practice or leverage the Lavender in Lavender Peace® to help quiet a restless baby or child. Diffuse the Restful Blend in conjunction with dōTERRA Lavender Peace® Restful Complex Softgels to help you find sweet dreams and a good night's sleep.

## Uses

- + Diffuse at night to help quiet a restless baby or child.
- + Apply to bottoms of feet at bedtime to help unwind before going to sleep. Use in conjunction with dōTERRA Lavender Peace® Restful Complex Softgels for an enhanced effect.
- + Inhale directly from hands or diffuse throughout the day for a soothing aroma.
- + Add two to three drops into a warm bath with Epsom salts to create a relaxing, renewing experience.
- + Apply two to three drops to the back of the neck or on the heart for to contribute to a calm atmosphere.

## Directions for Use

**Aromatic Use:** : Add three to four drops to 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.