



**CPTG** Certified Pure Tested Grade®

**Application:** A T N

**Ingredients:** Fractionated Coconut Oil, Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, Sweetgum

**Aromatic Description:** Sweet, citrusy, floral

## PRIMARY BENEFITS

- Assists in centering
- Increases feelings of tranquility
- Soothes and uplifts mood
- Reduces feelings of anxiousness and tension

**dōTERRA Touch® Adaptiv®**

Calming Blend 10 mL Roll-On

60209357

## PRODUCT DESCRIPTION

A synergistic complementary blend to the Adaptiv capsules, dōTERRA Touch Adaptiv is a terrific solution to life's stressful moments. Feelings of restlessness, being wound up, or being on edge happen to everyone from time to time; adapt and regroup with the help of the dōTERRA Touch Adaptiv Calming Blend. Lavender, Magnolia, Neroli, and Sweetgum provide stress-relieving effects while Wild Orange and Spearmint energize and uplift. Copaiba and Rosemary soothe anxious feelings to round out the calming blend. When easily fatigued or having difficulties staying on task, dōTERRA Touch Adaptiv Calming Blend helps create a sense of balance.

## USES

- Apply to pulse points to help with feelings of balance.
- Use to massage shoulders and neck to ease tension and relieve fatigue.
- Roll onto hands, rub together, and inhale deeply as needed throughout the day.
- Apply to wrists and temples whenever you feel the need to gain composure quickly.

## DIRECTIONS FOR USE

**Topical use:** Apply to desired area as needed. No dilution required.

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

## CAUTIONS

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. Avoid sunlight and UV rays for at least 12 hours after applying product.