

Anchor

Steadying Blend 5 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T N

Ingredients: Fractionated Coconut Oil, Lavender, Cedarwood, Frankincense, Cinnamon Bark, Sandalwood, Black Pepper, Patchouli

Aromatic Description: Rich, earthy, spicy, woody

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60203245

Also Available in Yoga Collection

60203244

Primary Benefits

- + Complements an effective yoga practice
- + Encourages a steady foundation

Description

Finding balance through aromatherapy and simple yoga moves can be good first steps in helping to find balance in difficult times. Let Anchor Steadying Blend enhance your journey toward a firm trust in yourself. Featuring CPTG® Lavender, Cedarwood, Sandalwood, Cinnamon, Frankincense, Black Pepper, and Patchouli essential oils in a base of Fractionated Coconut Oil, this blend offers a rich, soothing aroma. Use it with poses that support poise and your connection to yourself, your community, and your innate wisdom. Align may be purchased separately or as part of the dōTERRA Yoga Collection.

Uses

- + Apply to ankles, base of spine, and bottoms of feet.
- + Pairs well with Seated Meditation, Seated Twist, and Bhujangasana (one hand on the heart, the other on the Earth) yoga poses.
- + Use during yoga practice or any time during your day.

Directions

Aromatic use: Apply 2-3 drops to diffusing jewelry, natural dolomite, or lava diffusing rocks.

Topical use: Apply 1-2 drops 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.