

dōTERRA Serenity[®]

Restful Blend 15 mL

dōTERRA[®]

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade[®]

Application: A T N

Ingredients: Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Sandalwood, Tonka Bean, Vanilla Absolute

Aromatic Description: Warm, floral, herbal

PRIMARY BENEFITS

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

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Restful Blend 15 mL

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PRODUCT DESCRIPTION

The soothing and grounding aroma of dōTERRA Serenity Restful Blend is magical mix of CPTG[®] Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, and Sandalwood essential oils with hints of Tonka Bean and Vanilla Absolute, creating a calming, tranquil atmosphere. Apply one to two drops to the hands and inhale throughout the day to help reduce life's daily stressors, or diffuse at night as a part of a positive sleep practice or leverage the Lavender in Serenity to help quiet a restless baby or child. Diffuse the Restful Blend in conjunction with dōTERRA Serenity Restful Complex Softgels to help you find sweet dreams and a good night's sleep.[†]

USES

- Diffuse at night to help quiet a restless baby or child.
- Apply to bottoms of feet at bedtime to help unwind before going to sleep. Use in conjunction with dōTERRA Serenity Restful Complex Softgels for an enhanced effect.
- Inhale directly from hands or diffuse throughout the day for a soothing aroma.
- Add two to three drops into a warm bath with Epsom salts to create a relaxing, renewing experience.
- Apply two to three drops to the back of the neck or on the heart for to contribute to a calm atmosphere.

DIRECTIONS FOR USE

Aromatic use: Add three to four drops to 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.

[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.