

dōTERRA Serenity™

Skin Care Oil 15 ml

dōTERRA | EUROPE

PRODUCT INFORMATION PAGE



Ingredients: Lavender Flower, Cedarwood, Ho Leaf, Vetiver Root, Sweet Marjoram Leaf, Roman Chamomile Flower, Ylang Ylang Flower, Hawaiian Sandalwood essential oils and Vanilla Bean Absolute

Aromatic Description: Sweet, warm, powdery

PRIMARY BENEFITS

- Promotes relaxation when used as part of a massage
- Lessens feelings of tension and calms emotions
- Calms the mind and soothes the senses

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Skin Care Oil 15 ml

Part Number: 31090001

PRODUCT DESCRIPTION

The newly updated dōTERRA Serenity has a calming and relaxing aroma that provides a unique user experience. The effects of 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 and calm emotions. Apply one to two drops to the hands to help reduce worry from life's daily stressors. The addition of Cedarwood, Ho Wood, and Vetiver essential oils gives dōTERRA Serenity a grounding aroma that calms the mind and soothes the senses.

USES

- Apply to bottoms of feet at bedtime to help wind down before going to sleep.
- 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: For massage, mix 5 drops with 10 ml carrier oil. For bath, mix 5 drops with 5 ml carrier oil. For perfuming, mix 1 drop to 10 drops carrier oil.

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.

