

Shinrin-Yoku™

Forest Bathing Blend 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: **A** **T** **D**

Ingredients: Lemon, Patchouli, Magnolia, Siberian Fir, Cypress, Cardamom, Hinoki, Lavandin, Grapefruit, Geranium, Lemon Petitgrain

Aromatic Description: Floral, citrus, woody

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Primary Benefits

- + Contains essential oils rich in terpenes and phytoncides associated with the positive effects of a walk in nature
- + Creates a calming, grounding environment with a refreshing, inspiring aroma
- + Contributes to an energizing, rejuvenating experience when combined with the creation of a green space in the home
- + Inspired by the health-promoting practice of forest bathing

Description

Shinrin-yoku, or forest bathing, is the mindful practice of absorbing the calming atmosphere of natural places like the forest. Connecting to nature for relaxation is not new, but the practice of *shinrin-yoku* originated and was named in Japan in the early 1980s as a process for disconnecting from technology to relax and unwind. Decades of research and recent studies indicate that being immersed in a forest with mindful intention likely has enormous health and wellbeing benefits. The contemplative practice of forest bathing is the inspiration for this transformative essential oil blend. The Shinrin-Yoku Forest Bathing Blend is formulated with CPTG® essential oils rich in terpenes associated with forest bathing and clinical research indicates diffusing terpenes-rich essential oils promotes a calming environment when slowing down, focusing, and centering. Terpenes are part of a class of important compounds called phytoncides that serve as part of the tree's defense system. These phytoncides include limonene, α -pinene, and β -pinene, often found in oils known for their comforting, grounding aromas.

Uses

- + Diffuse to create clear and fresh surroundings.
- + Breathe in when meditating or journaling.
- + Apply to skin with carrier oil for a personal aroma.

Directions

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

Topical use: Dilute 1 drop essential oil to 10 drops of carrier oil.

See additional precautions below.

Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, face, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.

Application Methods

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

Skin Sensitivity

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