Calmer™
Restful Blend 10 mL Roll-On

PRODUCT INFORMATION PAGE

PRODUCT DESCRIPTION
Calmer Restful Blend promotes a serene atmosphere, allowing bedtime to be a peaceful and welcomed experience. Rolling Calmer onto the bottoms of feet and the back of the neck helps create a calming, relaxing environment when tensions are high. Combining the soothing properties of Lavender, Cananga, Buddha Wood, and Roman Chamomile essential oils in a convenient and safe delivery method along with the skin moisturizing benefits of Fractionated Coconut Oil, Calmer can be used as part of your nightly ritual. Cananga and Buddha Wood essential oils, unique to Calmer, create a restful atmosphere. When it's time to restore your mind and body, apply Calmer to your wrists, breathe, and relax.

USES
• Roll on to back of neck and chest as part of a relaxing nightly ritual.
• Apply to wrists at the end of the day as you let go of worry.
• Massage into bottoms of feet at bedtime to help unwind before going to sleep.

DIRECTIONS FOR USE
Aromatic use: Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks.
Topical use: Apply to desired area. Intended for use with adult supervision.

CAUTIONS
Keep out of reach of children under 3. Possible skin sensitivity. If under a doctor's care, consult your physician. Keep out of eyes, inner ears, mouth, and sensitive areas.

Application: ATN
Ingredients: Fractionated Coconut Oil, Lavender, Cananga, Buddha Wood, Roman Chamomile
Aromatic Description: Sweet, floral, soft, woody

PRIMARY BENEFITS
• Creates a restful atmosphere at bedtime
• Provides a relaxing and positive aroma

Calmer™
Restful Blend 10 mL Roll-On
60206632
Also available in dōTERRA Kids Collection
60211246