



CPTG Certified Pure Tested Grade®

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

Ingredients: Fractionated Coconut Oil, Lemon, Patchouli, Magnolia Leaf, Siberian Fir, Cypress, Cardamom, Hinoki, Lavandin, Grapefruit, Geranium, Lemon Petitgrain

Aromatic Description: Floral, citrus, woody

dōTERRA Touch® Shinrin-Yoku® |
Forest Bathing Blend 10 mL Roll-On

60225706

Primary Benefits

- + Delivers the Shinrin-Yoku Forest Bathing Blend combined with Fractionated Coconut Oil in a roll-on applicator for easy, on-the-go application
- + 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
- + 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 Shinrin-Yoku Touch, formulated with Fractionated Coconut Oil and CPTG® essential oils rich in terpenes associated with forest bathing. Clinical research indicates breathing in 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

- + Roll onto skin and breathe in when meditating or journaling.
- + Use as a personal aroma.

Directions

Topical use: For topical use only. Apply to desired area as needed. No dilution required.

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, 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