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Ingredient Information: Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Sandalwood, Tonka Bean, Vanilla Absolute

Aromatic Description: Warm, herbal, floral

Primary Benefits

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

Description

The soothing and grounding aroma of dōTERRA Serenity Essential Oil Blend is a 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. The blend creates a calming, tranquil atmosphere. Inhale throughout the day to help reduce life's daily stressors, or diffuse at night as part of a positive sleep practice.

Uses

- + Inhale or diffuse throughout the day for a soothing aroma.
- + Use at bedtime to help unwind before going to sleep.
- + Diffuse at night as part of a child's bedtime routine..

Directions

Aromatic use: Add 3-4 drops to the diffuser of choice.

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

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Skin Sensitivity

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