

# Breathe™

Clear Blend 15 mL

# dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T S

**Ingredients:** Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf, Ravensara Leaf essential oils

**Aromatic Description:** Minty, fresh, airy

## PRIMARY BENEFITS

- Maintains feelings of clear airways and easy breathing
- Promotes a restful night's sleep
- Helps minimize the effects of seasonal threats

**Breathe™**  
Clear Blend 15 mL  
Part Number: 60206702

## PRODUCT DESCRIPTION

Breathe™ maintains feelings of clear airways and easy breathing while minimizing the effects of seasonal threats. Breathe can be applied topically to the chest, back, or bottom of feet, or diffused at nighttime to calm the senses and promote a restful sleep.

## USES

- Diffuse, inhale directly from palms, or rub on chest or feet when environmental threats are high.
- Use when outdoors to minimize the effects of seasonal threats.
- Diffuse at bedtime for a restful environment.

## DIRECTIONS FOR USE

**Diffusion:** Use three to four drops in the diffuser of choice.

**Topical use:** Apply one to two drops to desired area. Dilute with 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. Avoid sunlight or UV rays for at least 12 hours after applying product.

