

# dōTERRA Serenity™

Restful Blend 15 mL

# dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T N

**Ingredients:** Lavender Flower, Cedarwood, Ho Wood Leaf, Ylang Ylang Flower, Marjoram Leaf, Roman Chamomile Flower, Vetiver Root, Vanilla Bean Absolute, Hawaiian Sandalwood Wood

**Aromatic Description:** Warm, floral, herbal

## PRIMARY BENEFITS

- Creates a restful environment at bedtime
- Calming and soothing aroma
- Encourages a tranquil atmosphere

**dōTERRA Serenity™**

Restful Blend 15 mL

Part Number: 60206886

## PRODUCT DESCRIPTION

dōTERRA Serenity™ has a calming and relaxing aroma that provides a unique user experience. This perfectly balanced, tranquil blend can be felt immediately, transporting the user to a state of blissful repose. dōTERRA Serenity combines essential oils renowned for their ability to lessen feelings of tension, calm emotions, and support a restful sleep when used aromatically. Apply one to two drops to the hands and inhale throughout the day to help reduce worry from life's daily stressors, or diffuse at night to help quiet a restless baby or child.

## USES

- Diffuse at night to calm a restless baby or child.
- Apply to bottoms of feet at bedtime to help unwind before going to sleep.
- Inhale directly from hands or diffuse throughout the day to help lesson feelings of tension.
- Add 2–3 drops into a warm bath with Epsom salts to create a relaxing, renewing experience.
- Apply 2–3 drops to the back of the neck or on the heart for feelings of calmness and peace.

## 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 a 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.

