

dōTERRA BALANCE®

Grounding Blend 5mL & 15mL

Airy, fresh, sweet, woody

Aromatic description

PRIMARY BENEFITS

- The calming aromas of Ho Wood, Blue Tansy, and Blue Chamomile essential oils found in dōTERRA Balance™ may help to promote feelings of calm.
- Spruce essential oil is high in bornyl acetate, a compound that promotes relaxation and calmness. Try diffusing dōTERRA Balance™ to ease into a good night's sleep.
- Re-focus and re-centre. The grounding combination of Frankincense and Spruce can create a peaceful and meditative space. Take a moment to slow your breath and quieten your mind.

PRODUCT DESCRIPTION

The warm, woody aroma of dōTERRA Balance® Grounding Blend helps create a sense of calm and relaxation.

We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance to help promote tranquility and relaxation.

Spruce, one of the oils in dōTERRA Balance®, was used by Native Americans and is still used today to help bring harmony to the mind and body. Ho Wood, Blue Tansy, and Blue Chamomile aromas can provide a sense of calmness, while Frankincense aroma has grounding and balancing properties.

USES

- Begin your day by putting dōTERRA Balance® on the bottom of your feet

to help promote a sense of calmness and tranquility to your day.

- A great oil blend to use during an AromaTouch® Hand Massage.
- Apply to your wrists or neck.
- Diffuse in your car during road trips to create a calming, soothing aroma.

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 minimise any skin sensitivity.

See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.
Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid

contact with eyes, inner ears, and sensitive areas.

INGREDIENTS

Fractionated Coconut Oil, Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, Osmanthus Flower.



Certified Pure Tested Grade

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dōTERRA[®] aromatouch **TECHNIQUE[®]**

dōTERRA BALANCE[®]

Grounding Blend 5mL & 15mL

"As I started going over the essential oil choices to incorporate into the AromaTouch Technique[®], I decided that the first oil needed to be dōTERRA Balance. Its woody aromatic profile provides a wonderful base aroma to build on as it creates a grounding and trusting connection between the giver and the receiver." - Dr. Hill



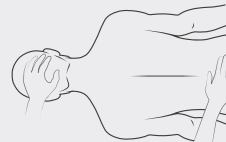
Oil Introduction

x3



Three Clockwise
Palm Circles

x3



Cranial Sacral Hold

x1

AROMATOUCH TECHNIQUE[®] RESOURCES

AromaTouch Technique Certification Course

By purchasing this kit, you received access to the AromaTouch training course via email. Check the email address associated with your dōTERRA account for a unique access code to begin the training.

Follow Along

Performing the AromaTouch Technique independently takes time and practice. Scan this QR code to watch a video and follow along as you learn to comfortably perform the technique. The video features soothing background music, making it the perfect addition to an AromaTouch experience.



Scan this QR code
to access the video!



Discover the power of essential oils
with the AromaTouch Technique
and certification course.

Scan this QR code for
more information

AromaTouch Technique eBook

This eBook provides additional information on the essential oils and blends used in the AromaTouch Technique, as well as business strategies to help you share the technique and dōTERRA[®] products. The AromaTouch Technique isn't just the act of applying essential oils for another person. It's a gift from you to a loved one. It creates a connection beyond the physical. The last section of this eBook has space for you to document and reflect on your experiences as you perform the AromaTouch Technique for family and friends.

Refill Kit

Need a refill? We have an AromaTouch[®] Refill Kit available for you. It includes all eight essential oils used in the AromaTouch Technique. Add it to your loyalty order so you never run out!

See individual labels for ingredients, cautions, and instructions for use.



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