

# dōTERRA Balance® Touch

Grounding Blend 10 mL Roll-on

# dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade™

**Application:** A T N

**Ingredients:** Fractionated Coconut Oil, Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, and Osmanthus

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

## PRIMARY BENEFITS

- Creates a sense of calm and well-being
- Promotes a relaxing environment with a tranquil aroma
- Brings harmony to the mind and body
- Can create calm surroundings
- Provides a balancing effect on emotions

**dōTERRA Balance® Touch**  
Grounding Blend 10 mL Roll-on

## PRODUCT DESCRIPTION

The warm, woody aroma of dōTERRA Balance Touch is grounding and creates a sense of calm and well-being. A perfect combination of Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile, dōTERRA Balance Touch offers an enticing fragrance that promotes tranquility and relaxation. Spruce, one of the oils in dōTERRA Balance Touch, was used by Native Americans for health and spiritual reasons and is still used today to bring harmony to the mind and body. Ho Wood, Blue Tansy, and Blue Chamomile can create a calming atmosphere, while Frankincense provides a balancing effect on emotions.

## USES

- Roll on to wrists, pulse points and back of neck to create calm surroundings.
- Apply to feet to promote a tranquil atmosphere.
- Use any time to provide relaxation and balance.

## DIRECTIONS FOR USE

**Aromatic Use:** Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks.

**Topical Use:** Apply to desired area. 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.

