

# Shinrin-Yoku® Hair & Beard Oil Blend

dōTERRA®  
Product Information Page



**CPTG** Certified Pure Tested Grade®

**Shinrin-Yoku® Hair & Beard Oil Blend**  
Net wt 1 fl oz / 30 mL

60232976

## Primary Benefits

- + Features Shinrin-Yoku Forest Bathing Blend, which provides a calming, grounding aroma
- + Moisturizes and hydrates the skin and keeps hair and beard manageable
- + Hydrates the skin and softens hair and beard with argan, jojoba, avocado, and sunflower seed oils
- + Replenishes oils stripped by cleansing, friction, and environmental exposure

## Description

Shinrin-Yoku Hair & Beard Oil Blend provides the grounding aroma of Shinrin-Yoku Forest Bathing Blend with cold-pressed argan, jojoba, avocado, and sunflower seed oils to soften, hydrate, and smooth hair and beard. This lightweight, fast-absorbing formula helps tame dryness and frizz, while also enhancing natural shine without a greasy residue. Finished with an easy-to-use pump for controlled application, it delivers the right amount every time. The practice of *shinrin-yoku* is a process for disconnecting from technology to relax and unwind. Research studies indicate being immersed in a forest with mindful intention plays an enormous role in health and well-being. Shinrin-Yoku Hair & Beard Oil Blend invites you to bring the calming ritual of forest bathing into your daily routine, promoting a sense of balance and well-being, while also nourishing and revitalizing your hair and beard with every use.

## Directions

Apply 2–3 drops of oil to your palms. Rub hands together and brush palms through the beard. Repeat daily to maintain soft and conditioned facial hair.

Apply 2–3 drops of oil at the mid-length to ends of your hair.

## Cautions

For external use only. Keep out of reach of children. Discontinue use if irritation or redness occurs. Avoid contact with eyes and sensitive areas. Store in a cool, dry place.

## Ingredients

*Argania spinosa* (Argan) Kernel Oil, *Persea gratissima* (Avocado) Oil, *Simmondsia chinensis* (Jojoba) Seed Oil, *Helianthus annuus* (Sunflower) Seed Oil, *Citrus limon* (Lemon) Peel Oil, *Pogostemon cablin* (Patchouli) Oil, *Abies sibirica* (Siberian Fir) Oil, *Lavandula hybrida* (Lavandin) Oil, *Cupressus sempervirens* (Cypress) Branch/Leaf Oil, *Chamaecyparis obtusa* (Hinoki) Wood Oil, *Elettaria cardamomum* (Cardamom) Seed Oil, *Michelia alba* (Magnolia) Leaf Oil, *Cupressus lusitanica* (Cypress) Branch/Leaf Oil, *Citrus paradisi* (Grapefruit) Peel Oil, *Pelargonium graveolens* (Geranium) Flower Oil, *Citrus limon* (Lemon) Branch/Leaf Oil, Tocopherol