



🌿 doTERRA Serenity® Restful Blend (2016)

Part Number: 49530001

Size: 15 mL

Wholesale: \$30.00

Retail: \$40.00

PV: 30

Available October 3, 2016



Primary Benefits

- Promotes relaxation and a restful sleeping environment
- Lessens feelings of tension and calms emotions
- Calms the mind and soothes the senses
- When accompanied with doTERRA Serenity Restful Complex Softgels, provides a natural solution for a restful night's sleep*

Ingredients

Lavender Flower, Cedarwood, Ho Wood Leaf, Yang Yang Flower, Marigold Leaf, Roman Chamomile

Description

The newly updated doTERRA Serenity Restful Blend 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. doTERRA Serenity combines essential oils renowned for their ability to lessen feelings of tension and 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. The addition of

Majoram Leaf, Roman Chamomile
Flower, Vetiver Root, Vanilla Bean
Absolute, Hawaiian Sandalwood
Wood

Aromatic Description

Warm, floral, herbal

*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.

Cedarwood, Ho Wood, and Vetiver essential oils gives dōTERRA Serenity a grounding aroma that calms the mind and soothes the senses. doTERRA Serenity can be used in conjunction with doTERRA Serenity Restful Complex Softgels. The doTERRA Serenity essential oil blend creates a relaxing environment while the softgels promote a restful night's sleep.*

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. Use in conjunction with doTERRA Serenity Restful Complex Softgels for an enhanced effect.
- Inhale directly from hands or diffuse throughout the day to help lesson 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.