

dōTERRA Balance®

Grounding Blend 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: **A** **T** **N**

Ingredient Information: Fractionated Coconut Oil, Black Spruce, Ho Leaf, Frankincense, Blue Tansy, Blue Chamomile, Osmanthus Flower

Aromatic Description: Airy, fresh, sweet, woody

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Primary Benefits

- + Creates a calming atmosphere
- + Provides a relaxing aroma

Description

The warm, woody aroma of dōTERRA Balance Grounding Blend helps create a calming, quieting environment as you consider all aspects of your life: relationships, work, fitness and health, and emotional well-being. dōTERRA Balance combines CPTG® Black Spruce, Ho Leaf, Frankincense, Blue Tansy, and Blue Chamomile essential oils and osmanthus flower with Fractionated Coconut Oil for a tranquil and relaxing atmosphere. Black Spruce, one of the oils in dōTERRA Balance, was used by Native Americans for wellness and spiritual reasons and is still used today as a reminder to bring harmony to the mind and body.

Uses

- + Add to calming bath or massage.
- + Apply to the wrists or neck.
- + Diffuse in the car during road trips.

Directions

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

Topical use: Apply 1-2 drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

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.

Application Methods

A Aromatic **T** Topical **I** Internal **H** Home Care

Skin Sensitivity

N Neat **D** Dilute **S** Sensitive Skin