dōTERRA Balance®
Grounding Blend 15 mL

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.

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.